



Brackenhurst Primary School

Newsletter 01/2019
14 January 2019



Dear Parents

Quote for the Week:

1 Year
=
365 Opportunities

WELCOME

A special word of welcome to all our new Grade One learners and parents, as well as any other new learners and their parents. We hope you feel part of the special Brackenhurst Primary School family from day one. Welcome back to all our existing families, we trust you had a wonderful holiday and are ready to face the challenges that 2019 may bring.

STAFF NEWS

Welcome to the following educators, we trust that you will have a long and happy association with Brackenhurst Primary School.

Mrs L Venter – Receptionist
Ms S Mthembu – Grade 3
Mrs N du Plessis – Grade 5
Mrs D Premduitt – Grade 6
Ms S Singh – Grade 6
Ms S Bester – Grade 7
Ms M Lawrenz – Teacher's Assistant

IMPORTANT NOTICE REGARDING THE SCHOOL UNIFORM

PARENTS PLEASE TAKE NOTE:

We would like to bring to the parents' attention the following about our uniform system from January 2019:

At the AGM held on 31 October 2018, it was approved to amend the following to the uniform system of Brackenhurst Primary...

Amendment to the School Uniform policy (Items 47 and 48 of the Code of Conduct).

- With effect from the 9th of January 2018 learners may now elect to wear either the school uniform as outlined in Item 47 of the Code OR they may wear the Physical Education Uniform as outlined in Item 48 of the Code.
- The School reserves the right to direct learners to wear their full school uniform, such as at Merit Assemblies, Honours Evenings and Photo days.
- Parents are requested to ensure that whichever uniform the learner is wearing still conforms to the Code and is neat and presentable.
- The School has introduced a Red physical education shirt and is no longer selling the White ones. We will be phasing out the white shirts, save for 1st team Cricketers who must play in all white.
- The School has introduced a black PE skort (a combination of shorts and a skirt) for the girls in addition to the PE shorts. This may be purchased from the sports office at school. The skort is part of the PE uniform for girls.

LEARNERS EXITING FROM THE SCHOOL

PLEASE NOTE: As from Monday, 14 January 2019 only learners who are collected and dropped off at school by a transport company, will be allowed to exit via the gate in Jasmine Street.

SCHOOL FEES 2018

Please make sure all final balances for **2018** school fees are paid up as **2019** fees are now due.

SCHOOL FEES 2019 R13 882,00

OPTION A (payable by 31/3/2019) –
R11 800,00
Monthly payment – R1 262,00 per child

NEWSLETTER AND SCHOOL COMMUNICATOR

This week we have made hard copies of the newsletter for all families. However, from next week we will only be sending hard copies to parents who do not have access to a computer or smart phone and are unable to receive the newsletter via the Communicator or download from the website, www.brackenprim.co.za.

The newsletter will also be downloaded on the children's tablets.

Please note: Should you wish to receive a hard copy of the newsletter, please forward a note to your child's register teacher. Hard copies will only be made for parents who have requested them.

PLEASE MAKE USE OF THE SCHOOL COMMUNICATOR

This software programme App will ensure reliable and up to date communication with you, the parent/guardian. This is a very simple and easy to use programme and can be installed on your home and/or work computer/s. This will allow us to keep up to date on a daily basis as to what is happening at school. This will include the newsletter, photos, sporting fixtures, contact details, etc. The Communicator updates itself via your internet connection.

To download, you can make use of one of the following options:

1. Download the software directly from the Website using the following URL www.schoolcommunicator.com/downloads
OR
2. Download the App D6 Communicator and follow the instructions.
3. The address is:
<http://mobi.d6communicator.com>

Should you have any queries, please contact Mr Fabel or Mrs Roets on (011) 900 1000.

