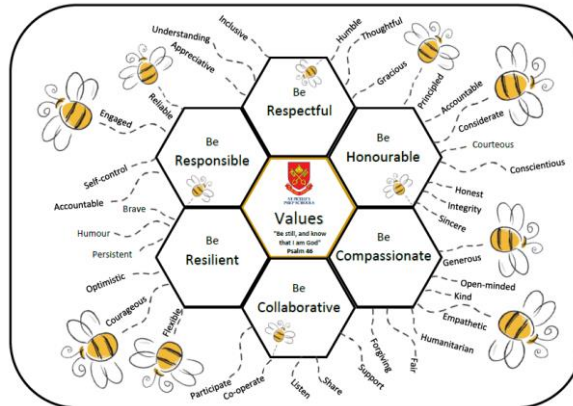




Dear Parents,

VALUES – CHARACTER DEVELOPMENT

Thank you to our parents who attended our Information Evenings over the last week. I have included a copy of our Values Bee Hive as promised. Over the next two weeks we are focusing on **Respect**.



Please remember that as significant adults in our child’s world, we continually role model values to our sons.

WHAT WE KNOW ABOUT ROLE MODELLING

When we talk about teaching our children values the research proves over and over again that these values are learnt most successfully through role models – particularly the child’s parents.

What is a Good Role Model?

According to David Streight, executive director of the Council for Spiritual and Ethical Education and a nationally certified school psychologist, we know the following about good role models for children:

- The way you act and the kind of model you offer your children constitutes one of the five well-researched practices proven to maximize the chances your kids will grow up with good consciences and well-developed moral reasoning skills.
- The right kind of role modelling can influence how much empathy your child will end up feeling and showing in later life.
- The chances of your children growing up to be altruistic – to be willing to act for the benefit of others, even when there are no tangible rewards involved – are better depending on the kinds of role models children grow up with.
- Good role models can make lifelong impressions on children, regarding how to act in the difficult situations that they will inevitably face in life.

Role modelling is one of the most powerful tools you have in your parenting tool belt to influence the direction of your children’s character, whatever their age. When used to best advantage, you can pass on the values you want your children to adopt so that they become the adults you would like them to be.

How to be an Effective Role Model for your Children

Being a positive role model actually requires effort, fore-thought, and self-control for most parents. Because your children are watching you all the time, your actions, beliefs, and attitudes become integrated into your children’s way of being; therefore, it is very important that you be very intentional about what behaviours you model for your children.

Walk the Talk

Unfortunately for parents, the saying “Do as I say, not as I do” simply does not work. Children can sniff out hypocrisy like a blood

hound, and they gain the most from parents who demonstrate consistency between their actions and their values by “walking the talk.”

If you don't want your children to lie to get out of going to school by feigning illness, then you best not lie about taking a “sick” day from work.

If you don't want your children to spend excessive time on technology devices, you have to limit your use of the same devices. Kids respect adults who live by the rules they preach. Hypocrisy disillusion children and sends them looking for alternative role models to follow.

Review your Own Behaviour and Attitudes

Model through your own actions. For example, consider how you:

- handle stress and frustration
- respond to problems
- express anger and other emotions
- treat other people
- deal with competition, responsibilities, loss, mistakes
- celebrate special occasions
- take care of yourself (what you eat, how much you exercise, balance your commitments)

Model through your Words

Your children are not only watching you carefully for clues about how to be; they are also listening to you. The way you speak, what you speak about, and the opinions you express will influence their values.

Consider how you speak to them, your spouse, your friends and neighbours, the check-out person at the grocery store.

- Do you model respect of others through your words and tone of voice?
- Do your words indicate respect for differences and tolerance toward all people or do they subtly support lack of acceptance for others different from yourself?
- Do you “bully” your children with harsh words and threats when they misbehave, or do you respond with discipline based on respect for your children's humanity?

Focus on Positives You Can Model for your Children

Ask yourself what kind of people you want your children to become, and then consider what you can do to model the behaviours and attitudes that would reflect that kind of person. This is another way of saying that it is helpful for you to examine your own values.

