



26 October 2018
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Useful links: Website: <http://www.stpeters.co.za/college>
College Facebook Page: <https://www.facebook.com/Stpeterscoll/>
Old Petrian's Alumni Facebook: <https://www.facebook.com/groups/oldpetrians/>

Message from the Headmaster

Dear Parents & Students,

This past weekend whilst I was attending the **SAHISA** (Headmaster's) Conference at the Sandton Convention Centre I was disappointed to receive an email from one of our parents stating that only 7 out of 11 boys had arrived to play in the U15 cricket fixture at St Peter's College, In the interim I also received another message from one of our sports masters that a boy had withdrawn from a sports tour at the last minute, leaving his team depleted. Not only did these students let the College down, but they also let their team and peers down.

It is most disconcerting to see the lack of involvement and commitment in certain sporting codes and other areas of College life; hence it is important for us to determine the reasons for this lack of commitment in our student body. I remember a similar incident 3 years ago and when dealing with the "perpetrators", a discussion I had with a Grade 8 boy really struck a chord. I had just given this young man the habitual dressing down pertaining to his lack of commitment and pride in the College, when he proceeded to tell me that he was not making the Saturday morning fixtures as his mother had told him that she wanted to sleep in and was thus not prepared to bring him to school to fulfil his obligations on the sports field. Her sleep was far more important than her son's sport.

A few years ago I read the book "**The Gold Mine Effect**" by Rasmus Ankersen, and I was most captivated by **Chapter 7** in the book titled "**Not Pushing you kids is irresponsible**". This book is in many ways similar to Malcolm Gladwell's Outliers. Ankersen talks about what he learnt from extensive studies in the "**Gold Mines**" of the top performing sports in the world:

1. Brazilian Soccer
2. Ethiopian & Kenyan running
3. South Korean Golf
4. Jamaican sprinting

5. Russian tennis

In his research Ankersen talks about 8 key factors that these **"Gold Mines"** provide, but I would like to focus on one aspect that stood out for me – **PARENTING**.

Rasmus found that the athletes who were the most successful had parents who were highly invested and took an active role in their child's development. The parents were highly invested in the lives of their children and took an active interest in all aspects of their children's lives. Rasmus concluded that a hands-off parenting style rarely yielded elite performance. I do realise that there is often a fine balance between pushing your kids too hard and an appropriate level of pressure to perform. Athletes learn a lot from making a great commitment, lessons that extend far beyond the sport arena, and many young athletes do not learn these because they are allowed to quit when the going gets tough, thus often don't realise their full potential.

I firmly believe that this approach is applicable not only to the sports field, but also to all aspects of life, including personal relationships, as well as, academic performance. The proof is in the pudding, every year the top achievers at St Peter's College often overlap the sport, cultural and academic arenas and the one thing they all have in common - **involved and supportive parents**.

The conclusions of his studies were:

- **Parents** are often the best predictor of a child's success
- They recognise the difference between good and bad pressure
- And of course, as the heading of Chapter 7 in his book suggests, **Not pushing your kids is irresponsible**.

This book has made me look at my coaching and parenting style and the importance of being an involved and supportive parent who will push his son in an appropriate manner. The easy route is to have that Saturday morning sleep and not to get out of bed on a cold winter morning to take my son to a sports fixture, but as a father I made that commitment, and there is nothing that gives me greater joy and pleasure than to be on the side of a sports field watching my son compete. Last night was a case in point, on my way home after work, I was on the side of the pool to watch my son play water polo. The result is that I do have very close relationship with my son because I do brave those cold winter mornings and nights.

Please become engaged and involved in your children's lives, I can guarantee you that you will reap the benefits thereof in the years ahead.

"In Futurum Fortiter"

Regards,



Mr Rui Morais
Headmaster

Five Stages of Coping with Exam stress

Change your perspective: Exams are opportunities and not punishment!

Exams will always provide an opportunity to assess our understanding of how well we have understood what we have been taught, discovered and the skills that have developed throughout the term.



The word 'exam' often creates a reaction of panic, uneasiness and stress when we think about it. However, this can be changed by challenging our negative reactions with positive responses to the way we approach exam stress. Try these 5 steps below and challenge your reactions to create a positive and powerful response to your exam stress:

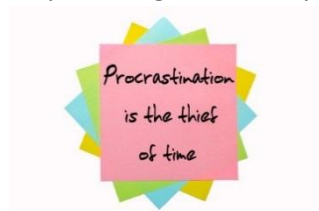
Stage 1: Acceptance

Try not to fight the fact that exams are around the corner and will be a part of your academic journey to help you get to your next stage of achievement. Accepting this fact will allow you shift your mind set to become less resentful and more accepting about your approach to the exams.