SCHOOL TIMES

Please note the following school times:

Grade 1-2: 07:50 – 13:30 every day
Grade 3-7: 07:50 – 14:00 every day

SCHOOL TERMS 2019

Term 1: 9 January – 15 March
Term 2: 2 April – 14 June
Term 3: 9 July – 20 September
Term 4: 1 October – 4 December

School/Public Holidays:

21 March – Human Rights Day
19 April – Good Friday
22 April – Family Day
27 April – Freedom Day
1 May – Workers' Day
16 June – Youth Day
17 June – Public Holiday
9 August – National Women's Day
24 September – Heritage Day
16 December – Day of Reconciliation
25 December – Christmas Day
26 December – Day of Goodwill

E-LEARNING LEVY

E-Learning Levy for Grades 4 – 7 is ***R350,00***. Please make payment for this levy before the end of January 2019. If we do not receive this levy, we will not be able to load the software onto your child's tablet and they will continue working from hard copy text books.

An annual levy of ***R250,00*** per child for learners Grade 1 – 3 will be paid before end January 2019. This will cover the cost of the trolley solution with tablets we have purchased for our Foundation Phase learners.

IMPORTANT NOTICE:
**IF YOU PAY THE R350,00 (INTERSEN
PHASE) OR R250,00 (FOUNDATION
PHASE) VIA EFT, REFERENCE TO BE
USED IS YOUR CHILD'S NAME AND E-
LEVY.**
**DO NOT PAY THIS AMOUNT WITH
YOUR SCHOOL FEES.**
**IT MUST BE A SEPARATE PAYMENT. IF
YOU PUT THE PAYMENT THROUGH
WITH SCHOOL FEES IT WILL NOT BE
TRANSFERRED TO E-LEVY.**

INTERACTIVE WHITEBOARD LEVY

A levy of R100,00 per child per year is payable for the **maintenance** of interactive whiteboards during the course of 2019.

Please send the money as soon as possible in a clearly marked envelope **"WHITEBOARD LEVY"** and your child's name and hand it in to your child's register teacher. **PLEASE DO NOT DO AN EFT FOR THE WHITEBOARD LEVY.**

ACADEMIC

Detailed information regarding Assessment Activities for this term will be issued within the next couple of weeks.

CYCLE DAYS – TERM 1:

DAY	DATE
4	Monday, 14 January
5	Tuesday, 15 January
6	Wednesday, 16 January
7	Thursday, 17 January
1	Friday, 18 January
2	Monday, 21 January
3	Tuesday, 22 January
4	Wednesday, 23 January
5	Thursday, 24 January
6	Friday, 25 January
7	Monday, 28 January
1	Tuesday, 29 January
2	Wednesday, 30 January
3	Thursday, 31 January
4	Friday, 21 January

TUCKSHOP MENU

Attached to the newsletter is the full Tuckshop Menu.



EXTRA CURRICULAR ACTIVITIES

House Shirts:
Please contact Alice Lombard on 083 397 5705 for any orders/queries regarding House T-Shirts.

PLEASE NOTE: Only the house T-shirt may be worn on Fridays. **NO OTHER SHIRTS WILL BE ALLOWED.**

The cost of the shirts is as follows:

Children's Shirts: R75,00
Adult's Shirts: R 90,00

The division for the houses is according to the month in which you were born:

MARS (Red): January, February, March April
JUPITER (Yellow): May, June, July, August
VENUS (Blue): September, October, November, December

PE UNIFORM:

See advertisement at the end of this newsletter.

Chess:

Chess try-outs will be on Monday 21 January in the Staffroom at the following times:

Juniors - 13:30
Intermediates - 14:00
Seniors - 14:30



Athletics:

Athletics practices have begun again. There will be morning practices every morning until Interschool.

After school practices are as follows:

Sprints: Tuesdays and Thursdays
Juniors 13:30 – 14:15
Seniors 14:30 – 15:15

Long Distance: Tuesdays and Thursdays 14:30 – 15:15



Tennis:

Free Tennis will begin on the Monday 14th of January for more information contact Coach Rudolph on 064 525 1665.

