



Edition: 3

31 January 2019

ST PETER'S GIRLS PREP SCHOOL

FROM THE HEADMASTER

At the Grade 5, 6 and 7 Parent Information Evenings, I showed a picture (herewith attached) that I believe encapsulates the essence of everything we do at school – turning a vision into a reality.

As much as we equip our girls with the right skills and knowledge to cope with their realities, I am of the opinion that schools do not always provide sufficient exposure to the 'Real World'. To this end, we have started a monthly 'role model' slot in our weekly 'Prayers', in the Senior Prep. The idea is to potentially 'sow a seed' of interest in the work that the 'role model' does.



We also stipulate that the role model needs to be a woman – to ensure that our girls fully understand there is absolutely no limit to what they can achieve in life.

With this concept in mind, of exposing children to the reality of the workplace, I was particularly interested in a conversation I had with one of our parents recently. She is starting an initiative called *Job Shadow*. A concept that provides an opportunity for High School children to visit a workplace for a day. This would give them a sense of how a particular industry or workplace operates.

When I heard this, I wondered whether there might be parents in various professions who would be willing to play host/hostess for a day? You would be able to select the days, throughout the year, that you are prepared to host and it won't cost you anything. They have also ensured that the process is efficient and streamlined with automated booking confirmations and they have taken all the legal precautions required when dealing with visits of this nature. If you are interested in being part of this initiative, please contact Lorinda at, lorinda@jobshadow.co.za Ph: 0828706220 or Elena at, elena@jobshadow.co.za Ph: 0824116539.

Further to this concept of the 'Real World', if there are any parents who would like to share something unusual or exciting with our girls, please could I ask you to contact your daughter's class teacher to arrange a time for you to present to your daughter's class/grade or even to the school? It is so important for our girls to know what is happening around them.

I wish you a wonderful weekend. Nibe nempelasonto emnandi!

Darrel Webb
(Headmaster)

FROM THE JP HEAD

TRISH ATLEE IS THE NEW HEAD OF JP FROM MAY

I am thrilled with the announcement that Trish Atlee will be replacing me as of the 1 May. Trish Atlee has had a long and happy association with St Peter's Prep. It commenced in 1985, when her eldest son was enrolled at the school in Grade 0. In 1989, she was appointed as a teacher at St Peter's where she taught for 16 years. She is a warm, committed and positive teacher, always striving to ensure that each pupil reached his potential.

In 2006, she was appointed Head of the new St Peter's Girls Prep School. It was a pre-condition that the school maintained the ethos of the Boys Prep. Trish's institutional knowledge and the nurturing manner in which she developed children ensured that this took place at the Girls Prep.

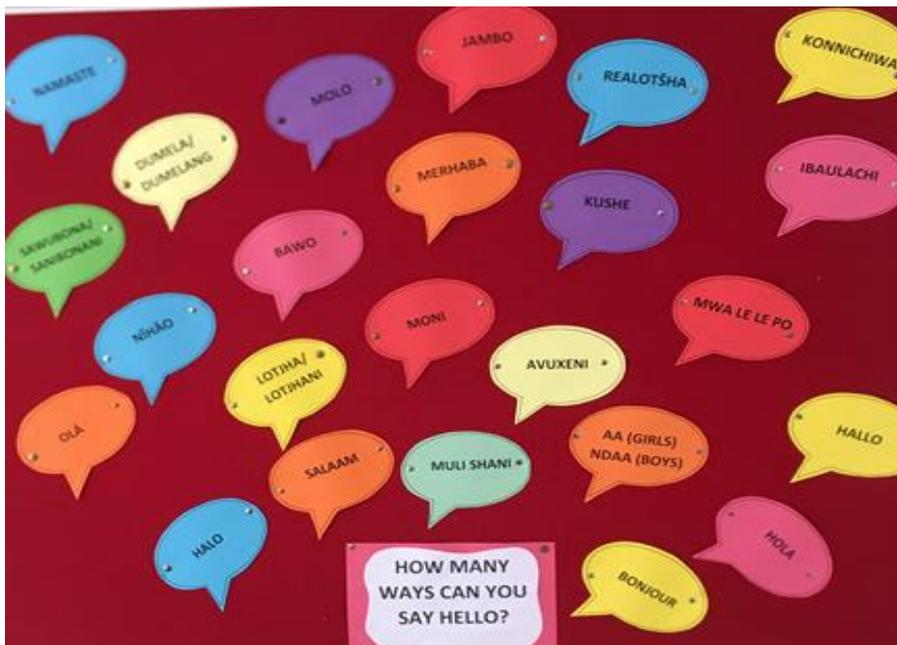
Trish established a school with high academic standards. The Grade 7 leavers are sought after at various high schools for the honourable, resilient and successful pupils, which are a product of the Girls Prep School. After 10 years, she retired in order to play a more active role in the lives of her grandchildren and to involve herself in community partnerships. In addition, she established the Afterschool Programme, which runs successfully in the facility situated on the school grounds.

