



Edition: 24

1 August 2019

ST PETER'S GIRLS PREP SCHOOL

FROM THE RECTOR

MANDELA DAY

This ought to have been in last week, but I missed the deadline . . . and I don't have a note from my mum.

Once again, our community did us wonderfully proud with well over 700 staff, parents and pupils pitching up to repair and brighten up Sefikeng School. Families devoted time, labour, expertise, materials and plants. Many Sefikeng families arrived to work alongside the St Peter's contingent.

There are many individuals and organisations whose agendas it suits, to portray independent schools as elitist, indifferent and uninterested in contributing to nation-building. Last Saturday was one of the many initiatives that exposes such falsehoods.



Help:

Security employment. Our Security Manager is seeking full-time employment in a security role. The Prep employs him for three days a week and he has recently been retrenched from the institution, which employed him for the other two days. He cannot afford to get by on the reduced salary. Although Lance has been with us for a relatively short time, he has proved to be extremely effective and reliable. If anyone is able to help, please contact Vijay Maharaj (vmaharaj@stepeter.co.za/ 0845113875). Lance comes with a great deal of experience in the security industry.

Electrical Engineer needed. The school requires the services of an Electrical Engineer to confirm which of its 71 DB boards requires surge protectors. If you are an Electrical Engineer and are able to assist, we would be grateful were you to contact the Operations Manager, Cecilia Neto (cneto@stpeters.co.za/ 082 900 7146).

Greg Royce (*Rector*)

FROM THE HEADMASTER

On Monday morning at Chapel, I spoke briefly to the girls about grit, in particular with reference to the last two weeks of term. Too often at this time of year, and then again at the end of the year, I overhear conversations around being tired or sick. Sometimes, I see girls dragging themselves around the school as if they are on their last legs. My message was to dig deep, finish strong and give everything they have in these last two weeks of school. Reinforcing this message at home will go a long way to make it become a habit.

A few weeks back I was sent this inspirational article about David Goggins. He gives us three guiding principles to be more resilient.

Insights from *Can't Hurt Me* by David Goggins

David Goggins is the personification of grit.

- Goggins finished the first week of Navy Seal training (aka "hell week")...on two broken legs.
- Goggins completed a 135-mile run in Death Valley...in the middle of summer.
- Goggins attempted the pull-up world record three times...completing 4,030 pull-ups in 17 hours on his third attempt and breaking the world record.

Here are three guiding principles Goggins used to push past the pain and accomplish those extraordinary feats of endurance. You can use these three principles to develop 'Goggins-Level-Grit' and unlock your full potential.

Callous Your Mind



As Goggins trained to break the pull-up world record, the friction between his hands and the pull-up bar formed thick callouses on his palms. These callouses hardened his skin and blunted the pain.

The same principle applies to your mind. When you create mental friction by going against your innate need for comfort and thrust yourself into intense physical and intellectual challenges, you callous over your fear of discomfort and increase your pain tolerance.

"To callous your mind, do something that sucks every day. Even if it's as simple as making your bed, doing the dishes, ironing your clothes, or getting up before dawn and running two miles each day. Once that becomes comfortable, take it to five, then ten miles.

Doing things—even small things—that make you uncomfortable will help make you strong. The more often you get uncomfortable the stronger you'll become, and soon you'll develop a more productive, can-do dialogue with yourself in stressful situations." – David Goggins

Remember the 40% Rule



"Sadly, most of us give up when we've only given around 40 percent of our maximum effort. Even when we feel like we've reached our absolute limit, we still have 60 percent more to give! That's the governor in action! Once you know that to be true, it's simply a matter of stretching your pain tolerance, letting go of your identity and all your self-limiting stories, so you can get to 60 percent, then 80 percent and beyond without giving up. I call this *The 40% Rule*, and the reason it's so powerful is that if you follow it, you will unlock your mind to new levels of performance and excellence in sports and in life." – David Goggins

The next time you feel exhausted, remember the 40% rule: *When your mind tells you you're done you're only 40% done.* Dig deep, find your 60% reserve and extract it, 5% at a time.