Please note learners may wear their PE uniform to train in at school or their athletics kit. **ATHLETICS KITS ARE ONLY AVAILABLE AT BRACKENHURST PRIMARY. PLEASE PLACE YOUR ORDER WITH THE SPORTS DEPARTMENT.**

GENERAL

'Help-U' Advertiser:

The 'Help-U' advertiser is published once a month at the end of the month. The cost of an ad is R50,00 per month. Adverts must be business card size. If you want to advertise in the 'Help-U' Advertiser, please forward details together with the money to Colette Kruger at the school office. No pictures – just wording.

PARENT'S CORNER

Beautiful lunchbox ideas (that don't require cold cuts)

It's that time of the year again, here are some healthy lunchbox ideas sans cold meats to get you into the swing of things as the kids head back to school.

The Listeriosis outbreak in 2018 had the country in a panic, and some parents may still be wary of using cold meats when making lunchboxes.

Since cold cuts are usually the easiest options, you may be stuck on what foods to turn to when packing lunch.

But fear not: there are still many alternatives, healthy ones, for your child's packed lunch.

Our lunchbox ideas are meant to be flexible, so please use these as guidelines as only you would know your child's likes and dislikes.

Monday

MEDITERRANEAN LUNCH

pita, hummus & salad
parent24

hummus



toasted pita



salad (avoid salads with feta)



add chicken or lamb kebabs for meaty option.
*remember to check where the meat was sourced.

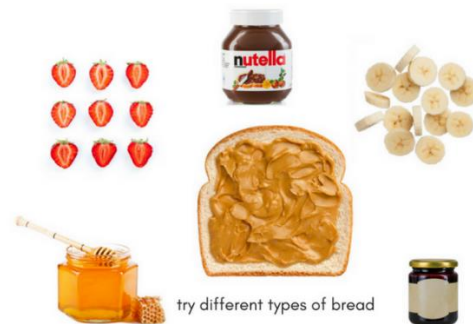


Hummus is made from chickpeas which is a good source of fibre, iron, calcium, magnesium, zinc and vitamin K. Fibre helps to combat constipation

as it keeps the body regular. Iron, calcium, magnesium and zinc help children grow and maintain good bone health. You may think that the lunch will not be filling, but chickpeas are able to increase the feeling of being full. This helps reduce appetite and lowers calorie intake. They slowly release energy into the body (low GI), keeping your child energetic the whole day. They also promote healthy skin and hair.

Tuesday

upgraded PEANUT BUTTER sandwich



try different types of bread

Peanut butter and jam is a lunchbox classic. If your child finds it too boring or not fancy enough for their lunchbox, try elevating the classic sandwich. Use different types of bread like rye, sourdough or brioche. Honey is a healthier alternative to fruit jams and syrup without compromising on the sweet flavour your children love. Try using fresh fruit (make sure you've thoroughly washed them) instead of jam or try different jams such as fig, cranberry or cherry. For an afterschool treat, try a chocolate spread and peanut butter version.

Wednesday

VEGGIE burgers



choose your favourite sauce, eg pesto, mustard, sweet chilli



use legumes to make your patty



pick your toppings, remember, hard cheeses like cheddar are safe



Burgers don't have to be deep fried and cholesterol heavy. Baked veggie burgers pack all the flavour without compromising on the healthy nutrients needed by your child's growing body. Here's our recipe to make delicious legume patties:

- 1 can of beans, lentils or chickpeas
- salt and pepper
- 1 minced glove of garlic
- herbs
- 1/4 cup of bread crumbs
- 1/2 diced onion

Method:

Microwave the legumes for a 1 minute or until soft. Add the salt, pepper, garlic, diced onion, herbs and bread crumbs. Mash everything in the bowl until you have a chunky mixture. Do not mash until smooth. Using wet hands, form patties with the chunky mixture and place onto a lightly greased parchment paper-lined sheet pan. Bake in the oven for 30 minutes or until the patties have browned. Assemble burger!

