



ST PETER'S GIRLS PREP SCHOOL

FROM THE HEAD

HABITS CAN BE TAUGHT

One of the many joys of the teaching profession is positive feedback from past pupils.

At the end of last term, I received the most wonderful mail from a past pupil studying at UCT. It was a photo of her morning "launch pad" – everything she needed for the day, packed and ready the night before. This habit came from an assembly I did about how important it is for astronauts to have everything they need before going to space because moms will find it difficult to take lunch or a change of clothing to the moon!

There is no doubt in my mind that good habits can be taught to children if teachers and parents reinforce them every day. The challenge is to stick to them and ensure that they are not negotiable. The challenge is also to decide on what habits you as parents, would like your children to adopt. I certainly do not suggest that we run our schools and homes like military academies – do this, do that, don't do this or that! But I am suggesting some non-negotiables – particularly if these habits also make your lives easier. Such as:

- A launch pad: To avoid the morning chaos of looking for the left sock or hockey stick.
- A set bedtime: To avoid grumpy moods and ensure maximum focus at school.
- A set daily homework time: To instill consistent work routines.
- A daily chore: To instill a sense of responsibility and purpose.

From a school point of view the habits or values we are trying to instill are:

- Respect: Greeting every adult they meet.
- Responsibility: Working diligently, as expected.
- Resilience: Making every effort to resolve their issues.
- Compassion: Avoiding saying hurtful things.
- Honour: Making the right decisions at the right time.

And above all – a love of God.

These habits give our girls the all-round foundation they need, not only to excel in High School, but more importantly, in life thereafter.

To parents and teachers who are interested in the concept of forming good habits, particularly for girls in Grade 6 and 7, I highly recommend the book *Seven Habits for Effective Teenagers* by Sean Covey, son of Stephen Covey who wrote the original book entitled *7 Habits of highly Effective People*.

Nibe nempelasonto emnandi!

Darrel Webb
(Headmaster)



Mr Webb's, Chapel message -
be prepared before you leave home!
This was his assistant, demonstrating
the 'launch pad'!!

FROM THE SPORTS DESK

Coaches love a player who brings a great attitude and energy. Both require no talent, only a choice. – Allistair McCaw

ATHLETICS - TIC Tumi Makola (kmakola@stpeters.co.za)

- The top 20 names and results for each event will be published on the athletics board and will be updated on a weekly basis. This allows those girls to see the times/distances/heights required to make the athletics team. If girls not in the top 20 would like to know their times/distances/heights, they are welcome to come to the Sports Department to get them.
- Hurdles - only Grade 6 and 7 girls compete
- Reminder that we will have challenges every Monday morning from 06:30 - 07:15. If girls have another commitment during that time, we will arrange another time to do the challenge.
- 800m and hurdles training will take place on a Monday morning from 06:45 - 07:15
- There will be optional field events practice on a Thursday morning from 06:30 - 07:15.

GIRLS SOCCER - Tshego Mashabela (tmashabela@stpeters.co.za)

- Reminder that soccer will start on Monday, 30 September.
- All soccer practices will take place on Feathers Field (Boy's School)
- Girls are to meet at Keys Pavilion and walk down to the field with the staff members.
- Please note that there will be no Inter-School matches as the other schools are not playing soccer.
- Girls may wear trainers for soccer. If you would like to purchase soccer boots, the school shop sells them for R330.

TENNIS

- As you might have seen the Girls Prep will be hosting an Open Day on Saturday, 5 October. As part of the day we will be having a Family Tennis morning where girls will get an opportunity to play with/against their parents. We would love for all our tennis playing families to come down and enjoy a morning of tennis with us. The format and scheduling will be confirmed once we know how many families will be playing. The morning is open to all tennis girls from Grade 3-7. If you would like to register to take part, please click on the link and fill in the Google form. Entries for the event will close tomorrow - Friday, 27 September
<https://forms.gle/hwqJKKByHBLNML8A>
- The Doubles Championship has started; fixtures will be posted on the Sports Notice Board and on the Communicator. If your daughter cannot make a fixture for whatever reason, please send an email to asteyn@stpeters.co.za

Andrew Steyn (*Director of Sport*)

COFFEE MORNING

Title: ***Chatters – the 8 Chats that Matter*** by Sally Thorpe
Date: Thursday, 3 October 2019
Time: 07:30 – 08:30
Venue: JP Boys Hall

As parents, our challenge is to try to raise well-rounded children who are aware of their values, communicate well, are goal focused, empathetic, kind individuals who can cope in today's digital world with a healthy competitive spirit and zest for life! On top of this we have to teach them to self-regulate, set boundaries, challenge themselves and stay true to who they really are! Whew, no wonder we are spinning.

