



SENIOR PREP

Keyhole: 882

14 June 2018



## ST PETER'S BOYS PREP SCHOOL

## THROUGH THE KEYHOLE

Weekly Newsletter of St Peter's Boys Prep School

### FROM THE HEADMASTER

On Monday morning we had the pleasure of acknowledging the Grade 7 boys who have been awarded scholarships to various schools in 2019. These boys have worked particularly hard in certain areas of the curriculum and we congratulate them on their efforts. They will, I am sure, be fine ambassadors for St Peter's as they continue with their educational journey in high school.



SCHOLARSHIPS AWARDED FOR 2019



Scholarships were offered and accepted by the following boys:

Scholarships Awarded for 2019		
Luke Hancock	Hilton College	Academic
Jordan Boyd	Kearsney Collage	Academic
Sebastian Bailes	Michaelhouse	Academic
Josh Prinsloo	St Alban's College	St Peter's Closed
Michael Rider	St Alban's College	Sport
Thomas Barrow	St Andrew's College	Duffie Memorial Scholarship
Nicholas Meyer	St John's College	Academic
Bailey Rousseau	St Peter's College	Art
Kwande Bam	St Stithians College	Academic
Fumani Sithole	St Stithians College	General
James Stobart	St Stithians College	Music
Ben Wefelmeier	St Peter's College	Closed Exhibition
Matt Bernhard	St Stithians College	Sport

In addition Nicholas Raath was also offered a Closed Scholarship but has chosen to decline the offer.

We are extremely proud of these boys and acknowledge the support of their families and teachers in their success.

#### **NOW FOR A STORY:**

*A little boy walked daily to and from school. Though the weather this particular morning was not good and clouds were forming, he set off on his walk to the primary school. As the day progressed, the wind came up, along with thunder and lightning. The boy's mother, concerned that her son would be frightened and even harmed by the storm, got into her car and drove along the route to her child's school. As she did so, she saw her little boy walking along quite happily, but noticed that at each flash of lightning the child would stop, look up, and smile. Stopping the car, the mother called to the child to get in with her. As they drove towards home, the child continued to turn towards each lightning flash and smile. The mother asked: "What are you doing?" The child answered: "Well, I must do this, because God keeps taking pictures of me."*

It is essential for one to view the world through a positive lens, particularly in our present society with all its challenges economically, socially and environmentally. Much of what we do at St Peter's is based on research and practice around positive psychology. Martin Seligman is one of the foremost writers on positive psychology and his principles have been adhered to in the roll-out of our St Peter's Values this year. We also use the "Bounce Back" programme in our Divinity for Life lessons to encourage the boys to view situations as challenges rather than as being beyond their control. Our aim is to encourage the development of a positive attitude to life for the boys. This does not mean that all the challenges and joys they experience will differ from their neighbours, but does affect the way in which they react. The following excerpt from a paper on positive psychology may serve to illustrate these differences:

*"In explaining a conflict in a relationship, for example, a pessimistic person might tell himself or herself, "I'm not loveable" (internal, stable, and global), whereas an optimistic person may speculate along the following lines: "We've both been under a great deal of stress lately" (an external, unstable, and specific attribution). When explaining positive events, pessimistic and optimistic patterns reverse. Pessimistic explanations for positive events are external, unstable, and specific. That is, the source of success and good fortune is seen as fleeting, of limited influence, affecting few areas of life, and as caused by other people or circumstances. In contrast, optimistic explanations are internal, stable, and global."*

Ref: [amazonaws.com/academia.edu.documents](http://amazonaws.com/academia.edu.documents)

The resilience and ability to bounce back from adversity that is encompassed in the realm of positive psychology is something that modern children around the world appear to be losing out on. This may negatively affect their

performance at school and inhibit the development of a growth mind-set. It is for this reason that we have included a positive psychology approach across our curriculum. As Martin Seligman writes:

“Positive education is defined as education for both traditional skills and for happiness. The high prevalence worldwide of depression among young people, the small rise in life satisfaction, and the synergy between learning and positive emotion all argue that the skills for happiness should be taught in school. There is substantial evidence from well controlled studies that skills that increase resilience, positive emotion, engagement and meaning can be taught to school children.” <https://www.tandfonline.com/doi/abs/10.1080/03054980902934563>

If you would like to learn more about this aspect of our curriculum, please contact Catherine Steenhoff, Kenda Melvill-Smith or myself for further discussions.

Enjoy your week

**Rob Macaulay**

### **EDTECH AND BYOD COFFEE MORNING**

We were very happy to welcome +/- 50 parents to the EdTech and Bring Your Own Device (BYOD) information session.

During the morning the parents who attended had the opportunity to gain a further understanding of the fabulous initiative which is preparing our Grade 5, 6 and 7 pupils for the years ahead where they will be spending more and more time and effort becoming the digital leaders of tomorrow.

We are incredibly proud of how far we have been able to push our pupils into becoming, not just consumers of digital content, but real engagers with, and creators of, content. We also had the opportunity to reflect on how to help our children stay safe online both here at school and at home. We also discuss the dangers of screen time and how we limit it at school. A few questions were raised about how this could be monitored at home and what is the best “parent control app.” We would recommend the following apps that will work at home and on our school network.

- Our Pact - <https://ourpact.com/>
- Kids Loxs - <https://kidslox.com/>
- Net Nanny - <https://www.netnanny.com/>

With regards to screen time, Apple are currently launching a new *Screen Time app* which will let users see a dashboard highlighting how much time they have spent using which apps. The link below will take you to the article.

