



# Brackenhurst Primary School

Newsletter 9/2019  
11 March 2019



Dear Parents,

## Quote for the Week:

IF YOU ARE  
**PERSISTENT**  
YOU WILL *get it.*

IF YOU ARE  
**CONSISTENT**  
YOU WILL *keep it.*

## SCHOOLS CLOSING

School closes for the March holidays on Friday 15 March 2019 at **10:00** and re-opens on 2 April 2019.

## SOAPBOX DERBY

We will be having our annual soap box derby day on **Wednesday, 13 March 2019**. All learners have been issued with an information letter as well as a sponsor form.



If Kaskar forms are lost then the learners must pay the full amount of R250 or get an affidavit for it. This is to prevent any fraudulent activity.

## TERM 1 REPORTS AND PARENT'S EVENING

Term 1 Reports will be handed out on Tuesday 12 March 2019. Parents' Evening for all grades will be held on Thursday 14 March from 16:00 – 19:00.

## 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

## **Public Holidays:**

Friday 19 April 2019 Good Friday  
Monday 22 April 2019 Family Day  
Saturday 27 April 2019 Freedom Day

Wednesday 1 May 2019  
Sunday 16 June 2019  
Monday 17 June 2019  
Friday 9 August 2019  
Tuesday 24 September 2019

Workers Day  
Youth Day  
Public Holiday  
Women's Day  
Heritage Day

## 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

## WE ARE STRUGGLING TO GET HOLD OF YOU!

### **Parent Contact Information 2019**

A letter and form was issued last week and was due back today, please check all the details we have for you. If there are changes, please do so using the provided blocks.

If you have not returned the above form yet please do so immediately.

In future, **PLEASE** advise the school of any changes to any of your contact details.

### **SCHOOL FEE EXEMPTIONS – 2019**

Applications for 2019 school fee Exemptions are **NOW** open. Please note application forms may be collected and signed for by one of the parents or official guardians of the child, at reception. (Application forms will **not** be handed to the children). Please read information and instructions attached to the application very carefully. Exemption applications will not be considered without **ALL** requested documentation. The onus is on the applicant to ensure all required information is submitted.

Please continue to make regular monthly payments towards school fees pending a decision on your Exemption application, as you may not qualify for 100% and will be liable for payment of the remaining fees.

Closing date for applications will be **the end of April 2019**. Should you have any queries, please contact Mrs L Joubert on (011) 900 1000.

**SCHOOL FEES 2019 – R13 882,00**

**OPTION A** (payable by 31/3/2019) – R11 800,00  
Monthly payment – R 1 2 62,00 per child

**Important notice regarding payment of school fees – Option A (Cut-off date: 31 March 2019)**

Please note that the final date for payment to qualify for the discount for 2019 School Fees is **31 March 2019**. Should you wish to pay with your credit card at these offices please note that these payments will need to be done by the end of term, 15 March 2019 as the credit card facility will not be available during the holidays. You may still make payments through your bank or pay via EFT up until 31 March 2019.

**E-LEARNING LEVY**

E-Learning Levy for Grades 4 – 7 is **R350,00**. Please make payment for this levy as soon as possible. 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 as soon as possible. This will cover the cost of the trolley solution with tablets we have purchased for our Foundation Phase learners.

All new parents please note that the **e-levy is included in the enrolment fee which would have been paid when you enrolled**. The **INITIAL e-levy amount payable is R450 for all new applications (regardless of the grade) so parents need not pay an additional R250 for Foundation phase and R350 for Intersen and senior phase**.

**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 SURNAME 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****CYCLE DAYS – TERM 1:**

DAY	DATE
6	Friday, 8 March
7	Monday, 11 March
1	Tuesday, 12 March
No day - Kaskar	Wednesday, 13 March
2	Thursday, 14 March
No day – End of Term	Friday, 15 March

**CULTURAL**

Please note the practise times for the following cultural activities:

**Mondays:** Marimba, 14:15 – 15:15

**Tuesdays:** Snr Choir, 14:15 – 15:45  
Gumboot, 15:30 – 16:30

**Wednesdays:** Jnr Choir, 14:00 – 15:00  
Drumming, 14:15 – 15:15

**Thursdays:** Gumboot, 15:30 – 16:30  
Jnr African Dancers, 14:30 – 15:30

**SPORTS****Tennis**

Free Tennis began on Monday the 14<sup>th</sup> of January. For more information contact Coach Rudolph on 064 525 1665.

