



Dear Parents,

FROM THE HEADMASTER

Greg Royce, Darrel Webb and I have just returned from the annual SAHISA (Southern African Heads of Independent Schools Association) conference, which took place in Cape Town this year. This conference provides us with a valuable opportunity to share ideas and collegiality with other heads of ISASA schools. It is always a valuable experience and I thank the Council for allowing us to attend.

This year the theme of the conference was “Conversations” and much of the content revolved around the importance of South Africans taking time to stop and listen to each other as we attempt to navigate the sometimes stormy waters of post-apartheid South Africa. Presentations included panel discussions with Adam Habib and Max Price, Vice-Chancellors of WITS and UCT respectively; an interview with a “#feesmustfall” activist conducted by Justice Malala and a really powerful presentation by poet and artist Toni Stuart (<http://www.tonistuart.com/about/>). Perhaps the most important message for us, as heads of schools, was to encourage our communities to actually listen to each other in order to understand. This is best achieved through conversations which may take the participants out of their comfort zones, but will provide an opportunity to understand where we are coming from rather than just what we are saying or doing.

I was really proud of our community when I realised that we have already started these conversations. The Parent Transformation Forum, “My South African Story”, evenings were launched last term and we have two more evenings this term on 4 October and 3 November. In addition, we have a Sport Transformation Committee that meets termly and have recently also begun open discussions on language within the school. These targeted interventions have already proved to be fruitful but, more importantly, have provided platforms for true conversation and all involved have been afforded opportunities to listen to each other and gain a far better understanding of our sometimes different experiences in an identical situation. I applaud the work being done by the Transformation and Diversity team and encourage all members of our community to attend at least one “South African Story” evening this year.

As you receive this week’s Keyhole, we will be busy with the UMALUSI site visit. UMALUSI is the quality control body in South African education. I would like to pay tribute to Mr Vijay Maharaj and his team for the thorough preparation that has been made for the visit. I am confident that all will go well.

I wish you a very pleasant week ahead.

Rob Macaulay

FROM THE JUNIOR PREP CONGRATULATIONS

Congratulations to our Sports Intern, Eugene Petersen, on being chosen as a Provincial Schools Coach for the U13A team. We are extremely proud to have him involved in teaching our young boys!

DIEPSLOOT COMBINED SCHOOL – OUTREACH

The team for our outreach programme will be teaching Grade 0 at DCS on Tuesday, 27 September. Please do consider assisting them; we meet behind the boat at 8:30 and return by 10:30, weekly.

On Tuesday the Grade 1 children from DCS will visit our school to interact and play with our Grade 1 boys. An exciting morning has been planned, including a magic show. The children enjoy these events and our St Peter’s boys take great pride in making ‘buddies’ and sharing with them.

JUNIOR PREP CHOIR

There will be no Choir for Grade 1 and 2 boys next week; Mrs van Wyk will be away on conference.

THE ANTIDOTE TO A TECH-INDUCED HYPER-AROUSSED NERVOUS SYSTEM

More and more children are showing signs of a tech-induced hyper-aroused nervous system. Some of the signs include:

- Find it hard to fall asleep
- Need to be constantly stimulated by a screen
- Get bored easily
- Can't galvanise themselves to create their own fun without a screen
- Excessive temper tantrums when devices are taken away
- Unhappy when not in front of a screen
- Wandering attention spans unless they are on a screen
- Need to be attached to a screen in order to manage normal activities such as eating or sleeping
- In extreme cases, children can land up in a catatonic trance-like stupor

What can be done about it?

Prevent children from getting hooked on screens in the first place

Whether they are playing a Lego game, Minecraft or Grand Theft Auto, children can get hooked on screens. The stimulation, the buzz, that comes with the dopamine release in the brain when reaching new levels of these games is very addictive. Create a balance between books and iPads, real games and toys vs on-screen games, nature and sport instead of watching TV, and having time to potter around in the real world instead of surfing the internet or gaming. Because it is just so darned easy to let your child loose on a screen, you have to be really conscious about the choices you make regarding the type of content they engage with and the duration of time they have on-screen, especially in the pre- and primary school years. Interaction with the real world is still vital.

Once your child crosses the line into full-blown digital addiction they would have to be off any form of screen for at least 4-6 weeks for the hyper-aroused nervous system to reset itself. Just think about this: A person can live without alcohol or drugs but with tech addiction, screens are everywhere, making it very easy to relapse. The trick is to stop them from getting hooked in the first place by instilling good media habits from a young age.

Having 'the talk'

'The Talk' used to refer only to the topic of sexuality education – the birds and the bees. Now there is a talk to be had with children regarding the potentially negative impact screens can have on their developing brains and why you are implementing limits. You are not saying 'no' to technology, you are just teaching them how to make wise choices from a young age. Do share examples of what has happened to children who have overdosed on digital media. Your kids may even surprise you by telling you how they have seen changes in some of their friends who use screens excessively.

Offer real world alternatives to screens

Once again, this takes conscious effort on the part of parents when it is so much quicker and easier to hand children over to a screen:

- Organise real world family adventures – have you explored local places of interest that may be on your doorstep?
- How about going camping (especially to areas where there is no wifi)?
- Do things with other families – a games night, a braai etc where as parents you agree up front that there will be no screens and that everyone will participate together, with their kids helping with the cooking, setting the table, and the parents participating in fun games with the children as opposed to parking them off separately in the family room where they are bound to land up on screens.
- Build stuff with your kids from puzzles, to Lego, Meccano and craft activities.