TIME2READ COFFEE MORNING

Parents are invited to attend our Time2Read Coffee Morning on Thursday, 07 February from 7:30-8:30. This talk explains our reading and phonics approach at St Peter's Prep School. It is beneficial to new parents as well as any parent who would like a refresher.

SAYING 'HELLO' AT ST PETER'S

One of the 5Gs at our school is 'Greeting'. Recently, I got the girls to stand and say 'hello' in a language other than English. Well, this is the result! We have made the 'hello's' we say visible. Can you count all the languages and identify them? Culture and language are inextricably tied together. We are truly a diverse population, in language, ethnicity and culture!



GRATITUDE!

Positive Education encompasses a positive attitude and research points to an *attitude of gratitude* in order to cultivate a sense of well-being and indeed, happiness. I will be working with the girls, in Grade 1 and 2, on **Gratitude Journals** and I encourage you to model one yourself in order to support your children's emotional well-being. I have included an interesting article, which I read this week. I hope it resonates!



*The benefits of [practicing gratitude](#) are nearly endless. People who regularly practice gratitude by taking time to notice and reflect upon the things they're thankful for experience more positive emotions, feel more alive, sleep better, express more compassion and kindness, and even have stronger immune systems. And gratitude doesn't need to be reserved only for momentous occasions: Sure, you might express gratitude after receiving a promotion at work, but you can also be thankful for something as simple as a delicious piece of pie. [Research](#) by UC Davis psychologist Robert Emmons, author of *Thanks!: How the New Science of Gratitude Can Make You Happier*, shows that simply keeping a gratitude journal—regularly writing brief reflections on moments for which we're thankful—can significantly increase well-being and life satisfaction.*

You'd think that just one of these findings is compelling enough to motivate an ingrate into action. But if you're anything like me, this motivation lasts about three days until writing in my gratitude journal every evening loses out to watching stand-up comics on Netflix.

Here are a few keys I've discovered—and research supports—that help not only to start a gratitude practice, but to maintain it for the long haul.

Freshen Up Your Thanks

The best way to reap the benefits of gratitude is to notice new things you're grateful for every day. Gratitude journaling works because it slowly changes the way we perceive situations by adjusting what we focus on. While you might always be thankful for your great family, just writing "I'm grateful for my family" week after week doesn't keep your brain on alert for fresh grateful moments. Get specific by writing "Today my husband gave me a shoulder rub when he knew I was really stressed" or "My sister invited me over for dinner so I didn't have to cook after a long day." And be sure to stretch yourself beyond the great stuff right in front of you. Opening your eyes to more of the world around you can deeply enhance your gratitude practice. Make a game out of noticing new things each day.

Get Real About Your Gratitude Practice

Being excited about the benefits of gratitude can be a great thing because it gives us the kick we need to start making changes. But if our excitement about sleeping better because of our newfound gratitude keeps us from anticipating how tired we'll be tomorrow night when we attempt to journal, we're likely to fumble and lose momentum. When we want to achieve a goal, using the technique of [mental contrasting](#)—being optimistic about the benefits of a new habit while also being realistic about how difficult building the habit may be – leads us to exert more effort. Recognize and plan for the obstacles that may get in the way. For instance, if you tend to be exhausted at night, accept that it might not be the best time to focus for a few extra minutes and schedule your gratitude in the morning instead.

