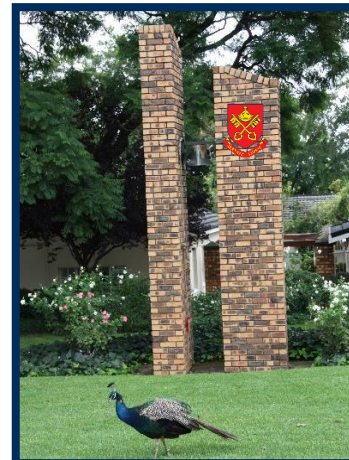




SENIOR PREP

Keyhole: 920

11 July 2019



**ST PETER'S
BOYS PREP SCHOOL**

THROUGH THE KEYHOLE

Weekly Newsletter of St Peter's Boys Prep School

FROM THE HEADMASTER

The beginning of the second half of the Trinity Term has seen mid-winter arrivals, often in the dark, and for some of the boys who are in the school production, departure from the school premises in the dark yet again. We have a busy time ahead and I encourage you to join in the busyness of the school by booking online to come and watch the school production "Madagascar" and by supporting the boys at the various sporting events. We also have the Viva Voce performance at the end of the term. This performance, by our individual music pupils and ensembles, is always a special event, so keep your eyes open for the opening of ticket sales.

What is important to remember, however, is that despite all the activities, the boys still need time to relax and enjoy just being boys. Catherine Steenhoff and Nicole Richardson have just returned from Montreal, where they presented on our "Buddy Programme" at the International Boys' Schools Coalition Conference. As we discussed their various breakaway sessions during which they interacted with educators from around the world, the topic of childhood stress was high on the agenda. We have upped the demands that we put on our children in terms of both expected scope of content and academic skills as well as our demands regarding results and levels of performance in all areas of school life. What hasn't increased, however, is the number of hours in a day. Pressure to complete so many activities at such a high level, even if portrayed unintentionally, has resulted in the "happiness" of being a child being replaced by ever-increasing levels of stress. As parents and teachers, we have to take action to try to release some of this pressure. A few practical actions, some of which we have communicated before and some of which have been brought back by the team, appear below:

1. Monitor and limit the number and intensity of activities that you add to the school programme. Some boys are so busy with extra activities that they never get a chance to, as they put it, "chillax."
2. Let's maintain perspective on the drive to be super-competitive in all that we do. Speaking as a very average sportsman, I have been able to enjoy participating in a wide variety of sports and have maintained a fair degree of fitness without ever being at an "A" team level. My enjoyment of the various activities has been due to the acceptance that I play as well as I can at my level with an emphasis on improving my own performance if possible.
3. Spend family time doing activities that don't necessarily require measurement of performance. The family dinner, watching movies or sport together and road trips to fun places are some examples of activities where we can just enjoy being together and talking about "life" with no set purpose or agenda.
4. Go "dark." Take a day where you switch off all technology. While there can be no question about the value that technology brings to our daily working lives, it also creates enormous unnecessary noise and stress. This is particularly the case when children find themselves caught up in events that, while they may be within their circle of concern, are way out of their circle of influence. By going "dark" for a period of time, we will not only give our children the opportunity to de-stress, but we may also encourage some fantasy play and the associated stimulation of their creative powers.

5. Catherine Steenhoff learnt more about the “NUTS” causes of stress during a talk by Dr Sonia Lupien while at the conference. A teaser table is included below and you can learn more on Dr Lupien’s website: (<https://humanstress.ca/>).

Threat	Emotions
NOVELTY	New transition/ something new you have not experienced before
UNPREDICTABILITY	Something you had no way of knowing it would occur
THREAT TO THE EGO	Your capacities and self-worth are questioned.
SENSE OF CONTROL	You feel you have little or no control over the situation

Dr Lupien gave a few ideas that she has found have helped children who are anxious and stressed. She says through research, one out of the four will work for everyone.

- **Animals:** definitely a dog, more than any other animal. (Autistic children particularly)
- **Breathing:** breathe in - push tummy out
- **Singing** (don’t force on a child as this will cause a stressful situation)
- **Move outside** (again a child who isn’t sporty will find a PE lesson/exercise stressful). But to be able to walk outside could help
- **Laughing**

We look forward to hearing more on this topic from Cath and Nicole when they report back on their Conference.

