

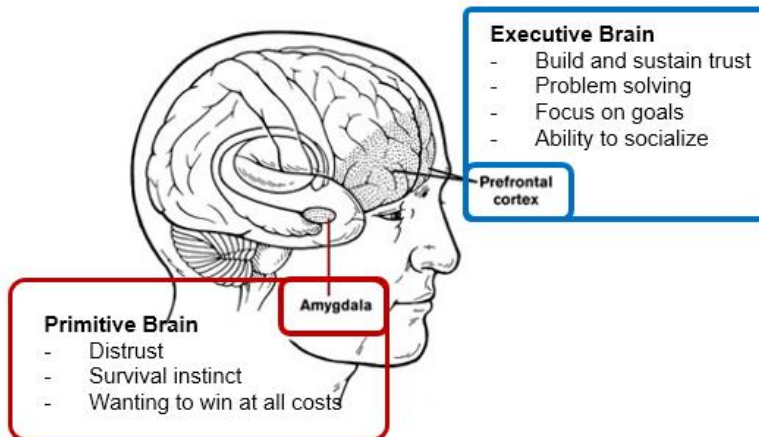
Weekly Newsletter of St Peter's Boys Prep School

FROM THE HEADMASTER

In this Keyhole article, I would like to feed back to the community on another aspect of learning that we explored at the recent ICP conference. This session, which had as its catch phrase, "Preventing the Amygdala Blockade", looked at the emotional state of children as a determiner of their ability to learn and behave in different situations.



In simple terms, the brain's ability to function depends on the state of arousal in various areas. The illustration below shows these areas:



<https://www.linkedin.com/pulse/three-things-you-should-know-how-brain-works-myriam-callegarin>

In order to optimise learning and behaviour, the adult needs to ensure that the child's executive brain can function. In times of stress, however, the primitive brain takes over and the amygdala releases chemicals preventing activation of the prefrontal cortex and effectively paralysing executive brain function. During the talk we explored how best to create the optimal conditions for learning using this research. It will come as no surprise that, the more adults pressurise the child for "results" and the lower the feeling of safety that the child experiences, the more the executive brain is blocked by this "amygdala blockade." Fear of failure creates an unsafe environment in which creativity dies.

In a nutshell; if we use exam and test results, batting average or goals scored as a stick (i.e. this is not good enough), we effectively paralyse the child's creativity. If, however, we concentrate on collaborative goal setting and formative feedback, we create a safe space for the child's learning journey and open the pathway to better executive functioning.

Yet another lesson to be learnt by all of us, whether we be parents, teachers or coaches.

Have a great week ahead.

Rob Macaulay

GETTING TO KNOW EACH OTHER

MARIA SHILALUKI

Maria was born in Limpopo and is 27 years old. Her mother raised her. Maria's father died when she was eight years old, after which her uncle assisted financially, wherever possible. She has a sister and four brothers. Maria was schooled in Limpopo and attended the University of Limpopo for her tertiary education.

Maria employed her entrepreneurial prowess to overcome financial constraints successfully. From 2009 - 2011 she ran a homework support group in the community and this venture helped to fund her studies.

'Being involved in the Intern programme has exceeded my expectations. I have gained invaluable knowledge and experience. I have improved my IT skills considerably and have mastered the complicated workings of all the printers/laminators, etc. Financially it has also been a great help and I can honestly say that I just love every minute of being a part of this fantastic programme'.



MY STORY - REFLECTIONS ON TRANSFORMATION AT ST PETER'S

We end this year's My Story series by reflecting on the transformation journey at St Peter's Prep Schools. We will look back at what has been achieved and look to the road ahead, identifying current challenges and discussing initiatives for 2018. We would welcome your input and hope that you are able to join us:

Date: Tuesday, 10 October
 Time: 18:30 – 20:30
 Venue: Girls Junior Prep Hall

CHAPEL COLLECTION THIS TERM

Our Chapel collection this term will be going towards a St Peter's College initiative.