Make Thankfulness Fun by Mixing It Up

University of Rochester partners in crime Edward Deci and Richard Ryan study [intrinsic motivation](#), which is the deep desire from within to persist on a task. One of the biggest determinants is autonomy, the ability to do things the way we want. So don't limit yourself—if journaling is feeling stale, try out new and creative ways to track your grateful moments. ([Happify offers an endless variety of gratitude activities to choose from.](#)) My fiancée Michaela decided to create a gratitude jar this year. Any time she experiences a poignant moment of gratitude, she writes it on a piece of paper and puts it in a jar. On New Year's Eve, she'll empty the jar and review everything she wrote. When a good thing happens, she now exclaims, "That's one for the gratitude jar!" It immediately makes the moment more meaningful and keeps us on the lookout for more.

Be Social About Your Gratitude Practice

Our relationships with others are the greatest determinant of our happiness. So it makes sense to think of other people as we build our gratitude. Robert Emmons suggests that focusing our gratitude on people for whom we're thankful rather than circumstances or material items will enhance the benefits we experience. And while you're at it, why not include others directly into your expression of gratitude. You could also share the day's grateful moments around the dinner table. The conversations that follow may give you even more reasons to give thanks.

Incorporating gratitude into your life is easy—and fun—

Derrick Carpenter, MAPP, coaches individuals on living engaged and inspired lives, runs experiential corporate leadership programs, and trains US Army personnel on resilience. He's researched what makes people great in psychology labs at Harvard, Yale, and UPenn, where he received his Master of Applied Positive Psychology.

<https://www.happify.com/hd/the-science-behind-gratitude/>

Heather Kissack

(Head: Girls JP)



VISION: *Growing servant leaders within our St Peter's family to uplift our community for their big futures.*

In order to create a more sustainable and meaningful impact within our community, St Peter's Boys and Girls Prep Schools have chosen Sefikeng Primary as our partner school. We will concentrate all our time, effort and resources on their Foundation Phase. Each St Peter's child and our staff members will have an opportunity to make a contribution in some way.

We would like to invite you to volunteer too, as we make a difference together!

Recent statistics released show that eight out of ten pupils in Grade 4 cannot read at an appropriate level and without this fundamental skill, little learning can take place. St Peter's has developed a partnership with *Read for Africa* and this phonics-based programme has enabled us to effectively teach Literacy Skills. We are also able to make regular assessments to track and measure progress.

The St Peter's interns have become a fundamental support for the programme. We do, however, also rely hugely on parent volunteers to give of their time or money to support the programme. The volunteers assist with small reading groups and create fun lessons. The more volunteers, the smaller the groups and the more effective the learning.

Why should you get involved?

- Experience the unadulterated joy of assisting a child to move from being almost illiterate to being able to recognise letters and eventually words.
- Meet and be a part of a special group of like-minded parents (grandparents and friends) trying to make a difference, one child at a time!

What you need to know...

- ABSOLUTELY no teaching experience or knowledge is needed! If you can identify your letters, handle a pen and whiteboard you are fully equipped. Training will be provided.
- We visit Sefikeng every Wednesday morning from 08:30 to 09:30. It takes 15 minutes to get there (traffic dependent) and is 100% safe. 'Car shares' are very easily arranged.
- Your commitment is driven solely by you - one session a term, a month or every week.

How do you get involved?

- Contact Leigh Lidgey (llidgey@stpeters.co.za) to volunteer your time.

If you are unable to volunteer your time, please consider donating R250 towards this very worthy cause.

- EFT - St Peter's Foundation, Standard Bank, Account No: 422 057 533, Reference CP/surname.
- Or follow this link to pay online: <https://www.stpeters.co.za/prep-foundation/donations>

Please help us make a difference in the lives of others!

LOST AND FOUND PROPERTY

On the odd occasion pupils or parents lose or find items on the school property. In both instances, kindly hand in any found property or enquire about lost property at Reception.

Any 'lost and found' items will be safely stored and returned if the owner is correctly identified. The Safety and Security Committee thank you for your co-operation.

Vijay Maharaj
(Campus Deputy Head: Compliance)

SWIMMING CAPS

The school shop now stocks bigger swimming caps, which are especially suitable for girls with dreads, braided hair and twists.



FORTHCOMING WEEK

Thursday	07/02/2019	07/02/2019	07:30:00	08:30:00	Parent Coffee Morning: Time 2 Read for Grade 0 and New Parents	Girls JP Hall
Friday	08/02/2019	08/02/2019	08:00:00	13:00:00	Individual Photographs	Royce Hall
Friday to Sunday	08/02/2019	10/02/2019			Midmar Weekend	