NEWSLETTER 35

From the Principal's Desk

With the end of the year fast approaching and with the examinations soon upon us, the following advice on how to nurture your child's mental health may be valuable for our parents:

* Actively listen before offering your advice.
* Be patient.
* Share your feelings and validate theirs.
* Tell the Truth.
* Model healthy behaviour.
* Surround them with healthy adults.
* Teach them how to be safe.

* Use open ended questions.
* Have scheduled family time.
* Limit electronic time for everyone.
* Reach out and hug them.
* Practice relaxation exercises together.
* Believe them and in them.
* Be consistent and follow through with what you promise.

* Recognise positive choices.
* Set and respect boundaries.
* Respond calmly when their emotions are elevated.
* View their behaviour as a window to their needs and feelings.

**BE PRESENT**

Please ensure that your children are emotionally and academically prepared for the upcoming assessment.

We wish you all Good luck for the examinations which start on Friday 9 November.

T. Rae
Principal.
2019 STATIONERY The Stationery packs for all grades have been ordered and will be distributed on Wednesday 28 November 2018 from 8:00 – 14:30. Letters with the list of what is in each pack have gone out, so that payments can be made in advance. Waltons will be on site with a card machine for those who want to pay and collect on the 28 November.

Parents, please note that while we would like all learners to have purchased a pack for their grade, parents may wish to buy privately. If so, please note that the brands are to be adhered to as these are quality and "tried and tested" brands.

Grade 1 2019 list and packs will be available at the Grade 1 Party on 28 November at 13:00.

ANNUAL GENERAL MEETING- Due to Diwali celebration, the date has been changed to Monday 5 November 2018 at 6pm (18:00).
This meeting is called every year in November for the Governing Body of the school to address the Parent Body and to present the Budget along with the resolutions for the next year.

PLEASE NOTE WE NEED A QUORUM IN ORDER TO PROCEED WITH THE MEETING

END OF YEAR EXAMINATIONS will start on 9 November until 16 November 2018. Exam Scopes have been handed out and are posted on the Communicator as well as exam timetables. School will close each day at 13:00 from the start of exams until 11 December 2018. Final time of closing for year will be advised.

CONGRATULATIONS to the Grade 4's for their Cake and Candy. They raised R10 769,00 on the day but this will increase once the big draw has been done. Watch this Space!!

50th ANNIVERSARY CARNIVAL – SAVE THE DAY

1. 24 November 2018 – information regarding tickets has been sent to parents. R80 for riders, R20 for non-riders and R50 for kids under 5.
2. Parents who wish to hire stalls for the day can email or call Sharona Nundkumar at sharoonundkumar@gmail.com or call 083 779 2944.
3. We are still looking for parents to sponsor prizes or cash which will be used towards our birthday celebrations.

CHESS NEWS - Progress in the Championship is disappointingly slow. Many people left on Monday after completing only 1 game and there is only one Monday left before the break for examinations. Kushi and Kia are leading with 3 points each, followed by Ethan and Alice with 2 points each. Round 2 of the Inter-House takes place on Thursday. Eddie Price

STAFF END OF YEAR LUNCH will be held on Thursday 29 November and all teachers will be off the property after 13:30, therefore there will only be aftercare operating.

VOTING SUPPORT NEEDED!!!!
Ms S A Govender (1P) has been afforded an opportunity by TBN and Audacity SA to be a Brand Ambassador for the Miss Grace SA Beauty pageant. This is a women empowerment initiative against the abuse of women and children as well as Human Trafficking. Please support her journey by voting for her:
1. Search for Miss Grace SA on Facebook
2. Look for her picture- "Like" and share post
3. The Miss Grace link is on our school Facebook page
4. Follow her on facebook @ShristiAzariaGovender