**Touch Rugby**

Touch rugby has come to an end congratulations to all the teams for a wonderful season

League results:  
1<sup>st</sup> Team Girls came 2<sup>nd</sup>  
2<sup>nd</sup> Team Girls came 4<sup>th</sup>

1<sup>st</sup> Team Boys came 3<sup>rd</sup>  
2<sup>nd</sup> Team Boys came 4<sup>th</sup>

## Netball

Netball practices and trials started. Practices will held as follows:

U/7: Tues & Thurs 13:30 to 14:30  
 U/8: Mon & Thurs 13:30 to 14:30  
 U/9: Mon & Tues 14:30 to 15:30  
 U/10: Tues & Thurs 14:30 to 15:30  
 U/11: Mon & Wed 14:30 to 16:00  
 U/12: Tues & Thurs 14:30 to 15:30  
 U/13: Mon & Wed 14:30 to 16:00



Please ensure that your child attends all the practices/ trials, or they will not be given a chance to be part of the school team.

## Soccer

Soccer practices and trials started. Practices will held as follows:

U/7: Mon & Thurs 13:30 to 14:30  
 U/8: Tues & Thurs 13:30 to 14:30  
 U/9: Tues & Wed 14:30 to 15:30  
 U/10: Tues & Thurs 14:30 to 15:30  
 U/11: Mon & Wed 14:30 to 15:30  
 U/12: Tues & Thurs 14:30 to 15:30  
 U/13: Tues & Thurs 14:30 to 16:00  
 U/14: Tues & Thurs 14:30 to 16:00



Please ensure that your child attends all the practices/ trials, or they will not be given a chance to be part of the school team.

## Chess

Practices are held as follows:

Mondays	Gr 3 – 7	from 14:15 to 15:00
Tuesdays	Gr 1 – 2	from 13:45 to 14:30
	Gr 3 – 7	from 14:30 to 15:30
Wednesdays	Gr 1 – 2	from 13:45 to 14:30
Thursdays	Gr 3 – 7	from 14:15 to 15:00

## 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, together with jeans/ PE shorts. **NO OTHER SHIRTS WILL BE ALLOWED.**

The cost of the shirts is as follows:

Children's Shirts:	R75,00
Adult's Shirts:	R90,00

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.

Brackenhurst Primary sport kits are also on sale at the Sports Office **every Wednesday morning 07:00-07:45**

Learners may also to buy the uniform any day during their breaks.

## COMMUNITY OUTREACH

### Term 1 collection:

#### Coin Collection

Please collect coins daily and send on Fridays to:  
 Juniors – Ms Tambellini

Seniors – Ms Palm

Term 1 will be for the Moebius-Syndrome Foundation. Please try and bring R10 over the course of the term. Every cent makes a difference :) Please see the link: <https://ghr.nlm.nih.gov/condition/moebius-syndrome>

#### Orphanage Easter Visit

Please donate Easter eggs of any kind, especially marshmallow for our visit to brighten some special kiddie's day! Please send to Ms T Capell's class for collection.

#### Bread Tags and Bottle Tops

Please send lots so we can donate a wheelchair! We are on a ROLL! (Pun intended 😊) Please send to Mrs. K. Robinson's class.

#### Hidden Treasures

We are collecting second-hand toys, clothes, appliances, books, bedding, etc. All money raised goes towards feeding orphans. If you'd like to volunteer at the Hidden Treasures shop on Saturdays, please see DOJO school story for details. Please send all collected items to Mrs. K. Budde's class.

#### SPCA

Please assist us with collecting newspapers, blankets, pet food (wet or dry), soft leads and collars (no chains please), pet toys, food and water bowls. These items are to go to Mrs. Robinson (G31). These donations will then be dropped off at the Alberton SPCA.

Your contributions will go a long way and is so appreciated.

## NEWSLETTER AND SCHOOL COMMUNICATOR

We will only send out hard copies of the newsletter to parents who have submitted a written request to the register teacher. The newsletter is available via the D6 Communicator app and can also be downloaded from the website,

[www.brackenprim.co.za](http://www.brackenprim.co.za). The newsletter will also be downloaded on the children's tablets.

### PLEASE MAKE USE OF THE SCHOOL COMMUNICATOR

The school's newsletter is published every Monday during the school term. Then newsletter can be accessed via the following:

- 1) Your child's tablet (Grades 4 – 7). The newsletter can be downloaded onto their device on a weekly basis.
- 2) The School's website:  
[www.brackenprim.co.za/newsletter-archive](http://www.brackenprim.co.za/newsletter-archive).
- 3) The communicator app for PC or Laptop – download the software from  
[www.d6.co.za/education/downloads](http://www.d6.co.za/education/downloads).
- 4) The communicator app for your Smartphone – download the D6 communicator app from your mobile app store.

This is a software programme that will ensure reliable and up to date communication with you, the parent/guardian. This programme is simple and easy to use and can be installed on your home and/or work computer/s and/or smartphone. This will allow us to keep you up to date on a daily basis as to what is happening at school.

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

### GENERAL

#### Tuck Shop

Attached to the newsletter is the full Tuckshop Menu.