Be there for your children in a very real and active way. You are the best distraction from a screen. When children are feeling lonely and invisible to their parents, screens offer a great escape. When they are feeling purposeless or bored, screens will fill that gap very quickly and easily. Are you spending enough time with your children that you can 'read' them? Do you know if they are still able to engage in creative play and interact with the real world effectively? Building solid off-line real relationships with your children is one of the most important ways to safeguard them in the digital world.

We need to aim to help our children to be able to comfortably switch between the on-screen and off-screen worlds. They must be able to navigate them both effectively but this starts first with real, and ensuring children engage with 'real' takes effort. This requires active, conscious parenting.

NIKKI BUSH: Creative parenting expert, inspirational speaker and co-author of *Tech-Savvy Parenting* (Bookstorm, 2014), *Future-proof Your Child* (Penguin, 2008), and *Easy Answers to Awkward Questions* (Metz Press, 2009)

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GOLDEN MOMENT

Yesterday a Grade 0 teacher arrived wearing floral trousers. A child in her class asked why she was wearing her PJs. Before she could reply, another child responded: "She had to sleep here last night because she had so much to do!"

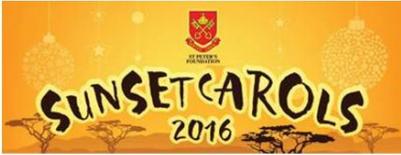
Enjoy the weekend.

Warm regards,
Kenda Melvill-Smith

FORTHCOMING EVENTS

Monday 26 September 13:10-14:00 Grade 1 Clubs 13:00-13:45 Grade 2 Sport
Tuesday 27 September 8:30 DCS teaching 9:00 Grade 1 DCS fun morning 13:00-13:45 Grade 1 Sport 13:10-14:00 Grade 2 Clubs
Wednesday 28 September 8:00 Chapel (birthdays 26 September – 2 October) No Grade 2 Choir 13:10-13:45 Grade 1 Sport
Thursday 29 September 13:00-13:45 Grade 2 Sport No Grade 1 Choir
Friday 30 September PA Golf Day – Kyalami Country Club
Saturday 01 October
Sunday 02 October 8:30 Morning Prayers at St Peter's Chapel

SUNSET CAROLS CHRISTMAS MARKET AND BROCHURE 2016



The St Peter's Foundation hosts an annual Sunset Carols Concert. This year, it will be held on **Saturday, 3 December 2016**. This concert usually draws in excess of 2500 spectators.

The St Peter's Foundation invites you to participate in the **Christmas Market**, which is held prior to the Carols. This is a wonderful opportunity to sell your goodies!

To further support the fundraising efforts, a glossy **A4 Carols brochure** will be distributed to all the attending parents, grandparents, St Peter's staff and friends. This is a fantastic platform to advertise.

For Christmas Market details, contact Amanda or Dalene at carols@stpeters.co.za

For the Carols brochure details contact Monica msloane@stpeters.co.za



PARENTS ASSOCIATION
Annual Golf Day – 30 September 2016
Sponsorship Opportunities

2016 sponsorship opportunities
We would like to make a *final appeal* to all companies and individuals who would like to be involved with this year's Golf Day. It will be at the Kyalami Country Club, on Friday, 30 September 2016. If you would like to take advantage of a sponsoring opportunity, please contact us at golfdav@stpeters.co.za

The following sponsorship opportunities are still available:

1. MAJOR SPONSOR OF THE DAY - R20 000
- ~~2. HALF WAY HOUSE SPONSORSHIP - R10 000 - TAKEN~~
- ~~3. PUTTING GREEN - TAKEN~~
4. '19th HOLE' SPONSORSHIP - R5 000
- ~~5. REGISTRATION TABLE SPONSORSHIP - R5000 - TAKEN~~
6. HOLE SPONSORSHIP - R3 000 per hole
7. PRIZE SPONSORSHIPS (4-ball prizes, special prizes, baskets)
8. CASH DONATIONS (to put towards prizes)
- ~~9. FOUR-BALL BOOKINGS - for you/your clients - SOLD OUT~~

We would love to have you be a part of our day. If you would like to, please do not hesitate to contact us so we can give you more information about branding opportunities and how to be involved.

St Peter's PA Golf Committee
golfdav@stpeters.co.za



PA NEWS

ST PETER'S CLASSIFIEDS

We are looking for a volunteer to manage the St Peter's Classifieds. This involves sourcing advertisers, managing the ads and payments and compiling the newsletter on a monthly basis. A percentage of the revenue generated accrues to the responsible person to cover costs and time.

If you are interested, please email robyn@designoval.co.za for more information

THANK YOU FROM CHRIST CHURCH CARE CENTRE

We received a large consignment of canned products this morning from the school. Thank you so much for this much needed product which is deeply appreciated by all the children and staff of the CARE CENTRE. I am sure the variety of product will be a delight to the kids who will certainly enjoy it very much.

Blessings

Mike Sunker