- When you're doing pushups and your brain starts complaining, remember the 40% rule and squeeze out one more set...then another...and another.
- When you feel exhausted after work and don't have energy to play with your kids or work on your side business, remember the 40% rule and find your 60% reserve.

Dip into Your Cookie Jar



Goggins first ultramarathon was a 100-mile run around a mile track. At mile 70, his kidneys started failing, he'd broken all the small bones in his feet and lost every toenail. The pain was unbearable. At that moment, he reached into his mental cookie jar and pulled out a cookie (memory of perseverance).

Goggins recalled the time that he had to study three times as hard to overcome a learning disability and graduate from high school. He recalled the time he had to drop a hundred pounds in three months to qualify for Navy Seal training. And he remembered the time he got through hell week on two broken legs.

"These weren't mere flashbacks. I wasn't just floating through my memory files, I actually tapped into the emotional state I felt during those victories, and in so doing accessed my sympathetic nervous system once again. My adrenaline took over, the pain started to fade just enough, and my pace picked up. I began swinging my arms and lengthening my stride." – David Goggins

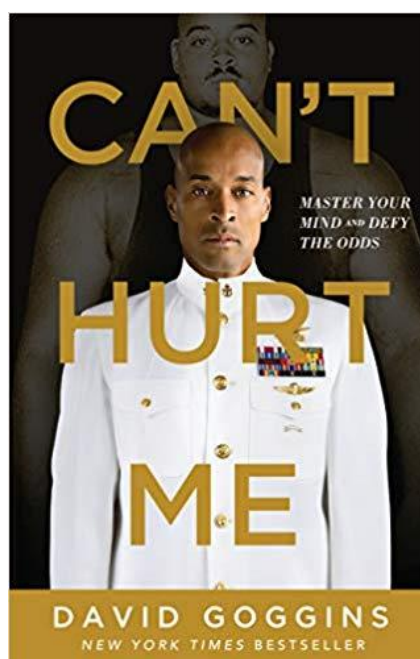
Stock your mental cookie jar with cookies by writing down a list of prior achievements. **"Include life obstacles you've overcome, like quitting smoking or overcoming depression or a stutter. Add in minor tasks you failed earlier in life, but tried again a second or third time and ultimately succeeded at. Feel what it was like to overcome those struggles, those opponents, and win...When the pain hits and tries to stop you short of your goal, dunk your fist in, pull out a cookie, and let it fuel you!" – David Goggins**

"Everything in life is a mind game! Whenever we get swept under by life's dramas, large and small, we are forgetting that no matter how bad the pain gets, no matter how harrowing the torture, all bad things end." –

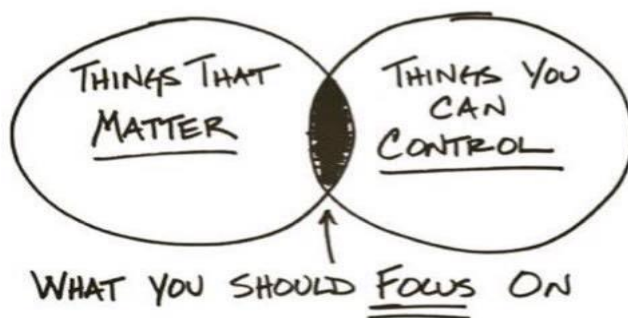
David Goggins www.ProductivityGame.com.

Nibe nempelasonto emnandi!

Darrel Webb
(Headmaster)



FROM THE SPORTS DESK



HOCKEY – TIC Andrew Steyn (asteyn@stpeters.co.za)

- Gr 4-7 hockey are playing Brescia House on Friday, 2 August. All games will take place at Home.
- Venues for the games are as follows:
 - Gr 4 – Girls Astro
 - Gr 5 – Boys Astro
 - Gr 6/7 - Newlands
- Hockey teams will be posted on the sports notice board and St Peter's Communicator.
- Please could you remind the girls that there are internal matches scheduled every week for girls who are not involved with the inter-school matches. Teams playing are highlighted in yellow.

