



Dear Parents,

FROM THE HEADMASTER

Our year has started with an incredible feeling of positiveness and I would like to thank the parents, boys and teachers for their enthusiasm. As I write this article, we only have one Parent Information Evening left. Thank you to all the parents who have attended these briefings. Hopefully you have a better insight into what your son's school day will entail in 2017 and also better knowledge about our whole-school initiatives.

This morning Father Richard spoke to the boys about the importance of adopting an attitude of "I can" rather than "I can't." Expanding on this thought, I would like to encourage our entire community to adopt the phrase "Yes we can," which I accredited to the former US president during my talk, but was quickly reminded that it actually originated with "Bob the Builder." Let us support each other, encourage all St Peter's boys and families to achieve their goals and remember that with the combined efforts of every member of our community, our boys will not only enjoy success in their development but, of equal importance, will have fun as they get there.

Have a wonderful week.

Rob Macaulay

FROM THE JUNIOR PREP

STRETCH YOUR VISION AND PARENT FOR THE LONG GAME

Parents need to stretch their vision and stop parenting for the short term. Parenting is a long game yet we seem to be more worried about raising happy children than competent or autonomous ones. Do you want your children to be living at home forever tied to the apron strings and your bank account, or do you want them to go out and make their mark on the world with confidence and in their own signature way?

These are really important questions to consider. What skills are you passing on to your children that will make them resourceful and resilient, able to cope with ups and downs of real life and the twists and turns that will definitely come their way?

Frustration and adversity are important

Teaching them to cope with adversity in their school years and to take ownership of their actions wires them for independence. Letting kids figure things out on their own teaches them to think and problem solve, skills they don't have to develop if parents hover and do things for their children all the time.

Yes, it's hard to watch your child get frustrated with a task that might be slightly challenging, but frustration is a very necessary part of learning something new, whether it is a toddler learning to walk who keeps falling down, or a child at school learning how to master a maths problem or negotiating a social issue with friends.

There is an epidemic of children who give up too soon

A successful and empowered childhood is characterised by children learning by doing – for themselves. Of course, we need to be there in a supportive and encouraging role, but we also need to believe in our children enough that they start believing that they are capable. We are seeing an epidemic of children giving up on things too soon or not even trying at all in case it is too difficult and they feel they aren't quite up to the task. They then get stuck in a cycle of learned helplessness.

This generation is also characterised by needing to be directed by someone or a device in order to take the next step in whatever they are doing. We need kids to outgrow their dependence on guidance, to become self-directed in order to focus, study and organise their own lives.

Advice for developing independent children

- Stop rescuing your children
- Let them solve their own problems
- Let them experience the consequences of their actions
- Allow them to fail at things
- Encourage experimentation
- See challenges as learning opportunities
- Praise effort more than outcomes (learning to work hard, to persevere, etc are skills that can be put into practise again and again)
- With sport and cultural activities give the game back to your kids – stop directing and advising them and let them own their own game with your support
- Stop nagging and negotiating

Kids are actually far more capable than we think. If you do too much for them they wise up to the fact that they can manipulate you and create a cushy life for themselves. Why not?

Stop being your child's crutch

Your goal is to gradually extract yourself from your child's life so that they become independent doers, thinkers and masters of their own universe. This doesn't mean that you cut yourself off from them emotionally at all. Rather think about childhood as an apprenticeship for adult life.

Children need to acquire the skills and confidence to eventually fly the nest just like birds. You cannot remain there as a crutch forever popping worms and tasty morsels into their mouths without teaching them how to fly and go and find their own food. Imagine a baby bird was never forced out of the nest? Eventually they would get so big that the nest itself would break and they would plummet to the ground, with no skills to save themselves whatsoever.

You need to let your child go in order for them to grow. Parent for the long game, aiming to work yourself out of a job. It's the best gift you can give your children and one they will thank you for one day.

NIKKI BUSH

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

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Parenting Matters/Vol 8 Issue 1

PARENT INFORMATION EVENINGS

Thank you to our Junior Prep parents who attended these valuable evenings. I hope you left feeling reassured and confident about the year ahead. These evenings play a vital role as the start of building your classroom community.

JUNIOR PREP PICNIC

The annual boys and girls picnic takes place tonight on Newlands Field. Fires will be provided for those who would like to braai. Please do not bring glass as this could be dangerous on a sports field. The children may bring balls, but please do not allow them to bring anything on wheels eg: bikes, skateboards or scooters. Should the weather be inclement the event will be postponed. Your class parents will inform you via WhatsApp. I look forward to seeing many families tonight.

