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7 February 2019

ST PETER'S GIRLS PREP SCHOOL

REFLECTIONS ON THE 'KEYS CAMP' FROM GRADE 7 GIRLS

The Grade 7 year starts with the girls experiencing a five-day camp, called the 'Keys Camp'. This is an opportunity for the girls to bond with each other and the staff as well as providing a chance to grow leadership within the group of senior girls. Various staff members switch between the school and the camp throughout the week. The different personalities and strengths of the staff, who facilitate the planned activities, bring a variety of learning experiences to the girls. Reflections on the camp from the following girls, give an idea of the wonderful time had by all!

Every Grade 7 girl has the privilege of going on Keys Camp. During the camp, we girls enjoyed the activities that our teachers had planned. The reason why Keys Camp is so different to other camps, is because you aren't just handed over to strangers who become your camp counsellors, these camp counsellors, you spend the whole year with. The camp activities were so much fun and I know all the girls enjoyed them, but within each activity there was a life skill to learn. Keys Camp is mainly focused on leadership and teamwork, but there are many aspects of these two skills; such as trust where we had to do all kinds of activities including 'trust falls'. We also learnt to communicate, how to include people and their ideas and we learnt to lead from the back.

In my opinion, this was one of the most important skills that we learnt. I wouldn't have learnt any of that if the teachers hadn't planned these amazing activities such as Bootcamp, where we had to swim across the dam and do some really mind-puzzling obstacles. When we needed to calm down a bit, we did a breathing technique or Christian yoga, which was really fun. Straight afterwards, we went to play cops and robbers, but our cop was blindfolded and we had to direct them to the cup and bucket of water to wet the other team! When some of us needed a break we were given free time and some of the girls took it into their own hands to help clean the dam! There were times when we got really tired and we all came out of the dam with stiff muscles but luckily the morning run or nature walk loosened them up for the day and activities to come.

So what I'm trying to say is that camp was amazing and really taught me some very important skills, which I will need in life. I could go on about camp, but wouldn't have enough pages to explain how much fun we had and how much we learnt, so I'm going to end off by saying thank you to all the teachers that were involved and to all the parents for sending us on this amazing camp. Last, but not least, to all the girls for making camp such a great experience for me.

By Abby Turner



During Keys Camp we were encouraged to bond with our fellow Grade 7 girls and form new friendships. As a grade we learnt how to lead from the back and to have a growth mindset. I think we will all cherish this camp. I am very grateful that I was able to go on this camp because I have made amazing memories and friends who I will never forget. The teachers facilitated Keys Camp and I think all the Grade 7s will all say that the teachers did a superb job. We all bonded, not only with our peers, but also with the teachers. This camp was a once in a lifetime opportunity and all the Grade 7s had a whale of a time.

By Jess Barrow



The day had finally come, the day for camp! Mixed emotions - excitement and anxiety. It was time to get into the bus and say our goodbyes to our parents. It was quite sad, but we all knew we were going to have a great time. The bus drive was quite long and exhausting, but all the games and the chats we had made it go very fast. We arrived with thoughts going through our heads, thinking about who we were going to be with in our cabin. When we were told our cabin mates, we were all very excited to be in a cabin with people we don't know and it was a great bonding experience.

The whole camp was amazing from the food (which was exquisite) all the way to the activities, which were planned extremely well. The whole reason for camp was to become a leader and make new relationships. We all had a blast.

By Keneilwe Ntjilo



Keys Camp started with heightened apprehension and anxiety, however, it ended being one of my most memorable experiences! I learnt many life skills from the activities at camp. One of these lessons was how to be independent - as we were staying away from home and this forced us to be self-sufficient and take care of ourselves. We also learnt to push ourselves out of our comfort zone. Some activities that we did were extremely challenging but, fortunately we had our team to support us. The activities we did were great fun and were all centred around one main theme, 'teamwork'. Camp allowed me to enhance my leadership skills and to start forging friendships with different girls in my grade. My highlight during the week was definitely the boot camp. I enjoyed it because the whole team supported each other and we did things that pushed me beyond my limits. I feel that I can now relate to the quote, Sometimes the best way to appreciate something is to be without it for a while.

