



Edition: 79

8 February 2018

## ST PETER'S GIRLS PREP SCHOOL

### Weekly Newsletter of the Girls JP

Please note that Darrel Webb has been away, at the St Peter's Prep Strategic Planning Conference for most of this week. There will, therefore, be no article from him today.

---

#### FROM THE JP HEAD

##### How to Be Honourable

This week the value, honourable, was introduced to the girls and the following discussions were had. Please do role modeling and try to re-inforce this at home wherever and whenever you can..

To be honourable is to be kind, genuine, and empathetic - without expecting to be rewarded for your behaviour. It's a rare combination of virtues, but with practice anyone can be honourable. Do you want to be the type of person who stands up for your beliefs instead of cowering, who rescues your friends when they need you, and who's known for being an upstanding citizen? Start by doing little things, like showing up when you say you will or asking someone if they need a hand. When you practice living honestly in everyday ways, and letting people know you have their backs, being honourable will start to feel like second nature. Here are some pointers:

**Be the person you say you are.** It's easy to be a pleasant person, walking around with a ready smile and a "hello" for everyone you see. But, being honourable isn't the same thing as being friendly. When it comes to honour, it's more important to be authentic. Show the world who you really are, even if it come at the expense of your reputation for being "nice." To be honourable, you've got to be trustworthy. If you hide your real thoughts and feelings behind a masked expression, try taking off the mask and see what happens. Maybe people will be put off at first, but after a while they'll come to trust you more, since you're revealing more of yourself to them.

**Do what you say you're going to do.** If you're constantly backing out of social plans, or not showing up when you said you'd help out, work on your follow through. Maybe you really mean it when you say you'll hang out with that old friend who keeps calling, but your actions speak louder than your intentions. Central to being an honourable person.

Every seemingly harmless white lie makes you less trustworthy in others' eyes, and before long people won't consider you reliable at all. Doing what you say you're going to do, no matter how small, builds character and develops your sense of honour. Give it some practice. Eventually you'll hate the feeling of not following through, and you'll stop making commitments you can't stick with.

**Strengthen your values.** What do you believe in? In any given situation, how do you decide what's right and what's wrong? Having strong values is key to being honourable, since acting with honour means doing the right thing, even if others disagree with you. It can be really hard to figure out how to act with honour in any given

situation. Your values are what you turn to for answers when there's no one else you can ask. When you align yourself with them, you can be proud of yourself for having done your best, no matter what the outcome is. Your values might be aligned with a certain religion or another belief system. Maybe your parents imparted strong values when they raised you. Try to examine your values to make sure you really believe them, since it's hard to stand up for something when your gut tells you it isn't really true.

**Care about other people.** The honourable among us really care about the people in their life. They're the parents who work second and third jobs to make sure their kids have enough, the friends who refuse to let their pals get behind the wheel after a night of drinking. Honourable people show their deep love for others through their actions. If the people in your life don't know you've got their backs, it's time to start showing them that you do. Care about people outside of your inner circle, too. Acting honourably isn't limited to only helping the people you know and love. What would you do if you were walking down the street and saw someone in need of help? Question your boundaries. Sure, it's hard to hand over change to every single person who asks. It's not possible to help everyone you come across. But being honourable means seeing people as people, respecting their humanity, and giving what little you have to offer.

**Get rid of ulterior motives.** If you're honourable, you help people because you care, and you don't expect to get paid back. When you do something kind, there's no self-serving motive behind it; you're driven by love. Think about the decisions you make every day, and decide what powers them. Only you know whether your interactions are tainted by motives you don't want others to see.

For example, have you ever given advice that serves you instead of really trying to help the person? If your sister asks you if you think she should move to New York, and you really wish she would stay in town, don't let your feelings taint your advice. Advise her to do what you think is best for her, not for you. Don't build up resentment about helping out, or wonder what you're getting out of a given situation. If you don't want to be doing something, you should stop doing it. It's more honourable to be up front about how you feel than it is to secretly despise something you're doing.

Next week's article will focus on behaving honourably.

### 'SCREEN TIME' COFFEE MORNING TALK

This hot topic will be discussed at our termly coffee talk and we encourage you to attend. Dr Lara Ragpot has done extensive research into this important social and real aspect of our lives and how it impacts our children. Please join us in the Girls JP Hall on Thursday, 15 February on the Girls JP Hall at 07:30.

### THE ROLE OF THE SPEECH AND LANGUAGE THERAPIST IN SCHOOLS

Further to our article on Occupational Therapy, here is an article on the role of the Speech and Language Therapist in schools:

Many people wonder what the role of the Speech and Language Therapist in a mainstream school environment is. Speech Therapists treat a **variety of difficulties**, which school age children may experience. Each area of difficulty is characterised by specific features that may be identified by the parent or by the classroom teacher.

