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ST PETER'S GIRLS PREP SCHOOL

Weekly Newsletter of the Girls JP

FROM THE HEADMASTER

Greg and I went out to visit our Grade 7 Girls on their Keys Camp for a night, this week. For those of you who are unaware, this is a five-day, four-night camp in the Waterberg, where our girls experience school – outdoors. They have built rafts; been on walks; done various obstacle courses and orienteering; had an opportunity to buy and cook their own food; they have built mini bridges; swum in the dam and so much more. They have also been involved in various leadership debates and discussions. Our very own teachers, including two of our JP teachers, have hosted all of these activities. When they arrive back at school on Friday (exhausted), they will be ready to take on the world! I'm not sure how many schools offer this type of opportunity for their girls, but what I do know is our girls have benefitted tremendously from the experience.

This week, I also had the privilege to meet and chat to our JP class reps – a wonderfully diverse group of moms and a dad, who have put their hands up to contribute. Yes – this is very much a continued appeal (especially to SP parents), to find the time to be involved in some small way.

I am delighted to announce our new Communication Committee and would like to thank them, in advance, for their time and commitment:

In our Junior Prep : Kefilwe Mudeme and Claudia Pharboo

In our Senior Prep : Tessa Barry and Phetsile Dlamini.

I will continue to host class rep coffee mornings, with each grade in the Senior Prep, each term this year. If there are any issues or concerns, please be reminded to ask your class rep to raise them at these meetings, or alternatively, please come and chat to me directly.

Fortune favours the brave – be BRAVE in 2018! By John Sanei

We have a clear choice to make: do we want to be victims or architects of the expansive future that lies ahead? KNOWLEDGE IS POWER – Throughout history technology and disruption have continually shaped our future. Invariably, those who are excited by change are open to learning new tricks; they are ready to run towards the future, and not away from it. What a time to be alive – our lives are getting better and better. Our access to information is at an all-time high and technology is advancing exponentially. The phrase "Ipsa scientia potestas est", meaning "Knowledge itself is power" has never been more meaningful.

In a recent blog post by Singularity University, I read that a child in Malawi who has a smartphone and an internet connection, has access to more information than the president of the USA had in 1994.

This democratisation of knowledge is one of the main reasons why we're moving into an era of "technological socialism" – the idea that technology is breaking the capitalist divides that have previously limited access to products, services and education to those who could pay for it. Trying to imagine that the things we spend money on today will become more affordable (or even free) in the future, is almost as impossible as your grandparents having predicted that they could one day make calls without a landline telephone.

Photography is just one example of how technology has made some commodities more affordable. Old-school cameras were cumbersome, the number of photos you could take was limited and you had to pay to have every photo developed (even the bad ones). Just over a decade ago, we would not have dreamed of having free cameras...on a telephone...that has no buttons. Today, our phones have megapixel cameras and we can take as many photos as we like before sharing them with people all around the world in an instant – for next to nothing.

The proliferation of free Wi-Fi and an inevitable reduction in data costs, mean that technological socialism is already a tangible reality. A quick look into developments within a multitude of industries including energy, transportation, communication, education, entertainment, clothing, food and medical care, will reveal real-life tales of increased efficiency, accessibility, innovation and cost-reduction.

If you feel pressed for time to research the incredible advancements that are shaping our future, there are three key areas to keep a close eye on: quantum computing, artificial intelligence and block chain technology. These are the innovations that are going to fundamentally change the way we work, how we use money and our approach to well-being and longevity. In the next decade, we will also need to swallow hard and grapple with new norms that will come in the form of digital brains (as pioneered by the Swiss Blue Brain Project) and genetically engineered, designer babies.

Granted, some of these innovations may make you want to move to Mars, but although our minds are more prone to resisting change and forming new habits, the choice to adopt new perspectives is ours – do we choose to be excited or damned by this future?

If we take on a victim mindset we will be damned, doomed and ill-prepared, rejecting change and wishing for the old days. But we can also choose to take on a victor mindset, to be the optimist, dreamer, do-er and operator. There are two ways to do this: first, stop feeling sorry for yourself and take responsibly for this incredible reality we will live in. Decide to get excited about change even though your habitual thought-patterns might argue against it. Secondly, expose yourself to this future by being informed about technological and scientific innovations, and then share these insights and the enthusiasm with your family, friends, organisation and community; help everyone prepare to accept change with open arms.

The time to collaborate and empower everyone is here and with these new tools at our disposal, accessing the global village and reaching your individual potential has never been easier. We just have a clear choice to make: do we want to be victims or architects of the expansive future that lies ahead?

The quote "fortune favours the brave" has never been more true – be brave in 2018 and make a fortune by impacting billions of people's lives in a positive way.

Have a good weekend!