By Aarya Maharaj



An amazing experience for the Grade 7s! It's good to have you back, girls!

FROM THE SPORTS DESK

FOOD FOR THOUGHT . . .

Through sport, we are presented with the opportunity to teach our girls so much more than just about winning and losing. We are able to give them skills that are applicable in their everyday lives. Here are my top ten skills:

1. Accountable – they take responsibility for their own actions.
2. Coachable – they listen and welcome feedback.
3. Organised – they thrive with structure and routine.
4. Courageous – they are willing to take risks.
5. Resilient – they are able to bounce back from setbacks quickly.
6. Respectful – they respect their opponents but never fear them.
7. Confident – they must believe in themselves.
8. Determined – they are prepared to go the extra mile.
9. Grateful – they understand that playing sport is a privilege.
10. Positive – they are able to adapt to challenging circumstances rather than making excuses.

(Alistair McCaw – *Champion Minded*)

SWIMMING

Galas - Next week sees the start of the Inter-school galas. Team lists are loaded onto the Communicator St Peter's. Please see *Sports Week Ahead* for details.

Internal Mile – Please note that the Internal Mile scheduled for this Friday, will be hosted at the Boys' pool. St Peter's Boys are hosting an Inter-school gala in our pool.

Challenges – Challenges for the 50m and 25m events will be held on Monday, see *Week Ahead* for details. A list of the top 20 times in each stroke will be displayed on the notice board. The top four times, for each stroke, qualify those girls for the A Team. If you or your daughter would like to know her times, she is welcome to come to the Sport's Office to find out or I could send you an email.

TENNIS

Team tennis – Girls are able to challenge each other to get on to the school ladder, from which the school teams are selected. The team practice is held on a Tuesday morning from **06:30-07:15** and is by invitation.

Tennis fixtures - Please see *Sports Week Ahead* for next week's fixture.

WATER POLO

There will be water polo sessions every Wednesday morning in the Girl's pool from **06:30-07:15**. Hurricanes Water Polo Club runs the sessions. It is open to Grade 6 and 7s. For more information, please see the attached flyer.

HOCKEY

St Peter's College Hockey Centre invites all Grade 3-7 girls, wanting to play hockey, to attend their skills development session on a Monday evening at the College Astro. Please see the attached flyer for more details.

A pre-season coaching clinic will be held at the College on 9 and 10 March. We strongly encourage our girls to attend in order to hone their skills for the upcoming season.

Andrew Steyn
(Director of Sport)

MORNING BUS SERVICE TO ST PETER'S PREP

A reminder about the convenient bus service in operation. Two routes:

1. **Fourways Gardens** in the Spar parking lot on Uranium. Time: 06:20 to leave at 06:30. The bus will continue to the **Lonehill Fire Station**, arrive 06:35 to leave at 06:40.
2. The **Kyalami** bus runs from the **Kyalami Downs Shopping Centre**, next to the KFC. Time: 06:25 to leave at 06:30.

Comments from bus user parents:

- *Excellent bus.*
- *Has seat belts.*
- *Very polite, attentive and aware drivers*

If you would like to make use of one of these bus routes, please complete the Bus Consent and Indemnity Form, which can be found on the Communicator and return this to the school.

reception@stpeters.co.za.



DIVERSITY: CHINESE NEW YEAR – THE YEAR OF THE PIG



The Chinese New Year begins on 5 February 2019 and is celebrated by a quarter of the world's population. It will be a public holiday, in several countries, in East Asia. It is popularly recognised as the Spring Festival and celebrations last 15 days.

Each year, one of 12 animals in the Chinese Zodiac represents the Chinese calendar. 2019 will be the year of the Earth Pig. The Pig is a symbol of diligence, compassion, and generosity in China.

