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21 June 2018

ST PETER'S GIRLS PREP SCHOOL

Weekly Newsletter of the Girls JP

FROM THE RECTOR

Thank you, once again to all those parents who rallied to our call for a Tractor Loader Backhoe! (TBL). We were delighted with the number of responses received. The ground behind the After-School facility has been levelled and a berm built.

The Foundation is looking for Mathematics sets. We have been made aware of a Gauteng public school where Grade 12s are preparing for their matriculation exams and not one has such a set. If you would like to donate a set, please deliver to any of the Junior or Senior Reception areas, marked 'Foundation Maths Set'. The School Shop have limited stock.



St Peter's Intern Programme: We now have 25 interns on campus ranging from first to fourth year in their studies. Their ability to achieve excellent exam results, while managing family responsibilities, e.g. cooking, and caring for younger siblings, is inspirational. The children continue to delight in their presence and frequently form strong bonds with them. Their role in the classroom has resulted in improved Reading and Mathematics ages, thanks to the increased student-teacher contact time.

Over and above this, the programme is able to change the lives, albeit of a very small number of people. In its own small way, it also addresses South Africa's most pressing issue, that of the lack of quality education.

We are deeply grateful to those parents who have, and continue to support this programme financially, or with their time. We are especially grateful to the CIDA Empowerment Trust (www.cidatrust.org) which supports 6 interns and the Gauteng Central Region Academy (GCRA) (www.gauteng.gov.za/services/youth/Pages/GCRA.aspx), which supports 16.

CIDA seeks to multiply the positive effects of quality in education in low income communities. It focuses on teacher development in the highly successful internship model that St Peter's offers.

The GCRA is a branch of the Gauteng Department of Education responsible for promoting skills development. It also seeks to enable young people to make the transition from school to work through relevant work training opportunities. It, too, has recognised the success of the St Peter's Intern Programme, in partnership with the University of Johannesburg, and also sponsored interns in 2017.

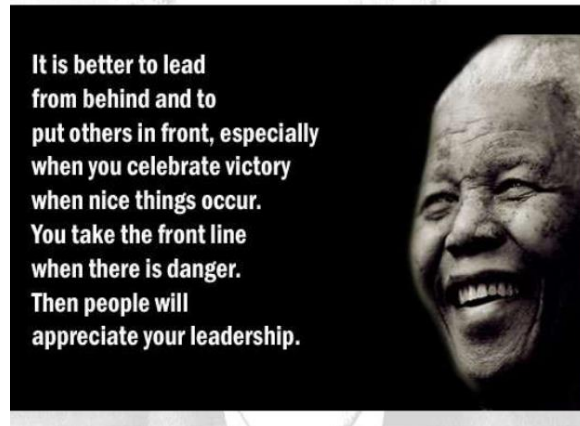
Questions for the Rector:

If anyone wishes any further information on any topic, please feel free to contact me at school or at groyce@stpeters.co.za or dradloff@stpeters.co.za

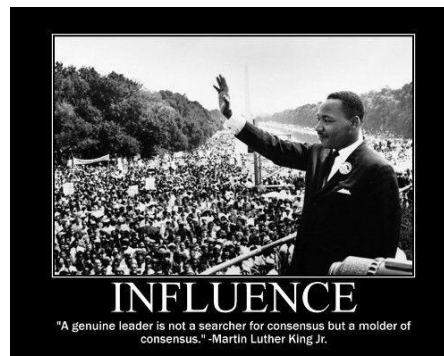
Greg Royce
(Rector)

FROM THE JP HEAD

SERVANT LEADERSHIP



For the month of June and into July, we will focus on Leadership with a particular focus on Servant Leadership, embodied by our own Madiba. We will celebrate those great leaders who have made a change in their world, never looking for recognition or reward. Other examples we acknowledge include Mother Teresa and Martin Luther King. The month, will culminate on 18 July at our Mandela Day Service.



ANTI HIJACKING TALK

We were educated by a proactive and empowering conversation around the real and disturbing facts around hijacking. This talk took the form of a discussion, at times, imparting useful and practical information - to help prevent and assist victims to be 'hijacking survivors'.

Some suggestions included:

- Keep alert
- Avoid distraction such as cellphones
- Leave a space between you and the car in front of you
- Slow down at traffic lights and try not to stop . . . time your move toward the area so as to allow you to keep moving
- Change your routes
- Be aware as you arrive home
- Reverse park so you leave your property facing the road
- Practise your exit from your car

- Teach your children the protocol
- Practise the protocol with them
- Stay as safe as you can!

We are planning a Coffee Morning about this important issue in the Advent Term.

THE ROLE OF BIOKINETICS

The biokinetics staff at St Peter’s, Charne Badenhorst and Callan Cronan, spoke to parents last Thursday. These independent staff members are working closely with teachers and the Sports Departments at St Peter’s Prep, to support pupils development and progress at school, including injuries and posture issues. I have attached some exercises, recommended by the biokineticists, to support our children. These are exercises and ideas, which are given to the class teachers.