Every year the Grade 11 pupils at St Peter's College are assigned the task of raising funds in order to build a classroom for less privileged children. This year the Grade 11s will be building an administration block and school hall at Kwasa College, near Springs, through the leadership of the *Make A Change* Committee, which is run by the Grade 11 pupils. "We really appreciate the support we have received from the St Peter's Prep families. Whether one has donated money or the actual building materials, you are helping us now and into the future to *Make A Change*."

Blessings

Kamohelo Kotsi (Chaplain Assistant)

SCHOOL SHOP**FAMILY ORGANISER**

The popular Family Organisers are back in stock at the School Shop. This could make a great Christmas gift – price is R140.

SECONDHAND

Owing to lack of space in our stock room, we are unable to take in secondhand uniform items until further notice. We start receiving all our year-end orders at this time of the year and unfortunately, we do not have sufficient storage space.

Nadia Thompson (*School Shop*)

VIVA VOCE – 27 OCTOBER

Viva Voce
VENI NOBISCUM
COME JOIN US

FRIDAY, 27 OCTOBER 2017
SHOW STARTS PROMPTLY AT 18:30
UNTIL 20:30

EXPERIENCE A SPECTACULAR PERFORMANCE
PRESENTED BY THE BOYS ST PETER'S VOICE
PUPILS, CHAPEL AND CHAMBER CHOIR. THE
GROUP WILL PERFORM A VARIETY OF MUSIC
RANGING FROM BEATLES TO ED SHEERAN.

TICKETS: R60 ADULTS, R30 CHILDREN
AVAILABLE FROM THE MUSIC DEPT FROM
11 OCTOBER BETWEEN 07:00 AND 07:30;
LIMITED SEATING, PRE-BOOKING ESSENTIAL

BRING YOUR OWN
FOOD & DRINKS

DVD
ON PREORDER

ST PETER'S
BOYS PREP SCHOOL

PA NEWS

St Peter's 2017 Golf Day Roundup

On behalf of St Peter's Prep Schools and the Parents Association we would like to thank all those who played as well as our sponsors who made the day possible.

Also thanks to the many volunteers who gave of their time to make the day a success.

Congratulations to the Hendrik du Plooy, Paul Wilmans, Gavin O'Brien and Mark Boyd fourball for taking 1st place.

AND THE RAFFLE WINNER IS.....
Georgie Lennox
 Congratulations on winning – we hope you enjoy the weekend in Cape Town




FORTHCOMING WEEK

Friday	06/10/2017	14:00:00	17:00:00	Water polo: Rick Wilson Water polo Tournament
Saturday	07/10/2017	08:00:00	12:00:00	Hockey vs The Ridge
Monday	09/10/2017	16:00:00	19:00:00	Chess A Team vs De La Salle
Tuesday	10/10/2017	18:30:00	20:30:00	My Story
Wednesday	11/10/2017	12:00:00	13:00:00	Week 28 of Additional Learning Programme
Wednesday	11/10/2017	13:00:00	16:30:00	ABRSM Theory Exams (Music)
Wednesday	11/10/2017	07:00:00	07:00:00	SACS Water polo tour departs
Thursday	12/10/2017	07:30:00	08:00:00	General Assembly
Thursday	12/10/2017	08:00:00	08:00:00	Grade 4LC Sandwich Making
Thursday	12/10/2017	08:00:00	16:00:00	TSSA Conference
Friday	13/10/2017	08:00:00	10:00:00	Grade 7 Study Skills Course
Saturday	14/10/2017	08:00:00	12:00:00	Hockey vs St John's
Sunday	15/10/2017	15:00:00	15:00:00	SACS Water polo tour returns

PLEASE REFER TO THE WEEKLY SPORTS NOTICE FOR THE LATEST INFORMATION AND NEWS ON SPORTS FIXTURES AND VENUES
 PLEASE NOTE DEADLINE FOR NEWSLETTER ARTICLE SUBMISSIONS IS WEDNESDAY, 17:00