<https://www.theguardian.com/technology/2018/jun/04/apple-ios12-screen-time-apps-how-much-spent-phone-digital-wellbeing>

We also discussed the EdTech pledge and emphasised what is allowed on the pupils iPads at school. The following things were reiterated as not being allowed:

- Any social media apps
- Any instant messaging apps
- Any age restricted apps for 13 years or older

If your child is worried about a certain app, and if it is allowed, they should contact me. The EdTech pledge can also be found on the Communicator for those who would like to review it.

For those who were unable to attend the coffee morning, and would like further information, please feel free to contact me on [shauptfleisch@stpeters.co.za](mailto:shauptfleisch@stpeters.co.za)

**Scott Hauptfleisch** (Campus ICT Integrator)

**REMINDER: PRESENTATION FOR PARENTS AND STAFF – 19 JUNE**

## ANTI-HIJACKING AND CRIME AWARENESS PRESENTATION FOR ST PETER'S PARENTS

Date: Tuesday, 19 June

Time: 18:30 to 20:00 (tea and coffee will be served from 18:00)

Venue: Dodson Hall, Boys Senior Prep



Sophisticated anti-theft technology has made it increasingly difficult to steal motor vehicles. As a result we are witnessing a dramatic increase in vehicle hijackings. To the unprepared driver who does not understand the concept of situational awareness, the hijacker has the element of surprise and attack. We are dealing with specialised syndicates who run international, multimillion Rand operations. They are highly organised and very successful and well trained in the art of hijacking. The sad reality, however, is that the hijack victim is totally unprepared. Armed attacks of this nature are extremely intimidating and frequently end in tragedy. Understanding this hostile environment and the psychology of the hijacker can only come from proper training, and this presentation will equip you with the knowledge on how to minimise the risk of being hijacked and the modus operandi of hijackers. The presentation (presented by leading Anti-Hijack specialist Francois Marais) covers both **avoidance** and **survival** as follows:

### Part 1 – Vehicle Hijack Avoidance

- Why are vehicles hijacked?
- Is hijacking here to stay?
- Which cars are not hijacked?
- Profile of a typical hijacker
- When & where am I most at risk?
- Four Golden Rules
- How to avoid hijacking at home
- Preparing your car
- How to avoid hijacking on the road
- Follow-home robberies (shops / banks / Airports)
- What to do if followed
- Should I carry a gun?
- Suitability and use of pepper spray
- How to recognize bogus cops
- Preparing family & children

**Part 2 – Vehicle Hijack survival**

- What if avoidance fails?
- The hijackers state of mind
- What prevents me from being kidnapped?
- What prevents me from being killed?
- Critical survival point strategies
- Fight vs flight – what will I do?
- Body language tricks & techniques
- If you remember nothing else...
- Your car vs your life...
- If you are shot or injured...
- Dealing with the after effects
- Post-Traumatic Stress
- Getting back behind the wheel.

We look forward to seeing you there!

**OLD BOY NEWS**

**Chris Harrison** (2001) spoke to the boys in Chapel on Tuesday morning. Chris is a qualified teacher, has almost completed his LLB and, most importantly for the boys, is a FIFA International Soccer Referee!

He told the boys a few stories which had them completely engrossed. These stories had morals and what the boys learnt most about was that resilience (Grit) and honesty were of great importance in reaching goals.

The last piece of advice Chris closed with was that St Peter's presents each boy with so many opportunities that they just need grab with both hands!

It was a most entertaining morning full of meaningful messages.

**DID YOU KNOW?**

- Children who frequently consume sugary drinks are at high risk for dental caries and dental erosion.
- Drinking just one sugary drink a day increases a child's likelihood of being overweight by 55%.
- After six months, daily consumption of sugary drinks doubles the fat deposits in the liver and contributes to diabetes and heart disease.

\* Source – Nutrition Society of South Africa



## PA NEWS

### PA COMMITTEE VACANCIES

Several of the current serving members of the St Peter's Parents Association will be stepping down toward the end of this year as their terms come to an end.

As a result, we are looking for parents to volunteer to fill these vacancies. Being part of the PA is a fun and rewarding way of contributing towards the school we are all part of. Please contact Malope or Robyn if you are interested in getting involved.

Malope Mabizela: [malopem@icloud.com](mailto:malopem@icloud.com)

Robyn Doak: [robyn@designoval.co.za](mailto:robyn@designoval.co.za)

### SECOND HAND SHOP – VOLUNTEERS NEEDED

**Opening time: Wednesday 07:00 to 08:00**

The Second Hand Shop is proving to be a popular option for many parents.

We are looking for a few more volunteers to assist with the shop during the opening time.

We would also like to start providing second hand sporting equipment (cricket bats, hockey sticks, tennis racquets etc.)

Please contact **Carol Sithole** on [carol.sithole1977@gmail.com](mailto:carol.sithole1977@gmail.com) or on 072 226 8599 if you are able to help.



ST PETER'S  
PREP SCHOOLS

## WE ARE GOING CASHLESS FOR ALL SCHOOL EVENTS!

- Allowing our children and families to be safer at events
- Creating less work for parent volunteers who manage the ticket sales and admin
- Convenient electronic purchasing of tickets, no more queues!
- Allowing for multiple payment methods, so you can decide how to pay
- One platform for all different events in the school calendar



**WINTER WARMERS****REMINDER – FRIDAY, 15 JUNE****CIVVIES DAY**

Please bring a donation of outgrown or unused clothing for the privilege of wearing civvies.

**HOT DOG DAY**

R25 for Hot Dog, Crisps and a Cool drink.

**INK CARTIDGE COLLECTION**

There are permanent collection points on campus od hand in at a reception.

**FORTHCOMING WEEK**

Please check Calendar section of Communicator St Peter's for forthcoming week's activities.

**PLEASE NOTE: DEADLINE FOR NEWS SUBMISSIONS IS 08:00 ON WEDNESDAYS**