- **Articulation**

Children develop and acquire the speech sounds in a specific order and at specific ages. By school going age (6 years), children should have speech patterns that are characteristic of an adult's speech. Some children, however,

may be delayed in acquiring specific speech sounds or may have difficulty producing certain sounds correctly. The most common errors noted in children of this age include:

Lisp th/s e.g. thun/sun

w/r e.g. wabbit/rabbit

f/th e.g. bath/baf

- **Language Difficulties**

Certain children experience difficulties understanding language or expressing themselves adequately. They may still use immature grammar or have difficulty retrieving vocabulary, which will affect their ability to tell you what they did at school or to describe an event that has taken place.

- **Fluency Disorders**

This refers to the interruption of the normal speech patterns. Non-fluency may be characterised by whole word repetitions, syllable or initial sounds repetitions and prolongations of sounds.

- **Auditory Processing Difficulties**

Auditory Processing entails the ability to attend to, discriminate, interpret, recall and manipulate AUDITORY information. It is essential for the development of written language skills, including reading and spelling. Many school age children have difficulty retaining auditory information or processing complex commands that are given by the teacher every day. It is important to emphasise that Auditory Processing difficulties are not characterised by or related to hearing as children with this difficulty present with normal hearing acuity.

Phonological awareness refers to an understanding of the way sounds are used to make up words. The acquisition of these skills is imperative for literacy. Often children who experience difficulty spelling or reading will require consolidation of their Phonological Awareness Skills, which is done by the Speech Therapist.

**Lisa Human**

**Speech and Language Therapist**

Have a wonderful weekend!

Heather Kissack

---

## ST PETER'S PREP SCHOOLS – LIGHTNING WARNINGS

Please see information below on the lightning signals and procedures at St Peter's Prep Schools.

A reminder to all that the signals are:

- One long siren burst – the school is under lightning conditions. Everyone on campus to take cover at the nearest shelter.
- Two short siren bursts – lightning threat has cleared, normal activity may resume.

### DROP OFF AND PICK UP

Parents are reminded that if the red strobe light is flashing (at the gate) when you enter the school, we are under lightning conditions.

**Drop Off**

On these occasions, our recommendation is:

- You keep your child in your car, until you hear the all clear signal or an announcement over our PA system.
- The school will obviously take the situation into account as to why your child may be late for class.

**Pick Up**

The procedure in the afternoons is:

- The children are taken from their activity to the closest point of shelter. (Pavilions, Classrooms, etc)
- We will try as far as possible to get the children to the same point on every occasion; however, this point may vary depending on the location of the activity and the nearest point of shelter.
- Parents may personally collect their child from the teacher/s on duty and take them at their own risk. (Please note no staff member will send an unaccompanied child to any car park/collection point)

Sean Porter

*(Boys Prep Deputy Head: Administration & School Management System)*

---

**CHAPEL COLLECTION THIS TERM**

Our Chapel collection this term goes to South African Guide Dogs Association for the Blind. South African Guide Dogs Association for the Blind is a well-established NPO with a mission to enhance the mobility and independence of people who have visual, physical and developmental needs. The services they provide include trained guide dogs for the visually impaired, trained service dogs for the physically impaired and assistance to the visually impaired through orientation and mobility services.

Blessings

Kamohelo Kotsi *(Chaplain Assistant)*

---

## NEW ADMINISTRATIVE SYSTEM

We are excited to have moved over to a new school administrative system called Engage.

As part of the migration process, we need each family to review their personal information.

Your daughter will be bringing home a **Data Review Form** on Monday, 12 February. Please check the form, make any changes if need be, sign and return it to the class teacher by Friday, 16 February.

Thank you for your assistance in this regard.

The Engage Team

---

## PA NEWS

### ST PETER'S SECOND HAND SHOP



The St Peter's Second Hand Shop will open on Wednesday, 14 February. Please bring any old items you no longer use and want to donate, and make use of this facility to help save costs on school kit. The shop is located in a hut behind the school shop and will be open every Wednesday.

Well done to Carol Sithole for all the hard work she has put in to getting this up and running - if anyone is interested in helping her please contact her at [carol.sithole1977@gmail.com](mailto:carol.sithole1977@gmail.com).

### COFFEE MACHINES

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 not everyone paying for their 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.

We thank you for your support.