For example, do you want your children to:

develop a strong work ethic?

have a generosity of spirit?

have courage?

stand up for their beliefs?

be kind and considerate?

be patient?

be diligent and persistent?

be assertive?

be a contributing member of society?

take good care of their bodies?

be open to new learning? To find pleasure in reading?

If you wish for these traits in your children, then do these things yourself!

Build Strong Relationships with your Children

You will be a larger influence in your children's lives if you have a warm and nurturing relationship with them, and your children are more likely to emulate you if they feel close to you and supported by you.

- Give them unconditional love in a safe environment that also provides consistent, firm, and flexible discipline so they know what is expected of them.
- Listen to them without judgment when they are upset. Share your own feelings with them so they get to know you; share some of your choices and decision-making as examples to guide them.
- Find ways to have fun with them, to share interests, to enjoy one another's company (preparing a meal, discussing a TV show, playing sports together, etc.).
- Build a connection with them based on trust so they know they can count on you when they need you, and so that they learn to be trustworthy in return.

Be Forgiving of Mistakes

Nobody is perfect – neither you nor your children. That means that mistakes will be made. What is most important when mistakes are made is the way you handle the situation. When you or your children or someone else makes an error:

- are you unforgiving or accepting?
- do you deal calmly with the situation to resolve it or do you berate the perpetrator?
- do you get angry and look for someone to blame or do you assess what has gone wrong and consider what can be learned to avoid a repetition?

Modelling through your Actions

Your children will see you living these lessons if you are kind to yourself when you make a mistake and if you are accepting of them when they do. Additionally, if you address problems and conflicts in your own life (such as trying to lose weight or dealing with a difficult neighbour) and share the process with your children in an age-appropriate way, you can encourage your children to address their concerns similarly.

You are modelling for your children an approach to life that includes on-going growth, learning, improvement and development. What a great life lesson for your kids to learn. It takes so much pressure off them (they don't have to be perfect) because you have modelled for them how to treat themselves and others when the inevitable mess-ups happen. What a hopeful and optimistic attitude to pass on to your kids!

Tips for Effective Role-Modelling

- **Include your children in family discussions**, and use these as ways to show them how people can get along with others and work together.
- **Practice what you preach**. Children notice when you don't.
- Work towards a healthy lifestyle by eating well and exercising regularly. **Avoid making negative comments about your body** – and other people's too. Not only will you be healthier, but you will send an important message about body image and acceptance.
- Show that you **enjoy education and learning**. If you make it seem interesting and enjoyable rather than a chore, your child is more likely to have a positive attitude toward school.
- **Keep a positive attitude in your life** – think, act and talk in an optimistic way.
- Take responsibility for yourself by **admitting your own mistakes and talking about how you can correct them**. Do not blame everything that goes wrong on other people or circumstances.
- **Use problem-solving skills** to deal with challenges or conflicts in a calm and productive way. Getting upset or angry when a problem comes up teaches your child to respond in the same way.
- **Show kindness and respect to others** in your words, actions and greetings.
- **Use social media responsibly** and appropriately.

Extract from The Centre for Parenting Education: Being a Role Modelling – the promise and the peril.

EXTRA COST EXTRA MURALS

Our Director of Sport, Mr Barry Detert, has taken over managing the extra cost activities. Should you have an enquiry or concerns, please use the following email address: bdetert@stpeters.co.za

There is one change to the extra cost timetables sent home:

Idwala Cricket

Justin Attlee is no longer the administrator for Idwala Cricket. Please use the following email address to make contact: cricket@idwalasport.co.za

All extra cost extra murals will commence next week from **Monday, 29 January**. Please ensure your sons know where to go each day.

PHYSICAL EDUCATION

The Grade 0-2 boys will be starting swimming lessons this week. Boys must come to school wearing their swimming costumes on the days they have swimming. Please pack a towel and underwear; goggles and rash vests are optional. Swimming days: **Grade 0: Tuesday; Grade 1: Wednesday; Grade 2: Friday.**

START & FINISHING TIMES

From **Monday, 29 January**, we will no longer be parking on Somerset Field. Please could I encourage our boys and parents to use the following entrances and exits:

Grade 0: the Somerset Field entrance

Grade 1: the main entrance to the school

Grade 2: down the ramp and through the Library door

JUNIOR PREP PICNIC – 26 January

This evening is the JP Picnic on Newlands Field. Please do pack a picnic and join us from 17:00. Should the weather be inclement you will be notified by your class WhatsApp group. I look forward to seeing you there.

