



Dear Parents,

BREATH WORK

Dr Ela Manga presented at our Coffee Morning today. Mindful breathing is a technique we use with our boys as a means of keeping calm and maintaining focus.

Dr Ela Manga on Breath work

"A new world is not only possible, she is on her way. On a quiet day, I can hear her breathing" – **Arundhati Roy.**

In order to support our health and that of our children, we invited Ela to talk about a way of managing our stress and that of our children. As she says: *Dysfunctional breathing habits develop over time due to chronic stress, poor posture or past trauma. These unconscious habits in turn exacerbate the stress response and push tension even deeper into the body.*

Dr Manga is a medical doctor by profession, an author and a speaker. She is committed to bringing mindfulness back into medicine to allow people access to 'conscious living' as a way of achieving optimal health and wellness in general. To this end, Ela combines the principles of eastern philosophy, yoga and western medicine to create opportunities for individuals to access this way of life.

My focus is not just on treating symptoms but diving deeper to uncover the root causes of illness and to work together with you to create a new mind-body system in the context of the big picture of your life. Balance and energy are restored through lifestyle changes, natural medicines, healing therapies, mindfulness, breath work – all working to activate the body's ability to heal itself.

The talk given today focused on *breath awareness* and *conscious breathing*. Ela believes that breath work is the foundation in the management of health, stress and energy. *It is part of the essential skill set that is required for peak performance, as well as being a powerful methodology for healing and self-awareness.*

SHROVE TUESDAY & ASH WEDNESDAY

On Tuesday our boys will celebrate the start of Easter season with pancake games and races, after which we will enjoy pancakes together. At Chapel on Wednesday they will hear the significance of Ash Wednesday and receive an Ash cross on their forehead, should they wish. Parents are welcome to join us for this service.

At prayers we will be discussing Lent and the boys will be encouraged to give a service to those less fortunate. Our topic for the rest of the term will be **"An attitude of gratitude."**

RECYCLE, REUSE AND RENEW

Our stock of anti-waste products has diminished and needs to be replenished. Each week we will be appealing for items from your household. For next week please could our boys bring the following:

- toilet rolls
- egg cartons
- bottle tops

Thank you!!

GRADE 2 MINI CRICKET MATCHES

Tomorrow, **Friday 01 March**, our Grade 2 boys will be playing their first mini cricket matches against St David's. I hope they will use this as a learning experience, have fun and demonstrate sportsmanship.

Parents are reminded that responses, on the link provided, for the Grade 1 and 2 Dads and Lads mini cricket must be submitted by **Friday, 01 March** at the latest.

GRADE 2 CHOIR

Daniël Rossouw is our Grade 2 Choir Master and he would love for more Grade 2 boys to join this activity! Please encourage your son to consider being involved in our choir. The practise is from 13:00-13:30 on a Wednesday afternoon in the Dodson Hall.

GOLDEN MOMENT

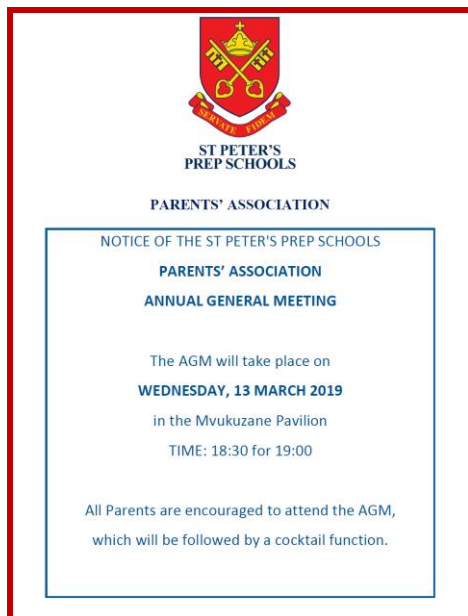
A Grade 0 boy named Justin said to his teacher: "I'm famous." When she asked him why his reply was: "I am Justin Bieber!"

Enjoy the weekend.

Warm regards,
Kenda Melvill-Smith

FORTHCOMING EVENTS

Monday 04 March	
Tuesday 05 March	
Shrove Tuesday	
Wednesday 06 March	
8:00	Ash Wednesday Service (birthdays 04-10 March)
8:30	Sefikeng Community Partnership
13:00	Grade 2 choir
Thursday 07 March	
Cancelled Intern Chapel Service	
18:30	PA meeting
Friday 08 March	
13:30	Grade 2 mini cricket match vs St Stithians at home

PA NEWS**PA NOTICE OF AGM**

The PA AGM Notice and Form of Proxy have been emailed to all parents and can be found on the Communicator St Peter's under **RESOURCES/ BOYS/GIRLS /PA.**

STAFF VARIETY SHOW – TICKETS ON SALE 1 MARCH FROM 06:00 ON TIXSA

st peter's prep schools
staff variety
show

29 & 30 MAR | **5 & 6 APR**
 DOORS OPEN 18:00 | DOORS OPEN 18:00

BACK TO THE GOOD OLD 70'S, 80'S & 90'S... LET'S PARTY

R320 PP | DRESS CODE DISCO | TABLES OF 10 ONLY | TIXSA TICKET SALES OPEN
 @DODSON HALL NIGHTCLUB | 06:00
 PRE-ORDER DRINKS AND DRINKS VOUCHERS AVAILABLE | **1 MARCH**

A MY STORY INVITATION

YOU ARE INVITED

A talk by Roy Gluckman, a celebrated Diversity & Inclusion specialist

TOPIC : The Changing Perspective of South African Children

DATE	TIME	VENUE
THURSDAY 14 MARCH 2019	18:30 - 20:00	ST PETER'S GIRLS JUNIOR PREP HALL

brought to you by My Story

ST PETER'S COLLEGE GOLF DAY – 20 MARCH



ST PETER'S COLLEGE
PA Annual Golf Day
Wednesday, 20 March 2019
Bryanston Country Club

- Book your four-ball @ R3 600
- (or book Individually @ R900)
- Sponsor a hole @ R4 000
- Sponsor prizes, goodie bag items etc.

Contact Simone Hope
pa@stpeterscollege.co.za
082 582 7080

Dinner included. Lots of prizes to be won!