TIME2READ: GRADE 0-4

As discussed at the Information Evenings, we will be using the Time2Read approach to teaching reading, phonics and writing this year. Parents are invited to join us on **9 February** to learn more about the programme. There will be a morning and evening presentation so please choose the session that will suit you best:

Date: Thursday, 9 February

Time: 7:30-9:00 or 18:30-20:00

Venue: Boys Junior Prep Hall

SAVE THE DATE

Prof André Venter will be presenting on "Back to Basics: ADHD and Anxiety" at Bellavista School on 22 March. To book for this extremely valuable parent talk please go online: www.bellavistashare.org.za/book

Prof Venter, who works at the University of the Orange Free State, is a guru on anxiety and ADD in children, and travels to Johannesburg once a year to present to parents and teachers.

CAR SECURITY STICKERS

Many parents are requesting security stickers for their cars. Please take note that two stickers were issued in every child's year-end report envelope and the welcome pack for new children. The extra stickers are for grandparents, au pairs or people who transport your son either to or from school.

Thank you to the majority of parents who have placed the new, yellow, 2017 security stickers on their cars. It makes the gate guards' jobs so much easier and in turn makes for a safer school campus.

GATE PASS

Parents are reminded that if they collect their son during the school morning, for whatever reason, they need a gate pass. Please collect this from Ros Edmed in the office to give to the security guard who will then allow you to leave the school premises.

GRADE 2 MINI CRICKET MATCHES

Grade 2 parents please diarise these dates, further details will be sent by our JP Sports Department:

Friday, 03 February vs St David's
Friday, 17 February vs St Benedict's
Friday, 10 March vs The Ridge

DIEPSLOOT COMBINED SCHOOL - OUTREACH

Part of building communities is to serve others and the DCS Outreach Project fits this mould beautifully. St Peter's Boys Junior Prep has been involved in this project for 15 years and the benefits to the young children there are immeasurable. You received the forms at Information Evenings, please consider offering some form of support.

Our prep and planning session for Term 1 will take place on **Tuesday, 7 February** behind the boat in the JP building. The first session at DCS is on **Tuesday, 14 February**.

AFTERSCHOOL PROGRAMME

At the beginning of last year, St Peter's launched its own Afterschool Programme, headed by Trish Attlee. A property adjacent to St Peter's was acquired to set up "a home away from home" to accommodate our boys and girls during the afternoon. The house and spacious garden provides a wonderful space for the children to engage in creative and constructive activities as well as providing quiet areas for them to complete homework under supervision.

The facility has grown immensely over the first year and equipment such as jungle gyms, an enormous sandpit, swings, toys and equipment have slowly been added to ensure the children enjoy a fun and stimulating afternoon. The homework room soon proved to be too small and another one was added to accommodate growing numbers. This year two more rooms have been refurbished and these too will be used as homework rooms.

The children are served a full hot lunch from the school kitchen which includes a dessert. Fruit or biscuits are provided mid-afternoon. As the number of children has increased so has the staff. There are now 5 full-time supervisors as well as an intern who assists with homework supervision.

It is a very happy environment where the children feel safe, secure and nurtured. The ethos of St Peter's is perpetuated during the afternoon and good old-fashioned Christian values are emphasised and reinforced at every opportunity.

It is wonderful to see the children socialise happily and engage in good old-fashioned play without the use of technology or screens of any kind. Activities such as making mud pies, climbing trees, skipping, playing soccer, building houses, playing shops and putting on plays are firm favourites with the children. The facility would welcome the donation of any toys or equipment that are no longer used at home, in order to expand the offering provided.

We look forward to another happy and fulfilling year at the Afterschool Programme. The facility will continue to expand as the need arises so please feel free to send your son or daughter when or if it is convenient. The fee structure is as follows:

PROGRAMME	TIME	GRADE	FEE
Full time	13:00 -17:30	Gr 0 – 2	R1725.00 (9 months)
Adhoc	13:00 -17:30	Gr 0 – 2	R130:00
Full time	13:00 -16:00	Gr 0 – 2	R1400:00 (9 months)
Adhoc	13:00 -16:00	Gr 0 – 2	R110:00
Full time	15:30 – 17:30	Gr 3 – 7	R700 per month
Adhoc	15:30 – 17:30	Gr 3 – 7	R55:00 per day
Adhoc – late lunch		Gr 3 – 7	R35:00 per day
17:30 – 18:00 pick up			R25 per day per child

GOLDEN MOMENT

On the way to Chapel on Wednesday a Grade 0 boy stopped to look in the traffic mirror outside the cottage. At the top of his voice he yelled "Hello You!"

See you this evening!

