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ST PETER'S GIRLS PREP SCHOOL

Weekly Newsletter of the Girls JP

FROM THE RECTOR

The 1 November fell on Wednesday this week. The date is remarkable for a number of reasons, not least of which is the first exhibition of Michelangelo's masterpiece on the ceiling of the Sistine Chapel. Somewhat earlier however, are two events of far more chilling import.

On this day in 1210, King John of England, brother of Richard the Lionheart, began imprisoning Jews. He had levied a substantial tax on Jews and those who were unable to pay were imprisoned and many tortured. Nearly 150 years later on the same day, the Belgian Duke of Brabant ordered the execution of all Jews in Brussels. The horrific deaths of the Black Plague had been attributed to the water, which the populace drank, and Jews were accused of poisoning the wells.

These events are but two of a long history of persecution of the Jewish nation. Over time, their business acumen and tight-knit culture and identity had evoked the awful spectre of envy in the communities within which they lived. Parallels can be drawn in our own country with the wave of xenophobia directed against new, hard-working immigrants. It is exactly this type of awful stereotyping which gave rise to *apartheid*.

The same convention exists amongst our children today with boys using homophobic slights to denigrate peers different from them. This is often a consequence of their own low self-esteem and results in them referring to peers who are different as 'gay'. Modern sub-culture so evident in rap music sees girls referred to as 'bitches', amongst others. As adults involved in the lives of our children as parents or teachers, we need to be especially careful about the language we use. Over decades, we have been socialised to see these as acceptable. They are often used in a humorous context.

One doesn't want to take political correctness to ridiculous lengths, but we need to be aware of our own role in socialising children: we can so easily unconsciously create attitudes that will only impede their progress and happiness in life. We need to teach them to judge others for their deeds and not through the lens of any other stereotypes e.g. age, gender, race.

It is ironic that the very qualities, which aroused envy of the Jewish nation, are those which our youth so desperately need now: hard work, astuteness, respect for age and wisdom and adherence to good values.

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 HEADMASTER

In last week's newsletter, one of the points made in a summary of a book entitled *The Happiest Children in the World*, was that Dutch children receive minimal homework until the age of 10. Recently I found a blog by Jessica Smock suggesting many alternatives to homework. I'd like to share a few of these activities with you:

Skipping: An important part of how young children's minds develop is through free, self-directed play. Spontaneous, imaginative activities lead to happier, healthier children.

Talking with parents: Instead, of parents nagging their over-tired children to do homework they're too young to do independently, families should spend much time talking together about their day. In fact, conversation is the best way for all of us – especially young children – to learn about our world and cultivate empathy.

Sleeping: 30% of children aren't getting enough sleep. Lack of sleep can cause all sorts of problems in kids, including poor attention, behaviour problems, academic difficulties, irritability, and weight gain.

Independent reading: Most of us know that developing good habits (and hopefully a love of reading) is critical to doing well at school. However, homework can actually interfere with the time that kids can spend on reading.

Listening to a book: Studies show that children who listen to books read aloud to them do better in school and have better vocabularies.

Working on a puzzle: Being able to play on their own without adults (called 'solitary play') builds confidence in children and makes them more relaxed. Climbing trees and going up a slide backwards: 'Risky' play — activities like climbing a tree — is good for kids. Children need to explore their own limits, to be able to assess risks, and to learn how to negotiate their environments.

Digging in the dirt: Another type of play, sensory play, is also critical for kids' development. When children knead clay or finger paint, they are stimulating their senses.

Helping with dinner: Children, who learn about new foods, and how to prepare them, may be more likely to choose more nutritious foods later on.

Walking the dog: Children who help take care of family pets may be less anxious, less likely to develop allergies and asthma, and are more active.

Practicing an instrument: Children who participate in musical activities – those who practise an instrument regularly and participate actively in music groups – have brains, which are better wired for literacy skills.

Hanging out at Grandma's: Encouraging multi-generational relationships can yield many lessons for kids. They can learn how other adult role models, in their lives who love them, handle conflict, create and negotiate rules and routines and embrace family traditions.

Drawing a picture: For children who have trouble expressing themselves verbally, drawing can be a way for them to relax and communicate in a different way.

Conducting a science experiment: Children are naturally curious and want to know how things work. Scientific exploration outside the classroom may be particularly effective at teaching kids about scientific thinking.

Playing dress up: The significance of imaginative 'pretend' or 'fantasy' play for children's creativity and future problem-solving skills are difficult to overstate. When children pretend they're superheroes or talk to stuffed animals, they're learning about social roles, setting the stage for later learning, and processing ideas from the world around them. In fact, some research suggests that children who don't engage in fantasy play may actually struggle in the classroom later.

Wrestling with a sibling: 'Rough and tumble' play is not the same as aggression. It's vigorous, free-form, whole-body, energetic, happy play. Children learn decision-making skills, relieve stress, improve their ability to read social cues, and enhance their cardio-vascular health.

Cleaning their room: When children are spending their afternoons working on homework, there's often not time for them to help out with housework and other chores. One of the best predictors of a children's future success is whether they contributed to household chores as a young child.

