



FROM THE HEADMASTER

It was wonderful to see the boys arriving back at school well rested and ready for a new year. While the parking areas were filled to overflowing with parents eager to walk their child to the classroom on the first day, experience had shown us that, as the majority of families revert back to the desired drop-and-go system, traffic on campus will ease. You will have received a letter from the Rector regarding our efforts to reinstate points men, which have not been accepted by JMPD. As we continue to try to improve egress onto Witkoppen Road I do thank you for your patience. One possible way to alleviate traffic flow on campus is to make use of our bus service from various shopping centres. A successful service ran on one route during 2019 and it will be possible to bring in new routes if the demand is sufficient. While we do need a minimum of 12 people to make these services viable, this could be easily achieved by networking with families in your area. Should you wish to explore this option further please email tim@sagolfing.com

Our staff development sessions, which took place on Monday and Tuesday this week, included an inspirational talk by Stephen McGowan who told us about his six years as a captive of al-Qaeda and subsequent return to South Africa. His survival hinged on his ability to maintain a positive attitude and active mind and body. It is fascinating how closely the skills and character traits he developed align to the Positive Psychology acronym PERMA that has been put forward by Martin Seligman. While I hope that the school day is not an ordeal that remotely resembles Stephen's experiences, the aim of positive psychology, which is to treat mental health as something that we can actively improve rather than the traditional remedial approach that addresses challenges, is one that could be of great benefit to all of us in the community.

I have taken the following definitions from <https://www.livehappy.com/science/resources/what-perma>.

PERMA (Positive Emotion, Engagement, Relationships, Meaning, Achievement) is an acronym that stands for the five elements developed by Martin Seligman that account for what makes up the "good life" – an authentic and sustained happiness and well-being. No one element defines well-being, but each contribute, either subjectively or objectively.

Positive Emotion is one of the cornerstones to well-being. Kindness, gratitude, hope, contentment are all positive emotions that contribute to the "pleasant life."

Engagement, much like positive emotion, is a subjective element to well-being. Engagement is about being totally absorbed (in the flow) by a present task where time and self-consciousness seem to cease.

Relationships are an important part of well-being. People who maintain strong positive relationships are generally happier in life. We are "social beings" who need to connect with one another.

Meaning in life comes from serving something that is bigger than self. To have a sense of well-being, finding a purpose in life is essential. Altruism and philanthropy are good methods to establishing a meaningful life.

Achievement is a sense of accomplishment. Having goals and meeting those goals, improves your well-being and allows you to flourish.

As we begin 2020, I would like to suggest that we actively consider each of the elements described above and look to pursuing activities that will create opportunities for the boys and ourselves to thrive in all these areas.

I look forward to a positive and happy 2020 for the St Peter's Community.

Rob Macaulay

WELCOMES

We welcome the following boys and their families to the St Peter's Family:

GRADE 3

Suvir Gajjar
Giyen Govender
Kutlwano Khalema
Kael Moodley
Reatlegile Serote
Ziyon Imo
Rohan Kumar

GRADE 4

Tiisetso Hamilton- Baloyi
Christian Pendleton
Tshiamo Kgaboesele

GRADE 5

Leatile Motsoeneng

GRADE 6

Rohan Sita

GRADE 7

Zac Bischofberger

**HOT LUNCH**

If your son would like Hot Lunch, here is the link to sign up:

<https://forms.gle/2ekyp7hJHdcbQPDt8>

FACEBOOK

Please follow us: St Peter's Boys Prep

FORTHCOMING WEEK

Please check on the Communicator St Peter's for the 2020 Easter Term Calendar.

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