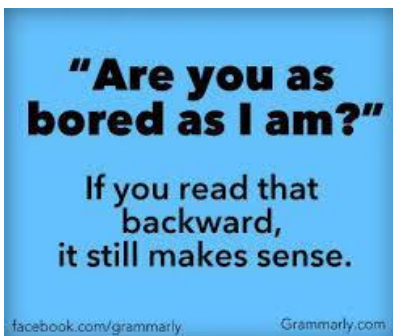
Thursday

GRILLED CHEESE

sandwich



And finally



Soft cheeses may be ruled out, but hard cheeses are just as good. Use cheese such as cheddar, gouda, emmental, parmesan and edam in lunchbox sandwiches to avoid infection. Just like the peanut butter sandwich, the grilled cheese sandwich can be elevated and built according to your child's liking.

Cheese is a good source of calcium that helps build strong bones and helps keep your child sharp and energised. You can stick to the classic or add tomato, onions, mushrooms or even more than one cheese in your sandwich. Place under the grill and it's ready when both sides are toasted and the cheese has melted.

Friday

TORTILLA PIZZA



We have an easy way of making pizza at home. Use a tortilla wrap as the base of your pizza. Use store-bought pasta sauce as your sauce and hard cheese instead of mozzarella. You can ask your children to help assemble the pizza and choose their own toppings. Place under the grill until the cheese has melted and the tortilla wrap is slightly crispy around the edges. Cut into triangles and place in lunchboxes.

Regards,

**CHANDIKA SING
ACTING PRINCIPAL**

Tuckshop Menu

Toasted sandwiches		Breakfast Only	
Cheese	R 14,00	Toast & Jam	R 6,00
Cheese & Tomato	R 15,00	Toasted Bacon Egg & Cheese	R 23,00
Ham & Cheese	R 18,00	Hot Cross Buns with Butter	R 6,00
Ham Cheese & Tomato	R 20,00	Every Day	
Bacon & Cheese	R 20,00	Hotdog	R 14,00
Chicken Mayo & Bacon	R 22,00	Cheese Griller Dog	R 15,00
Chicken Mayo & Cheese	R 22,00	Pies	R 17,00
Chicken Mayo	R 20,00	Mojo Pies	R 9,00
Biltong & Cheese	R 22,00	2nd Break only	
Bacon Cheese Onion & BBQ	R 22,00	Russian & Chips	R 27,00
Wraps		Slap Chips	R 15,00
Chicken Wrap	R 26,00	Russian & Chip Roll	R 16,00
Chicken & Feta Wrap	R 28,00	Snacks - All Day	
Salad Wrap	R 18,00	Muffins	R 8,00
Biltong & Feta Wrap	R 30,00	Xlarge biscuits	R 8,00
Salads		Yogurt	R 5,00
Chicken & Feta	R 28,00	Biltong Wheels	R 9,00
Basic Salad	R 18,00	Biltong Sticks	R 5,00
Biltong & Feta	R 30,00		
Weekly Menu - Lunch of the Day			
Monday		Mojo Pie	R 9,00
Tuesday		Cheese Griller Dog	R 15,00
Wednesday		Toated Cheese	R 14,00
Thursday		Hotdog	R 14,00
Friday		Pies (Pepper Steak, Chicken, Steak & Kidney, Cornish, Sausage)	R 17,00
Friday Combo Deal : Pie + Small Kingsley + packet of sweets R30.00			

UNIFORM SHOP OPEN

PE UNIFORM

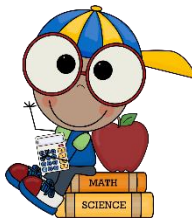


PE SHIRTS (RED)	R160
SKORT	R160
SHORTS	R140
TRACKSUITS	R380 - 400
CAPS	R50
BEANIES	R60
BPS SPORTING KIT	

ON SALE AT THE SPORTS OFFICE. ON SALE EVERY

Wednesday morning 07h00 - 07h30

LEARNERS: ARE WELCOME TO BUY ANYTIME DURING THE
SCHOOL DAY (BREAKS)



***TRACKSUITS WILL BE
AVAILABLE FROM THE END
OF FEBRUARY***

*NO WAITING PERIOD... tracksuits are available from the sports office size 20 – 30 R380 -
size 32 – 38 R400.*