Warm regards,

Kenda Melvill-Smith

FORTHCOMING EVENTS

Monday 30 January
Tuesday 31 January
Wednesday 01 February 8:00 Chapel Service (birthdays 30 January-5 February) 13:00-13:30 Grade 2 Choir
Thursday 02 February
Friday 03 February Grade 2 Mini Cricket Match vs St David's (at St David's)
Saturday 04 February 9:00-12:00 Women's Year Workshop – Royce Hall (Girls Senior Prep)

LEAVING ST PETER'S?

A reminder that a term's notice is required should your son be leaving St Peter's. Kindly send an email to the Head of the Junior Prep informing her of your intention to leave. This is essential in order to qualify for the refund of your deposit.

Kelly Bongers (Admissions Officer)

DIVERSITY: CHINESE NEW YEAR

The 2017 Chinese New Year begins on 28 January. The celebrations will start on 27 January, New Year's Eve, and continue until 2 February. The global celebrations are an explosion of light and sound involving bell ringing, lighting firecrackers and watching traditional lion dances. Chinese families gather for a reunion dinner on New Year's Eve, clean their houses to sweep away bad fortune on New Year's Day. Traditionally, children would be given red envelopes stuffed with 'lucky money' and positive wishes on New Year's Day. Some teens now have red envelope apps, so their relatives can transfer cash digitally.



This year is the Year of the Rooster. Roosters are known for being trustworthy, punctual and responsible (especially at work). Roosters are also active, amusing, popular, healthy, outspoken, honest, loyal, talkative and charming. Famous faces born in the Year of the Rooster include Prince Philip, Serena Williams, Beyoncé and Roger Federer.

St Peter's wishes our Chinese families and friends a blissful New Year.

Vijay Maharaj (Director: Diversity)

PA NEWS

On behalf of the St Peter's Parents Association, a belated welcome back to school (or to the school if you are a new parent). 2017 will be an exciting and fun year and we look forward to seeing you all at the many events planned for the year. Not least of these is the famed St Peter's Staff Variety Show which takes place in March/April. Make sure you save the date as this is an event not to be missed!

We are sad to say goodbye to our Joint PA Chair, **Cindy Wannell**, who stepped down from the PA at the end of 2016. Cindy served on the PA for many years, being a long standing member of the Girls Prep PA, as the My School representative and later as the Chair. She was instrumental in combining the two parent bodies and served as Joint Chair, originally with Steve du Toit and last year alongside Robyn Doak. The PA would like to thank Cindy for her many years of service - her valuable input will be sorely missed.

The St Peter's Parents Association is proud to announce the appointment of **Malope Mabizela** as Joint Chair. Malope will be working with Robyn Doak and will be the Girls Prep representative on the PA and on Council. Robyn Doak will continue to represent the Boys Prep on both the PA and Council.

Malope has been a parent at the school since 2011 and has been active on a number of levels. She has served as a class mom and as the Girls Prep EC rep for two years. Currently she is a Trustee for the St Peter's Foundation and sits on the Transformation Committee. She is a qualified CA and started her career at KPMG, subsequently worked for ABSA Corporate and Merchant Bank and recently worked at Joe Public as a Financial Manager.

Malope has three children at St Peter's, a son in Grade 6, a daughter in Grade 5 and another son in Grade 2.

CHAPEL COLLECTION – EASTER TERM

Chapel collection this term will be going towards supporting Rainbows and Smiles. Rainbows and Smiles is a community-based, charitable foundation, dedicated to providing emotional, social and financial support to children diagnosed with cancer or a life-threatening illness, their families and caregivers.

Blessings

Kamohelo Kotsi (Chaplain Assistant)

PHOTOGRAPH USAGE

From time to time, we like to use photos that we have taken of the boys. They may be published in the newspaper, in a magazine, on Facebook, on the d6 Communicator Gallery or on our website/on-line. If you DO NOT wish to allow us to use photos of you or your son in the media, please inform **Diane Fraser** in writing at dfrazer@stpeters.co.za

Diane Fraser (Marketer)

YEAR OF THE WOMAN – EVENT ON SATURDAY, 4 FEBRUARY

*Invitation to St Peter's
Year of the Woman -
Interactive Sharing Morning*

DATE: Saturday, 4 February
TIME: 08:30 for 09:00 to 12:00
VENUE: Royce Hall
RSVP: yearofwoman@stpeters.co.za
Note: Places are limited, so book early to avoid disappointment.

*Come early to enjoy a cup of tea or coffee,
with a light finger brunch later in the morning*

PLEASE RSVP BY LATEST TUESDAY, 31 JANUARY FOR CATERING PURPOSES

If you are experiencing a problem RSVP'ing to the email address on the invitation, please RSVP using this alternative email address: cduplessis@stpeters.co.za.