Children deserve a chance to spend their hours outside of school doing their most important job of all: *being a child*.

Food for thought...

Have a good weekend!

Nibe nempelasonto emnandi!

Darrel Webb (*Headmaster*)

FROM THE JP HEAD

GRADE 1 OUTING TO THE ZOO

Every year, the Grade 1 pupils host the Sefikeng pupils, on a day outing, as part of the Community Partnership Programme. This year, the outing is a trip to the zoo and the girls will enjoy the excursion and provide their guests with a snack packed lunch. They will all have great fun, learn, play and make new friends!

WHAT SKILLS DOES SWIMMING IMPROVE?

The onset of summer means that it is swimming season again. It's hot and all the girls are loving time in the pool as they improve their swimming skills. Many important skills are developed, as the girls spend time in the water.

Some of the benefits of swimming:

- keeps the heart rate up, while removing 'impact stress' off the body
- builds endurance, muscle strength and cardiovascular fitness
- helps maintain a healthy weight levels, heart and lungs
- tones muscles and builds strength
- alleviates stress
- improves co-ordination, balance and posture
- improves flexibility
- provides good low-impact therapy for certain injuries and conditions
- provides a pleasant way to cool down on a hot day

We look forward to showing off our girls' skills in a few weeks' time at the Grade 0 Swimming Demonstrations and the Grade 1 and 2 Swimming Gala.

Have a super weekend.

Heather Kissack (*JP Head*)

CHAPEL BIRTHDAYS

The following girls will receive their birthday cards on Tuesday, 7 November at 08:00 in the School Chapel. The birthday girls are welcome to donate a book to the library. Please note that it does not have to be wrapped.

L Mahlasela

BR Simmonds

S Holmes

S Jackson

E van den Heuvel

K Ritchie

JK Spencer

N Manyaka

We look forward to seeing the parents, there!

HOT DOG DAY NEXT WEEK

Our last Hot Dog Day for 2017 will be on Friday, 10 November.

If you are available and would like to help, please add your name to the list, which will be up on the front door of Reception (Senior Prep) and on the notice board (Junior Prep), from Monday, 6 November.

Five volunteers per grade are required and are to please meet us at 09:30 (for Grade 0 – 2) and 10:00 (for Grade 3 – 7), at the Keys Pavilion.

The cost is R25 (for a hotdog, juice & chips).

Jen and Marcia

(*Hot Dog Day Co-ordinators*)

2017 MAGAZINE

The 2017 Magazine is being compiled and designed. The price is R180. The Grade 7 parents have been notified that they will be billed this year and will need to collect their copy next year, once it has been published.

I will notify the rest of the School, in the first term of 2018, when it is ready. Should the Grade 7 parents decide not to receive the 2017 School Magazine, please let me know on jmacleod@stpeters.co.za. The deadline for this notification is Thursday, 9 November 2017.

Jean Macleod (Marketer)

Girls Music Showcase

*You are invited to a musical evening of Marimba Bands,
Orchestra, Legacy Group and some individual musicians*

Date: Tuesday, 7 November

Time: 18:30

Venue: Royce Hall

All are welcome!



ST PETER'S
GIRLS PREP SCHOOL

PA NEWS



NESPRESSO. ZENIUS 

WAKE UP AND SMELL THE COFFEE.

Win a Nespresso Zenius Machine just by using your MySchool Card.

Winning is easy at St Peter's Prep, all you have to do is swipe your MySchool card between 1 - 30 November 2017, save your slip from the MySchool partner, write your name and contact number on the back and pop it into 1 of 4 branded competition boxes, allocated in each of the schools' receptions. Remember multiple entries are permitted. So every receipt is an entry. One MySchool member from the St Peter's Prep community will be selected as the winner, by way of a random draw from all the receipts collected from the competition boxes, at Sunset Carols on 2 December 2017.

If you do not have a MySchool card and would be interested in joining please contact Gabby Cowling (gabby@brandalivegroup.com) or Anne Du Preez (annedp@live.com)



T & C'S APPLY THE JUDGES DECISION IS FINAL.

VOLUNTEER NOW FOR 2018!

The St Peter's Prep Parents Association is planning the following events for 2018, and as always, we are looking for volunteers to participate in the organisation of these events. Please contact Robyn Doak (robyn@designoval.co.za), Malope Mabizela (mabizelama@yahoo.com) or Caron (cduplessis@stpeters.co.za) if you are interested in getting involved.

The planned events are:

- **Ladies Lunch:** this takes place every second year, in the first term, alternating with the Staff Variety Show. It involves the moms of the school purchasing tickets for a fun afternoon, involving lunch, drinks and some form of entertainment – the format and choice of entertainment to be decided by the organisers.
- **Winter Warmers:** we have decided to bring back the very popular Winter Warmers concert in 2018, as a change from Movie Night and Autumn Carnival. The format and entertainment to be decided by the organisers, but this typically involves an outdoor music festival/act coupled with an Inflatable Carnival, entertainment for kids, food and drink vendors. Families come for a relaxed afternoon on the field in the winter sun, listening to great music, while the children are busy with their own entertainment.
- **Family Soccer Festival:** as per the 2017 festival, this will involve an afternoon of friendly soccer matches between the children while parents relax and enjoy the matches.
- **Golf Day:** the annual Golf Day, held at Kyalami Country Club, will take place in the third term of 2018.