There is a list as long as my arm on WHAT we need to do, but not many HOW TO suggestions. In our research we found that the HOW is a lot simpler than we think – it's dinner time!! In my talk I will not only share what the research says about family mealtimes, but I will introduce you to "Chatters – the 8 Chats that Matter". This is a unique, fun, engaging and interactive concept, that will get the family chatting and connecting again, around the dinner table. I will also highlight additional, ongoing positive spin-offs of having Chatters as part of your family!

Sally Thorpe

DIVERSITY

The recent spate of violence in South Africa against foreign nationals is against the spirit of Africa, and counter-productive to the decades of work done by African leaders and well-meaning organisations to unite the continent. South Africa prides itself on being a country that pursues an independent foreign policy, supports struggles for freedom and justice, and attempts to pursue a social agenda that addresses the needs of the poor. We hope that our leaders continue to create a brand that is rooted in a struggle for social justice that was championed by former President Nelson Mandela.

Beyond this unfortunate recent backdrop, South Africa is still a beautiful country and every inhabitant should attempt to make our beloved country an inclusive one. There is so much to celebrate especially during Heritage Month: music, dance, food, cultures, traditions, religions and the environment. It is more our similarities than our differences that make us an enviable diverse nation.

St Peter's continues to celebrate the various cultures and wishes Hindu and Jewish pupils, friends and families well during the fast and celebrations. Most Hindus are observing the month-long fast that ends on 17 October. The Jewish community celebrate the New Year, Rosh Hashanah, from 29 September to 1 October and the Day of Atonement on 8 and 9 October. Let us join hands and add more colour to the Rainbow Nation.

Vijay Maharaj (*Campus Deputy Head*)

GRADE 6 HOUSE PLAYS

This year the format for our Grade 6 House Plays Productions has changed. As there are nine house plays being presented, these have been spread over two weeks. Parents are most welcome to attend their child's performance on the given day. The presentations take place as follows:

Monday 7 October 12:10 – 13:00 PERFORMANCE Royce H	The Brentown Rappers		The Ugly Woodpecker
Thursday 10 October 11:45 – 12:35 PERFORMANCE Royce H	Goldilocks and the Three Bullfrogs	Little Late Riding Hood	Popsicle Boy
Monday 14 October 12:10 – 13:00 PERFORMANCE Royce H	The Little Red Robin	The Cheetah and the Sloth	
Wednesday 17 October 15:30 – 16:15 PERFORMANCE –Royce H	The Emperor's New Hair		Slurping Beauty

Mel Aspelng
(*HOD Drama*)

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

Reminder: The Girls Prep is holding an Open Day on Saturday, 5 October.

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

OPENDAY*

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

St Peter's Prep-Raffle-2019

RAFFLE 2019

ONLY 1 DAY LEFT

Ticket sales close 12:00 on 27 Sept

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

R30 000

towards your SCHOOL FEES!

The fine print:

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

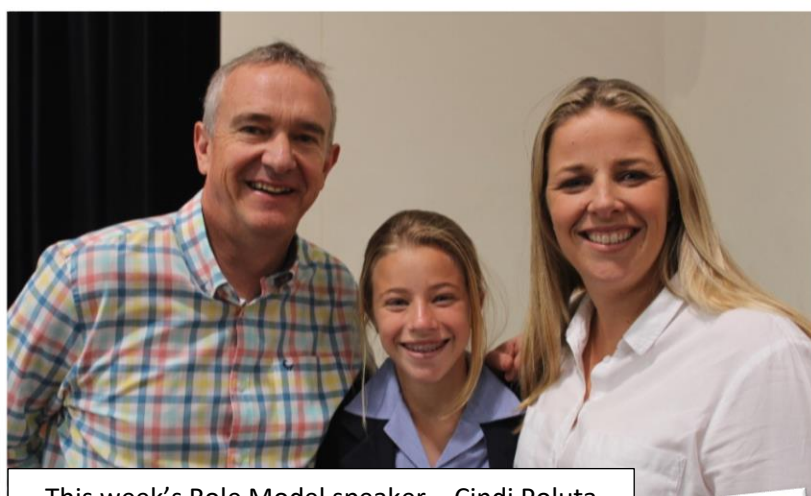


FORTHCOMING WEEK

Please check on the Communicator St Peter's for the 2019 Advent Term Calendar.

PLEASE NOTE: DEADLINE FOR NEWS SUBMISSIONS IS 10:00 ON WEDNESDAYS

THE PAST WEEK



This week's Role Model speaker – Cindi Poluta from 94.7 (Georgina Grota's aunt!)



Heritage Day dress-up!