PHL Hockey - Saturday, 3 August

Mrs Toni Clarke is managing the Madikwe Rangers who are playing the PHL semi-finals this Saturday at the Randburg Astro. We would love to have St Peter's girls come down and support. The game starts at 12:00, please could all girls be there by 11:30. Parents are more than welcome to join us and support.

Inter-house Hockey

- Wednesday, 7 August – Grade 3-4 from 12:00-13:30
- Thursday, 8 August – Grade 5-7 from 09:30-11:00

Holiday Club

- We will be hosting a sports holiday club from 12 - 16 August. All girls from Grade 3-5 are welcome to attend. The club will run from 07:30-12:00 every day. The cost is R220 per day.

Andrew Steyn
(Director of Sport)

ADVENT CALENDAR

The Advent Calendar for 2019 has been loaded onto the Communicator St Peter's, 'Calendar' tab.

Please refer to it, as well as the various *Campus Week Aheads*, for important dates and information for the upcoming term.

Kerryn Schmidt
(Director of EdTech and Organisation & Administration)

ST PETER'S GIRLS PREP OPEN DAY – SATURDAY, 5 OCTOBER

Please note that the Girls Prep are holding an Open Day on Saturday, 5 October.

Certain girls will be asked to join us that day – to demonstrate areas of the school that would be best exhibited with pupil participation. We will confirm details nearer the time.

See flyer below. Please help us spread the word by mentioning this to friends and family, who you think may be interested in attending this event. Thank you! Registration email address: girlsopenday@stpeters.co.za

ST PETER'S GIRLS PREP SCHOOL
105 Witkoppen Road | Paulshof

OPEN DAY*

We are expanding and have spaces in Grade 0 and 1 for 2020!
(turning 6 or 7 years old)

- > **Saturday, 5 October 2019**
- > **09:00 to 12:00**
- > **Venue St Peter's Girls Junior Prep**
105 Witkoppen Road
(Opposite Porsche)

*** Register for OPEN DAY**
girlsopenday@stpeters.co.za

www.stpeters.co.za

MADD PERFORMANCES – GRADES 3 & 4

Our Middle School MADD Performance has a new look!

Please join us for MADD 2019

Our **Grade 3** Girls will perform on:

Monday Morning 5/08

08:00-09:30

(Class slots have been allocated and will be communicated shortly)

Our **Grade 4** Girls will perform on:

Wednesday Evening 7/08

18:30-19:15



We look forward to sharing our journey, the experiences and learning during these two exciting Music, Art, Dance and Drama events!

COMMUNITY SERVICE AT ST STEPHEN'S ANGLICAN CHURCH - SUNDAY, 4 AUGUST

The Girls Chapel Choir will be singing at St Stephen's Anglican Church in Sunninghill on Sunday, 4 August.

All choristers need to be at St Stephen's at 08:30 dressed in their Cassocks.

The service will start at 09:00 and should end approximately at 11:10. Parents are welcome to attend the church service. Please arrive early should you want to attend as there is limited space available.

The address is 67 Nanyuki Road, Sunninghill, Johannesburg, 2191.

