FROM THE DEPUTY PRINCIPAL’S DESK

How To Make Your Kids Smarter: 10 Steps Backed By Science
(continued from last week)

Justin Lewis—Getty Images By 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. But what makes children — from babies up through the teen years — smarter? Here are 10 things science says can help:

6) Learning Is An Active Process
Real learning isn’t passive, it’s active.
Our brains evolved to learn by doing things, not by hearing about them. This is one of the reasons that, for a lot of skills, it’s much better to spend about two thirds of your time testing yourself on it rather than absorbing it. There’s a rule of two thirds. If you want to, say, memorise a passage, it’s better to spend 30 percent of your time reading it, and the other 70 percent of your time testing yourself on that knowledge.

7) Treats Can Be A Good Thing — At The Right Time
Overall, it would be better if kids ate healthy all the time. Research shows eating makes a difference in children’s grades:
Everybody knows you should eat breakfast the day of a big test. High-carb, high-fibre, slow-digesting foods like oatmeal are best, research shows. But what you eat a week in advance matters, too. There are always exceptions. No kid eats healthy all the time. But the irony is that kids often get “bad” foods at the wrong time.
Research shows caffeine and sugar can be brain boosters
Caffeine and glucose can have beneficial effects on cognitive performance... Since these areas have been related to the sustained attention and working memory processes, results would suggest that combined caffeine and glucose could increase the efficiency of the attentional system.

8) Happy Kids = Successful Kids
Happier kids are more likely to turn into successful, accomplished adults.
...happiness is a tremendous advantage in a world that emphasizes performance. On average, happy people are more successful than unhappy people at both work and love. They get better performance reviews, have more prestigious jobs, and earn higher salaries. And what’s the first step in creating happier kids? Being a happy parent.

9) Peer Group Matters
Your genetics and the genetics of your partner have a huge effect on your kids. But the way you raise your kids? Not nearly as much.
On things like measures of intellectual ability and certain aspects of personality, the biological children are fairly similar to their parents.
So what does have an enormous affect on your children’s behavior? Their peer group. We usually only talk about peer pressure when it’s a negative but more often than not, it’s a positive. Living in a nice
neighborhood, going to solid schools and making sure your children hang out with good kids can make a huge difference.

10) Believe In Them
Believing your kid is smarter than average makes a difference.
To Sum Up:
1. Music Lessons 2
2. The Dumb Jock Is A Myth
3. Don’t Read To Your Kids, Read With Them
4. Sleep Deprivation Makes Kids Stupid
5. IQ Isn’t Worth Much Without Self-Discipline
6. Learning Is An Active Process
7. Treats Can Be A Good Thing — At The Right Time
8. Happy Kids = Successful Kids
9. Peer Group Matters
10. Believe In Them

P. Pattini (Deputy Principal)

SCHOOL SGB ELECTIONS
Next Thursday 8 March, the schools in the country will 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.**

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
- **SENROR CHEF forms went out last week. FINAL DAY FOR SUBMISSION IS TUESDAY 6 MARCH 2018. Please get the forms in As Soon As Possible to qualify for the prizes, cívívies etc.**
- **ATHOLL Parkrun** will be starting on Saturday 3 March at 8:00 in the Park opposite Blu Bird Centre. Details to follow

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 Attendance on Monday was again very poor. A “Mate in 2” challenge was presented that was, in reality, too difficult for the Fairwangers. Only Rehan Naidoo managed it (at his 7th attempt!)
Eddie Price (011) 782-7544

SCHOOL SHOP TIMES: Monday 7:30-8:15, Wednesday 13:15-14:15
A sale will be held on these days - All Blazers are R100, Tracksuit tops R50 and all other items R20. each