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Darrel Webb
(Headmaster)



FROM THE JP HEAD

GRADE 0 2019

I am excited to share with you that we are starting the process for accepting our 2019 Grade 0 Girls. I will be meeting with parents and discuss the philosophy of our school, academic and other programmes and sharing in the general excitement of starting 'Big School'. This is a highlight of mine as I share all the reasons I love working with these girls at this wonderful school.

PARKING

It is important to follow the rules regarding, parking at the JP School car park and walking your girls in. Please drive around the Senior Girls School to the JP car park and walk the girls in, until they are confident enough to walk alone. If you are late and need to 'drop and go', the Chapel parking is an option. **This is a 'drop and go' zone, only.**

N.B. You may not park on Newlands Field in the morning. This is only an option in exceptional cases e.g. the first school day of the year.

SCHOOL UNIFORM NEWS

At St Peter's, *grooming* is one of our 5 G's that supports respectful behaviours, which we encourage. I wish to thank parents for being proactive about our school uniform this and every year. Our girls look very smart in their uniforms.

As you know, this year the red Grade 0/P.E. T-shirt was introduced (this in conjunction with white, to align with the Boys School JP). The move to introducing red T-shirts has been far quicker than we expected, with all the white ones, in Grade 0, being sold out by the start of the year! Regarding this matter, please know that the white shirts are still part of our school uniform and we continue to encourage the girls to wear these on any day they choose. Older girls, can wear the red shirts as the white ones, at the School Shop, run out. I am grateful for your understanding and support in all these initiatives.

EDUCATIONAL SUPPORT UNIT

St Peter's has well-developed Educational Support Department. We have Occupational Therapists, a Speech Therapist, an Educational Psychologist as well as Remedial Therapists and Academic Support specialists. In the next weeks we will highlight what these exerts do:

What is Occupational Therapy?

Children analyse, categorise, process and interpret information from their worlds through their senses. These include the sense of smell, taste, touch, sight, body position, movement as well as auditory feedback and visceral feedback from their autonomic nervous systems. This is called 'Sensory Integration.' It occurs naturally and in conjunction with the development of postural control.

Together they form the base of all learning.

If there is a breakdown in either a child's sensory integration or postural control development, difficulties in the following areas, may be observed:

- Concentration and arousal
- Emotional and social interactions
- Gross and fine motor coordination development
- Body awareness
- Planning, sequencing and organising skills
- Visual perceptual development
- Visual motor integration (copying skills)

In turn these difficulties affect reading, writing and executive functioning in a classroom situation.

An OT assessment involves detailed interviews with the parents and teacher of the child concerned. This is followed by standardised testing in the above mentioned areas.

Treatment is done through a child specific programme, aimed at resolving and rebuilding the “break downs” that have occurred in their systems.

The following highly qualified therapists practise at St Peter’s Girls Prep School:

Saskia Leenstra	Fiona Van der Zee	Kathryn Tarlton
SI certified	SI certified	SI certified
NDT trained	084 4775321	084 5830001
082 3226082		

RESPECT

We have been focused on Respect over the past few weeks, an essential criteria for success, I believe. Here is a short article to save a read when you have a moment:

Do Your Kids Respect You? 9 Ways to Change Their Attitude By Janet Lehman, MSW

We often forget that children aren’t born with a built-in sense of respect for others. While each child has a different personality, all children need to be taught to be respectful. From birth, kids learn to manipulate their world to get their needs met—this is natural. But it’s our job as parents to teach them respectful ways of doing this.

It’s important to remember that your child is not your friend—he’s your child. Your job is to teach him to be able to function in the world. This means teaching him to behave respectfully to others, not just you!

Many parents have a hard time looking at their kids in a realistic light. In some ways, our own parents were less defensive and more open to the fact that their kids were not “perfect.” I can’t overstate how important it is to be willing to look at your children realistically, noting both their strengths and their areas of weakness. This allows you to see inappropriate behaviour as it happens and address it—and not make excuses or ignore it.

So how can you change the culture in your own house if disrespectful behaviour is starting—or is already a way of life? Here are 9 things you can do as a parent today to start getting respect back from your kids.

1. Remember, your child is not your friend. It’s not about your child liking you or even thanking you for what you do. It’s important to remember that your child is not your friend—he’s your child. Your job is to coach him to be able to function in the world. This means teaching him to behave respectfully to others, not just you. When you think your child might be crossing the line, a good rule of thumb is to ask yourself, “Would I let the neighbour say these things to me? Would I let a stranger?” If the answer is no, don’t let your child do it, either. Some day when your child becomes an adult, your relationship may become more of a friendship, but for now, it’s your job to be his parent: his teacher, coach and limit setter—not the buddy who lets him get away with things.