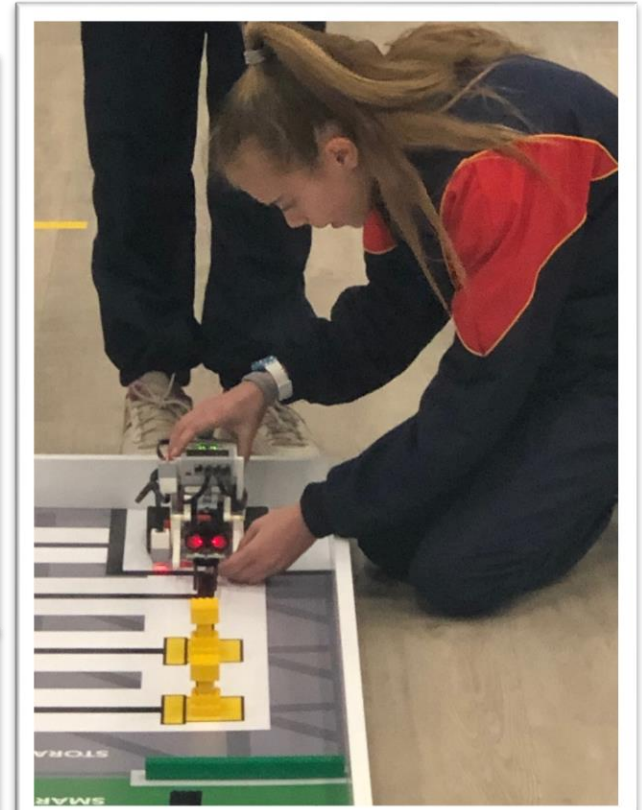
Hugo Roodt (*Director: Choirs of St Peter's*)

WORLD ROBOT OLYMPIAD

On 26 and 27 July, our girls competed in the World Robot Olympiad. Four teams took part in the Explorer category and won one silver and three bronze certificates. For the first time ever we had six teams enter the WRO section of the competition.

All our girls showed true St Peter's grit and determination. We were delighted when one of our elementary teams placed third overall and won bronze. We now wait in anticipation to hear if our girls will compete in the nationals in late September.

Kerryn Schmidt and Megan Haas



**Well done on your outstanding performance,
Girls!**

AUGUST/SEPTEMBER HOLIDAY CLUBS

<p>MONDAY, 2 SEPTEMBER</p> <p>CRAFT Llama & cat felt keyrings</p>  <p>FOOD DEMO'S & TASTING Chocolate squares (recipe will go home with you)</p> 	<p>TUESDAY, 3 SEPTEMBER</p> <p>CRAFT Making picture frames Bookmarks (The girls will make use of decoupage)</p>  <p>FOOD DEMO'S & TASTING Decorating cupcakes</p> 	<p>WEDNESDAY, 4 SEPTEMBER</p> <p>CRAFT • Making beaded bracelets</p>   <p>FOOD DEMO'S & TASTING Cous Cous salad & pasta salad (recipe will go home)</p> 
<p align="center">GRADE 3-7 CRAFT HOLIDAY CLUB</p> <p align="center"><i>Come join us for a magical fun filled Craft Holiday Club</i></p> <p>To book your place, kindly contact either: Mrs Schoeman: rschoeman@stpeters.co.za 084 440 0443 Mrs Mayne: nmayne@stpeters.co.za 082 678 4839 Place: Girls School Art Room Bookings must be received by 8th August 2019</p> <p align="right">Time: 08:00 – 12:00 Cost: R220 per day</p> <p align="right">We can't wait to see you there!!!</p>		

Email rschoeman@stpeters.co.za or nmayne@stpeters.co.za to register



SP SPORTS CLUB

Mrs Clarke-Buchanan and Mr Steyn

will be holding a **Sports Club** in the August Holidays

Dates: 12 August -16 August

Times: 08:00 -12:00

Cost: R220 per day



We will be having the best time playing hockey, tee ball, tennis, soccer and a range of other sports. There will be bike riding, music and dancing, but mostly **FUN!**

You are welcome to sign up for one day, or even the whole week.

Email: tclarke@stpeters.co.za to book your space (places are limited)

Email tclarke@stpeters.co.za to register



RAFFLE 2019

Buy a raffle ticket for R200 to stand a chance to win

R30 000

towards your school fees!

The fine print:

- The draw takes place on 27-09-2019 at approx 19:00
- You don't have to attend the draw to win
- A maximum of 600 tickets will be sold
- You can buy multiple tickets
- Ts & Cs apply



Tickets go on sale on **Tuesday, 6 August**.

The link will be displayed on the Communicator St Peter's and on WhatsApp Groups from Monday, 5 August.

FORTHCOMING WEEK

Please check the Communicator St Peter's for the 2019 Trinity and Advent Term Calendars.