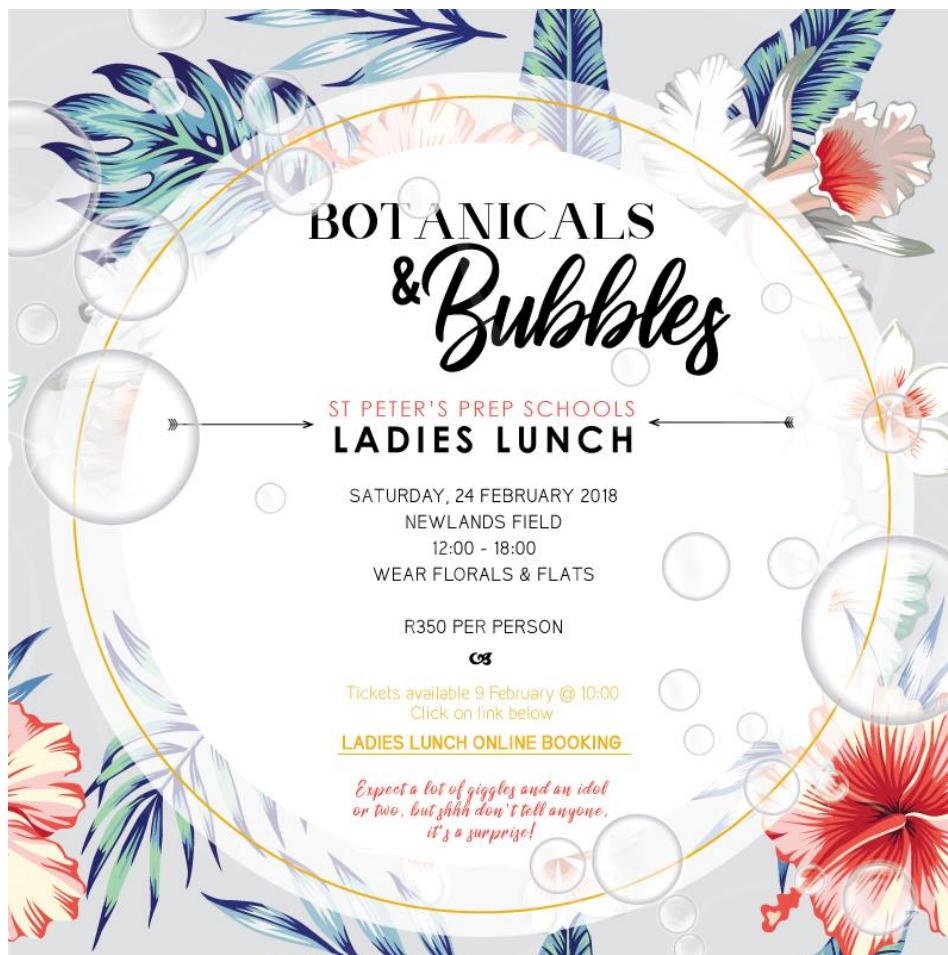
## SHROVE TUESDAY - 13 FEBRUARY

Next week we shall be celebrating Shrove Tuesday. Shrove Tuesday, or Pancake Day, is the day before Ash Wednesday. Though named for its former religious significance, it is chiefly marked by feasting and celebration, which traditionally preceded the observance of the Lenten fast. Pancake Day itself came much later as a way of using up rich foods, like eggs, milk and sugar before the 40 days of fasting - Lent. Please send R10 so that your girls can buy their pancake.

## WEEK AHEAD

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

## LADIES LUNCH



## COMMUNICATOR ST PETER'S

### HOW TO GET IT: THIS IS THE FIRST STEP AND CANNOT BE SKIPPED

There is a link below to a **Google Form** – which you are required to complete, please. These details are needed in order to set up the once-off verification step.

LINK: <http://goo.gl/forms/kvMdLCEq0G>

PLEASE ALLOW **1 WORKING DAY** ONCE YOU HAVE COMPLETED THE GOOGLE FORM BEFORE YOU DOWNLOAD THE COMMUNICATOR, TO ENABLE YOUR DETAILS TO BE VERIFIED.

Please go into your PlayStore/AppStore and download **Communicator St Peter's**.

- After download, you will be prompted to fill in your email address and make up a password (or request a password and then you will be prompted to make one up).
- An email will be sent to you asking you to verify your email address. Once you have clicked on this you will be able to continue with the download, filling in your email address and password. Remember the password as it will be needed when you authenticate your other devices as well.
- Choose **St Peter's Schools**
- Personalise from which school you wish to receive notifications and tick at least one of the following; Girls Junior Prep General, Girl Senior Prep General, Boys Junior Prep General, Boys Senior Prep General, or College General.
- Personalise other channels from which you would like to receive information e.g. Grades, Sports, Music, etc.

**Jean Macleod**

(Marketer) [jmacleod@stpeters.co.za](mailto:jmacleod@stpeters.co.za)