2. Catch disrespect early and plan ahead if you can. It’s good to catch disrespectful behaviour early if possible. If your child is rude or disrespectful, don’t turn a blind eye. Intervene and say, “We don’t talk to each other that way in this family.” Giving consequences when your kids are younger is going to pay off in the long run. It’s really important as a parent if you see your child being disrespectful to admit it and then try to nip it in the bud. Also, if your child is about to enter the teen years (or another potentially difficult phase) think about the future.

3. Get in alignment with your partner. It’s so important for you and your partner to be on the same page when it comes to your child’s behaviour. Make sure one of you isn’t allowing the disrespectful behaviour while the other is trying to intercede. Sit down together and talk about what your bottom lines are, and then come up with a plan of action—and a list of consequences you might give—if your child breaks the rules.

4. *Teach your child basic social interaction skills. It may sound old fashioned, but it's very important to teach your child basic manners like saying "please" and "thank you." When your child deals with her teachers in school or gets her first job and has these skills to fall back on, it will really go a long way. Understand that using manners—just a simple "excuse me" or "thank you"—is also a form of empathy. It teaches your kids to respect others and acknowledge their impact on other people. When you think about it, disrespectful behaviour is the opposite, negative side of being empathetic and having good manners.*

5. *Be respectful when you correct your child. When your child is being disrespectful, you as a parent need to correct them in a respectful manner. Yelling and getting upset and having your own attitude in response to theirs is not helpful and often only escalates behaviour. The truth is, if you allow their disrespectful behaviour to affect you, it's difficult to be an effective teacher in that moment. You can pull your child aside and give them a clear message, for example. You don't need to shout at them or embarrass them. One of our friends was excellent at this particular parenting skill. He would pull his kids aside, say something quietly (I usually had no idea what it was), and it usually changed their behaviour immediately. Use these incidents as teachable moments by pulling your kids aside calmly, making your expectations firm and clear, and following through with consequences if necessary.*

6. *Try to set realistic expectations for your kids around their behaviour. This may actually mean that you need to lower your expectations. Don't plan a huge road trip with your kids, for example, if they don't like to ride in the car. If your child has trouble in large groups and you plan an event for 30 people, you're likely to set everyone up for disappointment and probably an argument!*

If you are setting realistic expectations and you still think there might be some acting-out behaviours that crop up, set limits beforehand. For example, if you're going to go out to dinner, be clear with your kids about what you expect of them. This will not only help the behaviour, but in some ways will help them feel safer. They will understand what is expected of them and will know what the consequences will be if they don't meet those expectations. If they meet your goals, certainly give them credit, but also if they don't, follow through on whatever consequences you've set up for them.

7. *Clarify the limits when things are calm. When you're in a situation where your child is disrespectful, that's not the ideal time to do a lot of talking about limits or consequences. At a later time you can talk with your child about his behaviour and what your expectations are.*

8. *Talk about what happened afterward. If your child is disrespectful or rude, talk about what happened (later, when things are calm) and how it could have been dealt with differently. That's a chance for you, as a parent, to listen to your child and hear what was going on with her when that behaviour happened. Try to stay objective. You can say, "Pretend a video camera recorded the whole thing. What would I see?" This is also a perfect time to have your child describe what she could have done differently.*

9. *Don't take it personally. One of the biggest mistakes parents can make is to take their child's behaviour personally. The truth is, you should never fall into that trap because the teenager next door is doing the same thing to his parents, and your cousin's daughter is doing the same thing to her parents. Your role is to just deal with your child's behaviour as objectively as possible. When parents don't have effective ways to deal with these kinds of things, they may feel out of control and get scared—and often overreact or under react to the situation. When they overreact, they become too rigid, and when they under react, they ignore the behaviour or tell themselves it's "just a phase." Either way, it won't help your child learn to manage his thoughts or emotions more effectively, and be more respectful.*

Understand that if you haven't been able to intervene early with your kids, you can start at any time. Even if your child is constantly exhibiting disrespectful behaviour, you can begin stepping in and setting those clear limits. And

kids really do want limits, even if they protest loudly—and they will. The message that they get when you step in and set limits is that they're cared about, they're loved and that you really want them to be successful and able to function well in the world. Our kids won't thank us now, but that's okay—it's not about getting them to thank us, it's about doing the right thing.

Have a wonderful weekend!

Heather Kissack

THE ISEMATHOLENI INTERN PROGRAMME

The Isematholeni Intern Professional Development Programme has grown considerably since its inception in 2015. We now have 20 Interns on the programme.

A few of them have expressed a wish to make a bit of extra pocket money during weekends, public holidays, mid-term breaks or school holidays, by offering to house or baby-sit.

Please contact June Tromp (082 5731030) should you require any further information OR to make a booking.

June Tromp
(Head Mentor)

ST PETER'S SECOND HAND SHOP

We have taken a decision to run a charity based second hand shop for St Peter's parents. In the past, the second hand goods have been sold out of the school shop, but have received little focus and have become difficult to manage as the size of the school has grown.