Preparations tend to begin a month from the date of the Chinese New Year (similar to a Western Christmas), when people start buying presents, decoration materials, food and clothing. Rituals include cleaning the house, putting up new posters of 'door gods' on front doors, fireworks before the family union dinner, which should be at least a 10 course meal with a whole fish entrée, symbolising the abundance of the coming year. It's usual to wear something red as this colour is meant to ward off evil spirits. The family begins the main day with door to door greetings, first to their relatives and then their neighbours. Like the Western saying, 'let bygones be bygones,' at Chinese New Year, grudges are cast aside.

Traditional foods eaten during the Spring Festival are fish (the Chinese word for 'fish' sounds like the word for 'surplus,' so the eating of fish is supposed to bring a surplus of money and good luck). The Festival of Lanterns, which is a celebration with singing, dancing, marks the end of the New Year and lantern shows. St Peter's wishes all our Chinese pupils, parents and friends a happy and prosperous new year. Xin Nian Hao!

Vijay Maharaj
(Campus Deputy Head: Compliance)

Grade 7 Girls Flower Fundraiser



R250 per Bunch

Please support by ordering your bunch of beautiful flowers by **Wednesday afternoon** via email nicky@ntce.co.za or WhatsApp **083 609 1185**



Collection of flowers on Friday from 12:00 at **ALL Receptions where relevant**, i.e.: Girls SP and JP, Boys SP and JP.

Many thanx
Grade 7 Girls Fundraising Committee

VALENTINE'S SOCIAL



St Peter's Girls Prep is hosting their annual Valentine's Social on Saturday, 16 February.

The Social is for **Grade 7 pupils only** and pupils from all Johannesburg Prep schools are invited, so please share the love and spread the word.

Avoid the queues on the night and buy your tickets ONLINE now!

<https://tickets.tixsa.co.za/event/stp-girls-social-2019>

CAMPUS COMPLIANCE

A condition of membership of ISASA is that our school undergoes an IQAA evaluation every six years. St Peter's is due for the IQAA School evaluation this year. An IQAA evaluation is a three-stage process where the IQAA office, the IQAA-appointed mentor and the school evaluation team, work co-operatively to carry out a successful evaluation.

- Parents, pupils and staff complete opinion surveys. The scoring and collation are managed by the IQAA office.
- The Internal Evaluation Team completes an internal evaluation, which includes focus groups, interviews and discussions and sends a report of preliminary findings to the mentor.
- The mentor spends a day in the school studying various aspects of the life in the school, writes a report ratifying the validity of the school report and offers some insights into the school's strengths and challenges.

We await further details and dates from the IQAA office. We will keep you posted and look forward, in anticipation, to an exciting experience for the pupils, parents and staff. Your active participation in the opinion surveys and discussions will be much appreciated.

Vijay Maharaj
(Campus Deputy Head: Compliance)

SECURITY SYSTEM FOR 2019

As mentioned previously, a new security measure is being implemented for entrance and egress of parents, staff and visitors.

For those who were not at the parent information evenings, or did not know their registration numbers at the time, please follow the link below to complete the relevant detail (If you have more than one child, please only complete the form once):

<https://goo.gl/forms/qk0VZnK5SMmJjxO53>

FORTHCOMING WEEK

Monday	11/02/2019	14:30:00	16:00:00	Inter-schools General Knowledge Quiz	Royce Hall
Monday	11/02/2019	16:30:00	18:30:00	Inter-schools Chess Matches against St Mary's	Home
Wednesday	13/02/2019	14:30:00	17:30:00	Kids Lit Quiz (by invitation)	St John's College
Wednesday	13/02/2019	17:00:00	20:00:00	Night Swimming Gala (Grade 4-7)	St Stithians College
Thursday	14/02/2019	07:30:00	08:30:00	Parents Coffee Morning: Helping Our Girls Navigate a Technological World	Royce Hall
Thursday	14/02/2019	14:00:00	17:00:00	Tennis Matches (A-D Teams)	Home/Away
Friday	15/02/2019	14:00:00	17:00:00	Swimming Gala (Grade 3-7)	Home/Away
Saturday	16/02/2019	18:30:00	21:00:00	Grade 7 Girls School Valentine's Social	Royce Hall
Sunday	17/02/2019			REMINDER: CHAPEL COLLECTION FOR TOMORROW	



Collaborating at 'Keys Camp'!