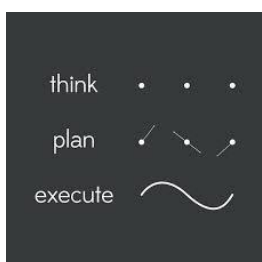
Stage 2: Stop Procrastinating

Stop thinking about studying and get started on your prep today! Trust your instincts and study using a routine that works best for you. Some students like to work in their room, others in a library or some while listening to music. Find the one which makes you most productive, stick with it and get started.



Stage 3: Strategise

It helps to be organised. Stress tends to grow in chaotic circumstances so if you know study is required for an exam- then make a revision timetable or schedule.



Timing is important. Try to give yourself enough time in your schedule to cover all the work required, and if you have run short of time then prioritise. Work out what are the most important topics you need to cover. Is anything compulsory? Is there anything incomplete? Is there something that you can ask your teacher to clarify? Use the opportunity of time to organise your time wisely

Find a simple system that works for you in terms of taking notes, highlighting, making revision cards etc. You can get tips on this from friends, teachers and various educational websites such as YouTube.

Stage 4: Eat; Exercise; Study; Sleep...Repeat!

Studying for exams takes energy, even if you are just sitting at a table. So, make sure you eat healthily and regularly. Our concentration can be affected greatly if our energy levels are low. Avoid the excessive sugary drinks. They may give you a boost for a while, but then your energy levels will drop afterwards.



Sleep is very important for our physical and mental well-being. Make sure you get enough of it and do not wait to go to sleep until you are exhausted. Sleep affects how well we process our memories, so we need it in good quality levels. If we do not get enough sleep, then concentration can be badly affected. Try scheduling shorter power naps (30 min to 1 hours) if you are unable to achieve a full 7 hours sleep a night.

Stage 5: Breathe and be Mindful

All work and no play is not a good idea and it can lead to anxiety. You need to find a balance between studying for exams and remaining connected to your inner peace. Adapt healthy outlets such as mindfulness meditation to relax and take your mind off the stress from studying.



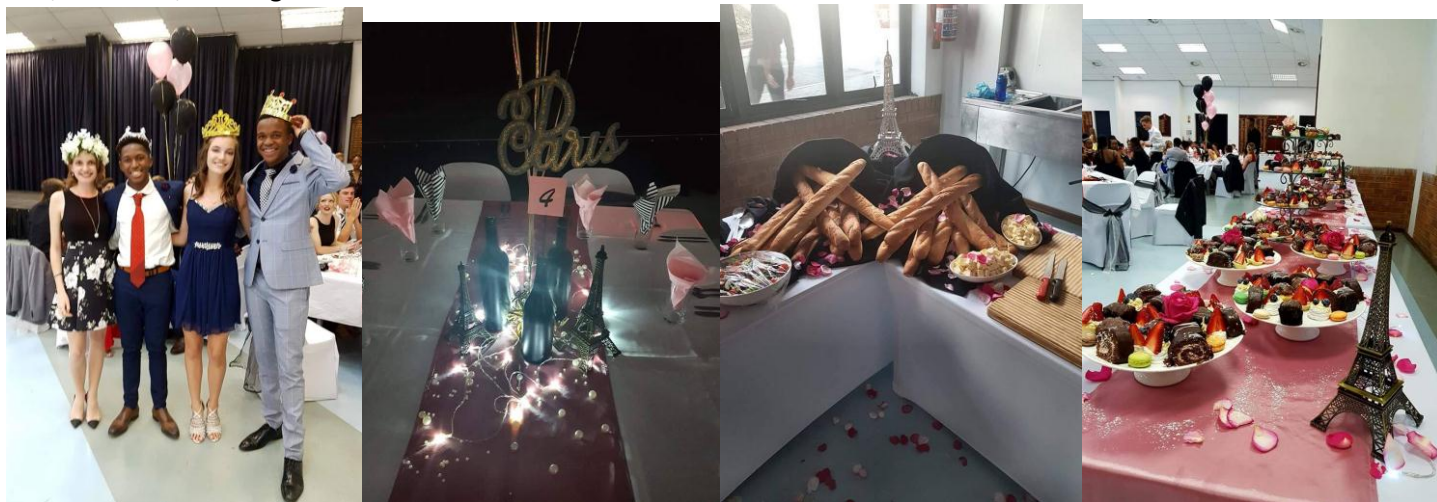
When you feel the pressure and stress is just getting too much, don't keep it to yourself. Let someone you trust know how you are feeling. Parents, friends, teachers and relatives will want to listen, and simply talking about something that is frustrating you can be a great help.