As a result, we have decided to run a specific store for second hand goods. As with many other schools, we will be taking in second hand clothing from parents who are leaving the school, or whose children have outgrown their uniforms. These will be repaired as needed, laundered and made available for resale to parents, at discounted price vs the new stock. Any money made from the sale of these items, after the costs of running the shop are covered, will be donated to the Foundation to assist bursary children with sundry school expenses. The shop will be situated behind the current school shop, and will be open on Wednesdays, to coincide with the day that the regular shop is open.

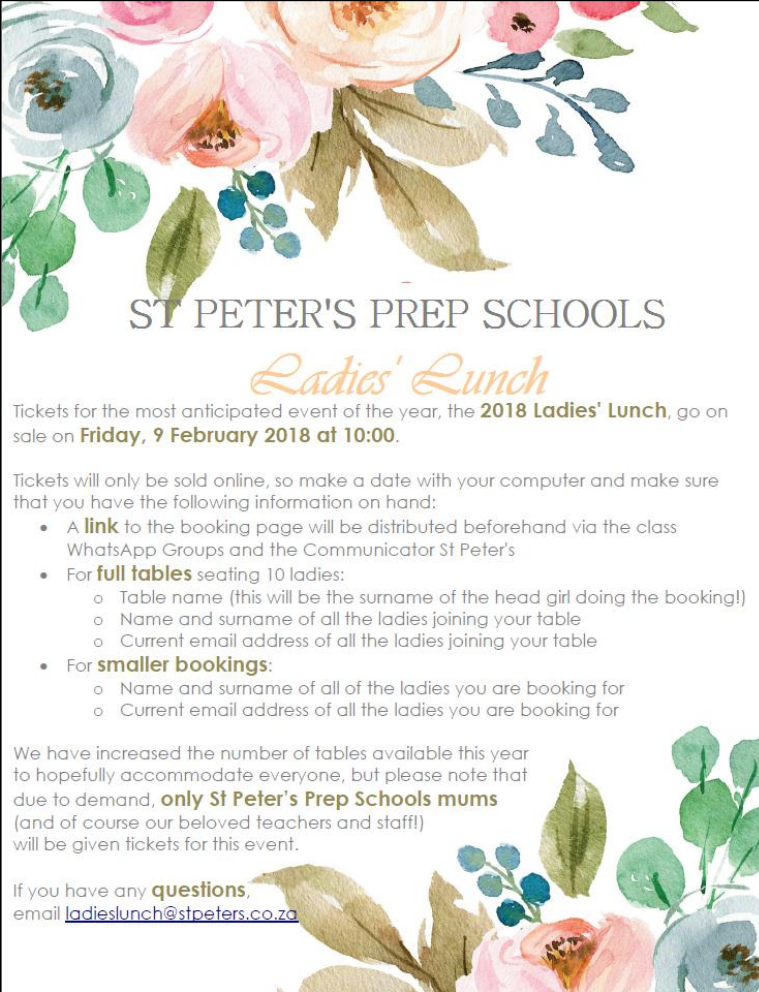
Please bear with us while we get it all up and running - hopefully in the next few weeks.

VOLUNTEERS NEEDED: please let us know if you are interested in assisting with this endeavour - either with setting it up, or running and managing it for the school. Please contact Carol Sithole for more information:
carol.sithole1977@gmail.com.

TWO WEEKS AHEAD

Tuesday	2018/02/13	08:00:00	08:30:00	SHROVE TUESDAY	<i>Chapel</i>
Wednesday	2018/02/14	09:00:00	09:30:00	Ash Wednesday Service	
Thursday	2018/02/15	07:30:00	08:30:00	Screen Time Coffee Morning (Lara Ragpot)	Girls JP Hall
Thursday	2018/02/15	08:00:00	13:00:00	Grade 0 Eye Tests	Sports Office

LADIES LUNCH



ST PETER'S PREP SCHOOLS

Ladies' Lunch

Tickets for the most anticipated event of the year, the **2018 Ladies' Lunch**, go on sale on **Friday, 9 February 2018 at 10:00**.

Tickets will only be sold online, so make a date with your computer and make sure that you have the following information on hand:

- A **link** to the booking page will be distributed beforehand via the class WhatsApp Groups and the Communicator St Peter's
- For **full tables** seating 10 ladies:
 - Table name (this will be the surname of the head girl doing the booking!)
 - Name and surname of all the ladies joining your table
 - Current email address of all the ladies joining your table
- For **smaller bookings**:
 - Name and surname of all of the ladies you are booking for
 - Current email address of all the ladies you are booking for

We have increased the number of tables available this year to hopefully accommodate everyone, but please note that due to demand, **only St Peter's Prep Schools mums** (and of course our beloved teachers and staff!) will be given tickets for this event.

If you have any **questions**, email ladieslunch@stpeters.co.za