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31 May 2018

ST PETER'S GIRLS PREP SCHOOL

Weekly Newsletter of the Girls JP

FROM THE JP HEAD

COPING WITH CHALLENGES – *In the Know*

The overriding message resulting from the recent Parent Coffee Morning was:

Parents **worry** and **step in** because they overestimate the problem and underestimate their child's ability to deal with it.

The presenters gave parents seven strategies to deal with this:

1. Expect challenges to turn up (they always will).
2. Listen (hear your child and ask for more information).
3. Tolerate negative feelings (identify these feelings and name them, they are as much part of life as positive feelings).
4. Model calm (even when you don't feel calm).
5. Raise a 'problem-solver' (talk about solutions together with your child and choose positive options to try).
6. Foster autonomy (allow your children to be independent and develop self-regulation).
7. Rethink what and how you praise (children are aware of their own limitations).

If we can achieve this, our children will realise that their self-worth depends on their ability to cope with challenges. People develop a positive belief in themselves when they master difficult situations.

www.intheknow/ / info@intheknow.co.za

LET'S TALK ABOUT THE ST PETER'S VALUES

Last term, we introduced our St Peter's Values, which guide our girls' behaviour and character. The girls have embraced these values enthusiastically and have made a visible effort to adopt these dispositions.

We would like to involve you, as parents, in the ongoing dialogue, which we are having with the girls - regarding the values that we hope will become intrinsic in St Peter's girls. From Monday, posters have been up in the car parks and driveways and we encourage you to engage in conversations with your daughter, around the questions posed on these posters.

COFFEE MORNING FOR NEW PARENTS OF 2018 TO JP

Please join me from 07:30 - 08:00 for coffee and a chat on Thursday, 7 June in the JP Hall. I would love to get some first impressions of our school, ideas and answer questions.

Have a wonderful weekend!

Heather Kissack
(Junior Prep Head)

BIRTHDAY CHAPEL

On **Tuesday, 5 June** 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.

A Salt
A Beukes
K Mahlangu

A Gilbert
M Marriott
A Brueton

Grade 2 Choir

There will be no Grade 2 Choir on Thursday , 7 June. Girls can be collected by 13:45.

ST PETER'S PREP SCHOOLS - BUS SERVICE INFORMATION

Due to much interest from last week's Bus Service Survey, we need to move to the next stage of gathering information so we can contact you to make arrangements for the morning Bus Service.

Please click on the link to fill in your details:
<https://goo.gl/forms/q7ZzUWZTFqCkE3762>



CIVVIES DAY COLLECTION REMINDER

For our Civvies Day on Friday, 15 June and we are collecting clothes for the HLALISEKANI PLAYGROUP, as mentioned in a previous newsletter.

Clothes are being collected in the Vestry of our Chapel. This will continue until Friday, 15 June. All sizes of clothing will be received. St Mark's Anglican Church will distribute the adult clothing.

Your support for this initiative would be greatly appreciated.

Kamohelo Kotsi
(Chaplain Assistant)

EDTECH & BYOD COFFEE MORNING

Date: Tuesday, 5 June
 Time: 07:30 - 08:30
 Venue: Boys SP Library

The use of devices in schools worldwide is growing daily, with many South African schools following the trend.

The above-mentioned workshop will assist parents to understand:

- the use of these devices at St Peter's
- how to manage them at home
- what the school is doing, to protect your child.

We will also shed some light onto the challenges our children are facing and how we, as a community, can provide the correct assistance.

Scott Hauptfleisch
 (Campus ICT Integrator)

FORTHCOMING WEEK

Tuesday	05/06/2018			WORLD ENVIRONMENT DAY	
Tuesday	05/06/2018	09:00:00	10:00:00	World Environment Day Talk	Royce Hall
Thursday	07/06/2018	07:30:00	08:00:00	Girls JP Head's Coffee morning for new parents	Girls JP Hall

PA NEWS



**St Peter's Prep Schools
Soccer Day 2018**

Get ready to celebrate the
Beautiful Game!

Saturday, 16 June
11:00 Registration
11:30 First kick-off

- For St Peter's Prep Schools boys & girls only.
- Siblings welcome (minimum age group is Grade 0).
- Only participating players to register.
- Submit one registration form per participating child.
- Sports departments will allocate players into teams.

**Remember to register by
Wednesday, 13 June**

Click on this LINK to register:
<https://goo.gl/forms/QKJpQ9xaDPsGg5uY2>

COFFEE MACHINES REMINDER

Coffee machines are available in the pavilions for parents who would like to enjoy a cup. The cost of the coffee is NOW R15 A CUP. There is also complimentary tea and instant coffee available, in case you are not able to pay for the machine coffees.

Please note that this is based on an honesty system, and at the moment we are noticing that only 80% of the coffees are being paid for.

Due to an unfortunate spate of theft, as well as to not everyone paying for the coffee, we are moving to a completely cashless system.

COFFEE WILL NOW BE PAID FOR VIA SNAPSCAN ONLY. Simply scan the barcode and follow the instructions on the app.



If you do not have the app, please use our complimentary Wi-Fi to download it and you can use immediately. Thank you for your support.

Opening times: Wednesday 07:00 – 08:00

The Second Hand Shop is proving to be a popular option for many parents.

We are looking for more volunteers to assist with the shop.

We would also like to start supplying second hand sporting equipment (cricket bats, hockey sticks, tennis racquets etc.)

Please contact Carol Sithole on carol.sithole1977@gmail.com or on 072 2268599 if you are able to help.

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

OTHER COMMUNITY EVENTS

2018 BEAULIEU CHALLENGE

Trail Run: 12km • 6km MTB: 45km • 18km • 5km • 2km

10 JUNE RIVERSANDS FARM VILLAGE

JOIN US FOR A DAY OF FUN!

The 6th Beaulieu MTB and Trail Run Challenge will be held at Riversands Farm Village on 10 June 2018. The event includes a 2km, 5km, 10 km and 45km MTB routes and 12 km and 6 km trail runs.

A good mix of bridle trails, jeep track and plenty of new single track will keep those legs working from start to finish. The routes meander along a good mix of jeep and single track, and the 12km trail run takes athletes into the beautiful Kyalami countryside along river courses, pine and gum tree forests. The 6km trail run is a fun run and is manageable for less fit and first-time trail runners.

Enter on-line: www.entrytime.com

For those friends and family members who are not riding or running, you can enjoy great food, drinks, craft beers, music and live music.

Scan me

Beaulieu Challenge MTB & Trail Run

32Gv makro

<https://riversandsfarm.co.za/events/24-beaulieu-challenge-2018-mtb-trail-run>