NEWSLETTER 6
23 FEBRUARY 2018

FROM THE DEPUTY PRINCIPAL

How To Make Your Kids Smarter: 10 Steps Backed By Science
(Time ERIC BARKER March 4, 2014 )

I’ve explored the science behind what makes kids happier, what type of parenting works best and what makes for joyful families. I’ve explored the science behind what makes kids happier, what type of parenting works best and what makes for joyful families.
But what makes children — from babies up through the teen years — smarter?
Here are 10 things science says can help:

1) Music Lessons
Plain and simple: research show music lessons make kids smarter: Compared with children in the control groups, children in the music groups exhibited greater increases in full-scale IQ. The effect was relatively small, but it generalized across IQ subtests, index scores, and a standardized measure of academic achievement.
In fact musical training helps everyone, young and old:

2) The ‘Dumb Jock’ Is A Myth
Dumb jocks are dumb because they spend more time on the field than in the library. But what if you make sure your child devotes time to both?
Being in good shape increases your ability to learn. After exercise people pick up new vocabulary words 20% faster.

3) Don’t Read To Your Kids, Read With Them
Got a little one who is learning to read? Don’t let them just stare at the pictures in a book while you do all the reading.
Call attention to the words. Read with them, not to them. Research shows it helps build their reading skills:

4) Sleep Deprivation Makes Kids “Stupid”
Missing an hour of sleep turns a sixth grader’s brain into that of a fourth grader. There is a correlation between grades and average amount of sleep.

5) IQ Isn’t Worth Much Without Self-Discipline
Self-discipline beats IQ at predicting who will be successful in life.

The best predictor of success, the researchers found, was the prospective cadets’ ratings on a non cognitive, non physical trait known as “grit”—defined as “perseverance and passion for long-term goals.”

Watch this space next week for steps 6-10

P.Pattni (Deputy Principal)
SCHOOL SGB ELECTIONS
The schools in the country will soon be going to the vote to elect School Governing Bodies who volunteer their services for period of 3 years in the interest of the school and her children. We want parents to have their voice heard by voting for fellow parents of children currently at the school and who have skills that will assist in sound governance of the school. Areas of need include financial management, legal knowledge, marketing, project management to name but a few. This process cannot be completed unless we have a quorum of the parents present at the Nomination Meeting to be held on 8 March at 18:00. PLEASE DIARISE THIS DATE NOW AND MAKE ARRANGEMENTS TO ATTEND.

SAFETY AND SECURITY: Parents, please remember your indicators and to be courteous when driving on Irene Rd to drop off or fetch your children.

LOST PROPERTY: Please ensure that ALL items belonging to your children are clearly marked as we have loads of unmarked items which will go for re-sale.

PLEASE DIARISE:

- The School Interhouse Gala will take place on Friday 23 March during the school day, starting at 10:00. All learners will be given the opportunity to swim for their house team. Parents are welcome to spend the morning with us
- The Grade 7 Cake and Candy takes place on Wednesday 28 February
- SENOR CHEF forms went out this week FINAL DAY FOR SUBMISSION IS TUESDAY 6 MARCH 2018.
- ATHOLL parkrun will be starting on Saturday 3 March at 8:00 in the Park opposite Blu Bird Centre.

MINI COUNCIL: The Mini Councillors are collecting plastic bottle tops of all descriptions, please recycle these items to assist them in obtaining wheelchairs for the needy.

CHESS NEWS Turnout was a bit thin on Monday. The shortest possible games were demonstrated – Fool’s Mate (4 half-moves) and Scholar’s Mate (7 half-moves). Eddie Price (011)782-7544

ADVERTS:

**PRE PACKED SCHOOL LUNCHES**

Introducing the ALL healthy kids pre-packed school lunchbox snacks.

3 Snacks plus a drink individually packed for every school day of the month

From R599 per month Contact 084 056 8252

info@rawenergystore.co.za www.rawenergystore.co.za