Enjoy a term in which, while it may not be stress-free, will hopefully be stress-managed.

Rob Macaulay

MAIN SCHOOL PRODUCTION – MADAGASCAR

<https://tickets.tixsa.co.za/event/stp-madagascar>

<https://tickets.tixsa.co.za/event/stp-madagascar-friday>



WELCOME TO THE ST PETER'S FAMILY

We welcome the following boys and their families who joined the St Peter's Family this week:

Grade 3

Mbusi Keta

Nicholas Hemphill

JUNIOR CHOIR FESTIVAL

The St Peter's School of Music invite you to this year's Junior Choir Festival.

This event will be held on Thursday, 18 July at 18:30 in the **Royce Hall and Dodson Hall**. All the Junior Choirs will perform - this includes the Junior Prep Choir (Grade 2s) and the Cadet Choir (Grade 3s and 4s).

This year's festival will be split over two venues, to allow for capacity. You will only need to buy tickets for one venue:

- **Girls Prep School Parents: Royce Hall**
- **Boys Prep School Parents: Dodson Hall**
- If you have a child at both schools, please select the venue which best suits you. We will have staff watching over the children whilst parents collect them after the event.

All choirs, boys and girls will perform at both venues (staff will walk the children between the two schools during the interval). The **Girls Choirs will end in Royce Hall** and the **Boys Choirs will end in Dodson Hall**.

Tickets for this event will be available from TIXSA at R20 per person. Please follow the link below:

<https://tickets.tixsa.co.za/event/st-peter-s-junior-choir-festival-dodsonhall>

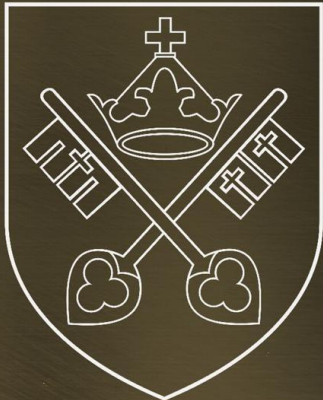
We look forward to an amazing evening filled with beautiful music.

Hugo Roodt (Director of Music, Drama and Choirs)

PA NEWS

PAVER PLAQUE ORDERS - <https://goo.gl/forms/eZGieDiKQnfdyzWu2>

Paver Plaques



"May you never forget what is worth remembering."

This is a timeless reminder of your son's years at St Peter's Boys Prep. A brass plaque is engraved with your son's details and is placed in the Old Boys Quad outside Dodson Hall.

Should you wish to order, and see the various options, please click on the link and complete the Google order form.

<https://goo.gl/forms/eZGieDiKQnfdyzWu2>

PA GOLF DAY

The PA's annual Golf Day will take place at the Kyalami Country Club on Friday, 27 September. The cost is R4000 per Fourball and includes Green fees, Halfway House, complimentary drinks on arrival and at certain holes, dinner and mulligans. There will be a shotgun start at 12 noon.

Bookings for the Fourballs are now open using this link - [Golf Day 2019 Bookings](#)

**CALLING ALL GOLFERS****Kyalami Country Club**
Friday, 27 September 2019

- R1000 per player – includes green fees, halfway house, 2 drinks, watering holes, casual dinner and mulligans
- Shotgun start at 12noon
- Prize giving
- Raffle (no fundraising auction)
- Fourball bookings now open!

For any further information please contact the committee at golfday@stpeters.co.za

MAKRO REWARDS PROGRAMME – NEW!

Exciting news!

Makro have launched a new programme and is inviting parents to join and earn rewards for our school whilst earning **mRewards** on their Makro purchases - at any Makro store!

This programme replaces the existing Makro rebate programme which was only linked to the Makro Woodmead store.

See below for more details but if you need any assistance with joining, please contact Anne on annedp@live.com

Please consider joining – it is quick and easy and you no longer need to have your Makro card when you use their **mCard App**. You are also able to track your **mRewards** on the **mCard App**.



makro

MAKRO IS LAUNCHING A NEW AND EXCITING EDUCATION PROGRAMME IN 2019.