Here are some for you to use at home:

- We need to focus on what the children eat – healthy food – to improve Body Mass Index (BMI)
- Less time on screens!
- Children must learn to warm up and stretch before any exercise
- Posture is important – children need to learn to stand/sit properly

Below is a table that explains the different roles that the Physiotherapist, Biokineticist and Occupational Therapist is responsible for.

PHYSIO	BIO	OT
<ul style="list-style-type: none"> • Initial phase of rehabilitation 	<ul style="list-style-type: none"> • Final phase rehabilitation 	<ul style="list-style-type: none"> • Helping people with a physical, sensory or cognitive disability and problems with fine motor skills
<ul style="list-style-type: none"> • Swelling and pain still present 	<ul style="list-style-type: none"> • Only takes over treatment once ROM has been fully restored and no pain/inflammation 	<ul style="list-style-type: none"> • Can help kids to improve their cognitive, physical, sensory and motor skills and enhance their self esteem
<ul style="list-style-type: none"> • Aim is reduce swelling and inflammation 	<ul style="list-style-type: none"> • Aim to regain strength of the muscles surrounding joint, improve the joints proprioception following injury 	<ul style="list-style-type: none"> • Kids who might need OT: <ul style="list-style-type: none"> ➢ Sensory processing disorders ➢ Learning problems ➢ Autism ➢ Mental health/behavioural problems ➢ Developmental delays
<ul style="list-style-type: none"> • Once swelling subsided, regain ROM at the joint 	<ul style="list-style-type: none"> • Maintaining full ROM 	<ul style="list-style-type: none"> • Kids who have concerns with pain, strength, joint range of motion and endurance and gross motor functioning will be referred to a physio (neuro-developmental physiotherapist).
<ul style="list-style-type: none"> • Treatment modalities – soft tissue massage, strapping, needling, ultrasound. 	<ul style="list-style-type: none"> • Treatment modalities – stretching, exercise prescription/programming, strapping 	<ul style="list-style-type: none"> • Kids who have concerns with fine motor skills, visual perceptual skills, cognitive skills and sensory processing will be referred to an OT

To all the families travelling, please do so safely. Families staying behind, keep warm and enjoy the mid term break.

Heather Kissack
(Junior Prep Head)

BIRTHDAY CHAPEL

On **Tuesday, 3 July** the following Birthday girl/s will receive a birthday card and a blessing in Chapel at 8:00. We hope to see the parents there.

E Parry
D Couvaras
C Fatyi

E Bygate
T Dube



MANDELA DAY 2018

Mr Mandela lived his life by three rules: ***free yourself, free others, and serve every day.***

This is the message that St Peter's would like to embrace this year, and as part of our Mandela Day Drive, we appeal to all our families to donate books. Books for all age groups would be greatly appreciated.

80% of Grade 4s cannot read at an appropriate level!

We would like to support: *Diepsloot Combined and Sefikeng Primary; The Tomorrow Trust and our own community.*

We will be collecting from 10 to 20 July.

SP Boys and Girls: Reception areas

We look forward to your support!
The Mandela Day Team

THE ST PETER'S SCHOOL OF MUSIC INVITE YOU TO THE ANNUAL CHOIR FESTIVAL FESTIVALS

The **Junior Choir festival** will be held on Thursday, **5 July at 18:30** in the Dodson Hall. All the Junior Choirs will perform - this includes the Junior Prep Choir (Grade 2s) and the Cadet Choir (Grade 3s and 4s).

Please take note of the following time:

Mass Choir Rehearsal: 17:30 – 18:10

We ask that your daughter be on time and be dressed in her winter uniform:

JP Girls: Red fleece and socks (no stockings)

The girls must please bring a healthy snack. Soup and other snacks will be on sale.

Tickets for this event will be available online for purchase through the Tixsa website. The link will be available in next weeks' newsletter.

We look forward to an amazing evening filled with beautiful music.

Marguerite Schmitt (Director of Music)

FORTHCOMING WEEK/S

Thursday	21/06/2018			Reports go home	
Friday	22/06/2018			ST PETER'S DAY	
Friday	22/06/2018	07:30	08:30	Eucharist	Chapel
Friday	22/06/2018	11:00		HALF TERM COMMENCES	

Monday	02/07/2018	07:30		TRINITY TERM CONTINUES	
Thursday	05/07/2018	17:30	18:10	Choir Rehearsal (Gr 2s Only)	Dodson Hall
Thursday	05/07/2018	18:30		Junior Choir Festival (Gr 2s Only)	Dodson Hall
Saturday	07/07/2018	18:00	19:00	Viva Voce	

PA NEWS



The poster features a central crest for St Peter's Prep Schools with the motto 'VERITAS LIBERABIT VOS'. The crest is flanked by colorful musical notes and treble clefs. The background is a grey and white chevron pattern. The text is centered within a decorative orange and green border.

WINTER WARMERS MUSIC FESTIVAL & FAMILY DAY!
 Live Music | Kids Inflatables & Entertainment
FUN FOR THE WHOLE FAMILY!
 SAVE THE DATE
 DATE: Saturday, 14 July 2018
 TIME: 12:00 – 17:00
 TICKETS AVAILABLE SOON – STAY TUNED!
winterwarmers@stpeters.co.za