*Mrs Laila Jeebodh-Desai
Educational Psychologist*

Grade 10 Spring Dance

The annual Grade 10 Spring Dance was a momentous occasion filled with dancing, laughter and many photos. Our grade was successful in the glitz and glam of dressing up as everyone came in their best dresses and suits. The ladies made a great effort with their stunning dresses, intricate hair and make-up, as well as with their accessories.

The theme of "A night in Paris" greeted us as we walked into the hall. Mini Eiffel Towers and other French décor was scattered across each table, creating an elegant and vibrant setting. The night promptly began with music, low lighting and, of course, dancing.



It was not long before everyone was moving to the rhythm of the music, heels were kicked off and memories were made. The food was delicious and included classic French baguettes, chicken and salad. Two large tables were filled with small dessert bites of pavlova, lamingtons, macaroons and other chocolate delicacies. The prizes for Spring Ball King and Queen were awarded to Praise Hassam and Jordan Korf.

As the night ended and the photo booth was taking its last photos, goodbyes were exchanged and thank you were said. The night was truly magical and would not have been possible without the huge help of Mrs Robertson and the Grade 11 MDC. All the grade 10s thank you for your efforts and contribution, it was a truly memorable night that we all dreamed of. Merci, Au Revoir!

Sabrina Jansen

Contact us on (011) 807-5315

www.stpeters.co.za

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Grade 10 Student

Annual Visual Art Exhibition

St Peter's College invites you to our Annual Visual Exhibition from Monday 29 October to Friday 2 November in the MADD Centre. The Annual Arts Exhibition showcases the artworks of our Grade 10 to 12 Visual Arts Students.

St Peter's College would like to invite you to our

Annual Art Exhibition 2018

Showcasing the artworks of our Grade 10 to 12 Visual Art Students

Monday 29 October, 5:30 to 6:30 pm

Hosted by the Creative Arts Department and the MADD Centre

St Peter's College, College Lane, Maxwell Drive, Sunninghill

Honoured Guests:

our Grade 12 Visual Art Students

Opening Speaker:

Dr Gwen Miller (UNISA Department of Art History, Visual Art and Musicology)

For further information please send an email to trapania@stpeterscollege.co.za



Mr Alex Trapani
HOD: Visual Art

Sports news

St Peter's College is hosting Duncan Woods on Sunday, 4 November 2018 in the MADDitorium at 10:30.



DUNCAN WOODS CERTIFIED PROFESSIONAL COACH & SPEAKER

Duncan Woods (MBA, CPCC) is a trained personal development coach who brings a balanced perspective having gained extensive experience in high level sport, business and life.

Trained & certified by Coaches Training Institute (USA)
20+ Years Coaching Experience in the international, domestic and school sporting domains.

15 Years in Business with International Brands
13 Years International athlete

Successfully coaching clients from
The USA, Japan, Singapore, the UAE, Europe,
the UK, Australia, West and South Africa

PRESENTATION TOPIC: "COMPLETING THE ATHLETE"

Athletes at all levels, from elite through to amateur and junior, spend a remarkable amount of time preparing physically and tactically for competition.

However, negligible to no time is spent on preparing mentally or emotionally in the effort to perform.

Mental and emotional strength is left to chance, something we expect, (sometimes hope) to magically appear.

There is nothing magical about it, and adding a mental and emotional strength process is both easy and necessary, and could be the key final ingredient to "complete the athlete" in you.

TO BOOK THE SPEAKER
R100 per head
info@dwcoaching.net
www.dwcoaching.net
[+49 1768 241 2356](tel:+4917682412356)

The basic agenda:
-explain
-engage
-activate

emotional and mental strength practices to elevate performance in sport.

TARGET AUDIENCE?

Anyone who has an interest in using their mental/ emotional resources to achieve high levels of athletic performance.

Elite, professional, or committed amateur athletes will benefit from developing their full potential through the techniques discussed.

Likewise, this talk could be the catalyst for students, parents and coaches to begin the journey towards being a complete athlete.

"STRONGER PEOPLE MAKE STRONGER ATHLETES"

Mother and Daughter Breakfast

St Peter's College invites you to the Mother and Daughter breakfast on Saturday, 27 October 2018.



A VERY
magical
DAY IS ON THE WAY!

Make *magical* memories at the annual
Mother & Daughter Breakfast
Breakfast

hosted by the Matric Dance Committee of St Peter's College

Join us for a morning of fun, games, laughter and treats.

Date: 27 October 2018
Time: 9:00-12:00
Place: MADD Foyer
Cost: R225 per person

Mrs Lomé Robertson
MDC Committee