Our promise of saving customers time and money is made real with **m=Educ8**. And, our goal is to make a difference in helping people fulfill their potential and realise their aspirations.

We are calling this programme: **m=Educ8**

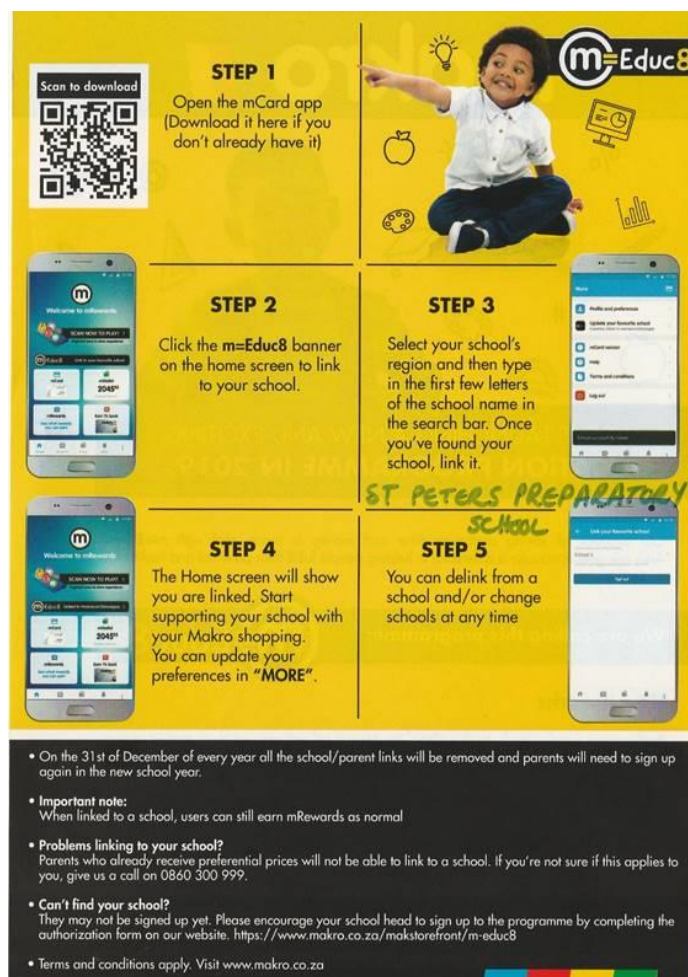
How it works

Each parent simply needs to download the Makro mCard app on their mobile phones, and then, in an instant, sign up to the **m=Educ8** programme. Once they sign up, parents are ready to earn rewards for their school, while also earning all their usual mRewards.

For every R1000 spent by the parents, the educational institution will earn R5 (earnings applicable from R1).

This means that in a school with say, 1 500 pupils, and a spend of R1 000 per parent per month (assuming only one of the parents spends per family), the school can earn a very healthy R90 000 per annum.

Ts and Cs apply.



STEP 1

Scan to download

Open the mCard app (Download it here if you don't already have it)

STEP 2

Click the **m=Educ8** banner on the home screen to link to your school.

STEP 3

Select your school's region and then type in the first few letters of the school name in the search bar. Once you've found your school, link it.

STEP 4

The Home screen will show you are linked. Start supporting your school with your Makro shopping. You can update your preferences in "MORE".

STEP 5

You can delink from a school and/or change schools at any time.

ST PETERS PREPARATORY SCHOOL

- On the 31st of December of every year all the school/parent links will be removed and parents will need to sign up again in the new school year.
- Important note:** When linked to a school, users can still earn mRewards as normal.
- Problems linking to your school?** Parents who already receive preferential prices will not be able to link to a school. If you're not sure if this applies to you, give us a call on 0860 300 999.
- Can't find your school?** They may not be signed up yet. Please encourage your school head to sign up to the programme by completing the authorization form on our website. <https://www.makro.co.za/makrostorefront/m-educ8>
- Terms and conditions apply. Visit www.makro.co.za

FORTHCOMING WEEK

Please check on the Communicator St Peter's for the 2019 Trinity Term Calendar.
PLEASE NOTE: DEADLINE FOR NEWS SUBMISSIONS IS 08:00 ON WEDNESDAYS