POSITIONS FOR 2018 ARE OPEN IN THE GIRLS COMMUNICATION COMMITTEE (OLD EC)**Roles and responsibilities of the CC**

Each school has its own CC. These individuals represent the parents of each school on the PA Committee. The main role of the CC is to manage and co-ordinate the class reps who play a crucial liaison and communication role between the parents of their classes, the teacher and the school, ensuring the correct information gets out to all parents.

The CC is responsible for the management of PA funds for TLC, and various breakfasts and functions required during the year.

The CC also support the school and PA functions as and when necessary. These functions include the Ladies Lunch, Winter Warmers, and the St Peter's Golf Day, to name a few.

It is important that the CC individuals uphold and epitomise the core values and community spirit for which St Peter's is known.



Does every swipe really count?

Yes, it does! Participating in the MySchool program has had various benefits for the learners at St Peters Prep, as well as the initiatives that are supported by the school. Just recently, the funds raised have been used for:

- ❖ Audio/Visual Upgrades to the Chapel (August 2016)
- ❖ Donation to the Intern Program (August 2016)
- ❖ Donations to Sefikeng Primary School and Diepsloot Combined School (November 2016)
- ❖ Contribution towards the new Astro turf being installed on campus (February 2017)

It's up to you!

- ❖ You may have up to 3 beneficiaries linked to your card
- ❖ If you chose to have St Peter's Prep School as a beneficiary, check your monthly MySchool statement that is emailed to you. It should state **St Peter's Prep School**
- ❖ If you already are a member, check your details - Logon to the MySchool website www.myschool.co.za
- ❖ If you would like to join, you can either logon to the MySchool website www.myschool.co.za or contact Anne annedp@live.com or Gabby gabby@brandalivegroup.com
- ❖ Remember to swipe when shopping at any of these MySchool partners:

WOOLWORTHS

ENGEN

loot.co.za

**Bidvest
Waltons**

**FLIGHT
CENTRE**

GETTING TO KNOW EACH OTHER

Maureen Phungo

Maureen joined St Peter's in 2010 as an intern in education. During this period she was studying towards a BCom Economics Degree with the aim of completing a PGCE on completion of the BCom.

Maureen joined the Finance team as a Creditors Clerk in 2013 and has since completed the BCom. Prior to St Peter's she worked for Cindy Steenberg at Kumon. Maureen is passionate about education. She is married to Ndweleni and they have a busy little boy, Mulweli, in Grade 1 at St Peter's Junior Prep.

Since joining she hasn't looked back and is happy to be part of St Peter's family.



SUNSET CAROLS



The St Peter's Sunset Carols is a wonderful family event that attracts over 2000 people. Each year a Christmas Carols programme is distributed on the evening. It is filled with wonderful photos of our choirs. This publication is a perfect opportunity for your business to support the event by advertising in this glossy A4 magazine.

Please contact Monica Sloane (msloane@stpeters.co.za) for further details.

For Sunset Carols

tickets:

tickets@stpeters.co.za

This is a larger version of the 'Sunset Carols 2017' logo, featuring the same sunset, trees, and reindeer imagery. It includes the St Peter's Foundation crest. Below the logo, the text 'Online tickets sales are open' is written in a large, bold font. Underneath that, the ticket prices are listed: 'R120 per adult and R60 per child'. At the bottom, the event schedule is provided: 'Christmas Market opens at 15:00' and 'Sunset Carols start at 18:00'.

Online tickets sales are
open

R120 per adult and R60 per child

Christmas Market opens at 15:00
Sunset Carols start at 18:00

CHRISTMAS BOXES

We will be sending a box home with your child, for our Christmas box appeal. These filled boxes will be distributed to vulnerable children and families in Diepsloot. Please encourage your daughter to get involved in the process of giving to others – and in so doing understanding the true meaning of Christmas. We are including the following suggestions (Sometimes this is the only treat these communities receive). Please include:

- Toothbrush, Toothpaste, Face Cloth, Soap
- Small toy (Maximum value R50 as the children will open their boxes in front of other children who have received a box and we don't want any disappointment)
- Packet of Sweets
- Crayons and blank book

If there is space, please fill box up with: tinned fish or beef, tinned fruit, baked beans, sugar, tea bags, long life milk, jam, biscuits. Please be so kind as to wrap them in Christmas paper. Please help us to build on last year's success by returning your box by the **17 November** (last year we collected over 800 boxes!)

Collection points: SP Reception
 Boys SP Reception
 JP Girls and Boys Reception areas

Please contact Monica on msloane@stpeters.co.za for any further info.

Father Richard
 Chaplain



WEEK AHEAD

08/11/2017	08:00:00	13:00:00	Sefikeng and Grade 1 Zoo Outing	
10/11/2017	10:00:00	10:30:00	HOT DOG DAY (25)	Reminder to bring in your old cartridges.