MEDICAL FORMS

Please do **not** complete the Emergency Medical Form unless your child suffers from a serious allergy or potentially dangerous medical condition. Please **do** complete the Medical Consent form and return it to the office, as soon as possible. Thank you.

MUSIC

Please note the following change regarding Grade 2 Choir. In last week's newsletter I advised that Grade 2 boys may attend a second break practise with me on a Thursday if they missed the 13:00 Wednesday practise. Unfortunately this clashes with sport and I have therefore moved the second break practise to a Monday at 12:00.

Grade 2 group lessons: The boys had their first group lessons with violin, percussion and recorder this week and they thoroughly enjoyed themselves. I have sent a letter home with a summary of what each teacher would like to accomplish with them as an introduction to these instruments. Boys who ordered recorders will receive them in the term they have recorder lessons with me; the recorder is their property for which you have paid. Boys do not take a violin or percussion instruments home.

Sandra van Wyk (JP Music)

GOLDEN MOMENT

A Grade 2 boy told his mom he was extremely lucky to be in Mrs **Fun** der Merwe's class.

Enjoy your weekend.

Warm regards,

Kenda Melvill-Smith

FORTHCOMING EVENTS 2018

Monday 29 January 12:00 Grade 2 Choir practise during break
Tuesday 30 January Grade 0 boys swimming
Wednesday 31 January 8:00 Chapel (birthdays 29 January-04 February) Grade 1 boys swimming 13:00-13:30 Grade 2 Choir
Thursday 01 February
Friday 02 February Hot Dog & Civvies Day (R25-00) Tin of food in lieu of R10 for Civvies Day Please remember to bring empty ink cartridges Grade 2 boys swimming

MOVE TO A NEW SCHOOL SOFTWARE ADMINISTRATION SYSTEM

We have started 2018 by transitioning to a new school software administration system, called "Engage." As with most major changes, this has come with some challenges. One of the immediate challenges we've noticed is that some parents are not receiving communications via email due to the mail being flagged as spam on the receiving end. In order to address this, future communications will come from the following address:

StPetersPrep@stpeters.joburg

We will also, this term, be checking and updating all email and contact numbers for parents. Forms will be sent home for you to check and adjust. These are to be returned to the class teacher. It is of utmost importance that we have up-to-date details should there be an emergency and we need to contact you.

Sean Porter (Director: Admin)

HOT DOG DAY, CARTRIDGE COLLECTION AND CIVVIES DAY! FRIDAY, 2 FEBRUARY



For the privilege of wearing **civvies**, please could each child bring in tinned food for Christ Church Children’s Centre. It is an orphanage that looks after about 60 children in Hillbrow.

ECO NEWS

Tree Tags

As we hope you have noticed, 140 of our indigenous trees on campus have been labelled. The school is committed to educating the school community on the benefits of planting indigenous trees – especially in light of our current water crisis. Each tag has the scientific name, common name and both the isiZulu and Afrikaans names. A QR code can be scanned taking you to the *Plantza* website providing a host of additional information on plant description, distribution and uses etc. Activities will be created for the boys and girls on campus to get them identifying and familiarizing themselves with the trees on campus. Please keep your eyes open and try to learn some of the names too!



Bekabee Recycling

Recycling still remains a focus on campus. Every classroom has a recycling station for classroom waste and our focus is to get the boys and girls in a habit of making correct choices as to where to dispose of their rubbish. From the classrooms, the waste gets cleared and taken down to the recycling station which is serviced by Bekabee. A full time Bekabee employee sorts through all waste, separating and sorting the waste into categories, before it leaves the school. The old drop off points for home recycling have been removed from the car parks, but please feel free to drop off your home recycling at the recycling station at the bottom of Grief Road. For children to see recycling at home, as well as at school, helps build a new environmentally aware generation.



PA NEWS – LADIES LUNCH