### 'HELP-U' ADVERTISER

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

### PARENTS' CORNER

#### Does your child have Electronic Screen Syndrome?

By The Hello Doctor Team



Believe it or not, a child's nervous system can become overstimulated by regular screen exposure that comes from cell phones, computers, iPads and other digital devices. These devices can cause chronic stress on the brain, which may result in various different learning and behavioural disorders.

Electronic Screen Syndrome (ESS) is considered an unrecognised modern-day disorder. The interaction with screens can shift the nervous system into fight-or-flight mode, which causes dysregulation and disorganisation of different biological systems. Once in this state, your child's mood, behaviour, and focus can be affected. ESS isn't limited to teenagers obsessed with digital devices; toddlers can be affected too.

The latest research suggests that around 90% of children can use an electronic tablet by the age of two. What's worrying about this statistic is that each time a child picks up a device, changes happen in the brain that can lead to overstimulation and hyperarousal.

According to Dr Victoria Dunckley, author of *Reset Your Child's Brain*, ESS symptoms typically include poor focus, irritable mood, and disorganised or disobedient behaviour. Children with ESS are easily frustrated, tearful and angry. They tend to have meltdowns over minor incidents. They often struggle in school because they can't get their work done and may display immature behaviour that's off-putting to their friends.

Technology is known to have a hyper-arousing effect, as it can raise dopamine levels – the feel-good neurotransmitter that also plays a role in forming addictions. Children with ESS tend to lose interest in anything that isn't electronically based and may show little imaginative play or creative expression.

#### ESS risk factors

Children with ESS are drawn to their screens – so much so that it becomes hard to pull them away.

The following factors may increase the risk of ESS:

- Younger age
- Males
- Behaviour disorders (like attention-deficit hyperactivity disorder or autism)
- Psychosocial stressors
- Addiction tendencies
- Sensory dysfunction

### **Help your child**

As a parent, the first step to help address this syndrome is to recognise the signs. If the following questions apply to your child, he may have, or be at risk for, ESS:

1. Has your child progressively become defiant or disorganised?
2. Does your child have full-blown rages?
3. Does he have meltdowns over minor frustrations?
4. Do they become irritable when told to stop playing video games or to get off the tablet/computer?
5. Do you ever notice your child's pupils are dilated after using electronic devices?
6. Does your child have a hard time making eye contact after screen time or in general?
7. Do you ever feel your child isn't as happy as they should be, or isn't enjoying activities as much as they used to?
8. Does your child have trouble making or keeping friends because of immature behaviour?

Try to remove screen stimulation from your child's routine. This will allow for your little one's brain to get deep rest and will assist in rebalancing their

brain chemistry and hormone levels, while at the same time, restoring their mental energy. This can help to improve his mood, focus, and behaviour in a matter of weeks.

## **And FINALLY...**

**What do you call a dinosaur that is sleeping?**

A dino-snore!

**What is fast, loud and crunchy?**

A rocket chip!

**Why did the teddy bear say no to dessert?**

Because she was stuffed.

**What has ears but cannot hear?**

A cornfield.

**What did the left eye say to the right eye?**

Between us, something smells!

**Regards,**

**MRS C SING  
ACTING PRINCIPAL**

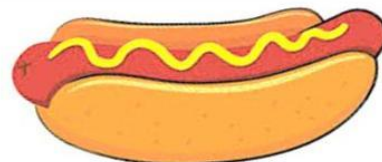


# TUCKSHOP MENU

## FOOD

Weekly Menu - Lunch of the day		
<b>Monday</b>	Toasted Ham & Cheese	R15
<b>Tuesday</b>	Cheese Griller Dog	R15
<b>Wednesday</b>	Toasted Cheese	R14
<b>Thursday</b>	Hotdog	R14
<b>Friday</b>	Pie of your choice as follows: <i>(Pepper Steak / Chicken / Steak &amp; Kidney / Cornish / Sausage Roll, Cheese &amp; Onion)</i>	R17
<b>Friday Combo Deal: Pie + Small Kingsley Cool drink + Packet of Sweets</b>		R30

Toasted Sandwiches		Breakfast Only (Served from 06:30)	
Cheese	R14	Toast & Jam	R6
Cheese & Tomato	R15	Toasted Bacon, Egg & Cheese	R23
Ham & Cheese	R18	Hot Cross Buns with Margarine	R6
<b>Ham, Cheese &amp; Tomato</b>		<b>Every Day</b>	
Bacon & Cheese	R20	Hot Dog	R14
Chicken Mayo & Bacon	R22	Cheese Griller Dog	R15
Chicken Mayo & Cheese	R22	Pie of Your Choice	R17
<b>Chicken Mayo</b>		<b>2nd Break Only</b>	
Biltong & Cheese	R22	Russian & Chips	R27
Bacon, Cheese, Onion & BBQ Sauce	R22	Slap Chips	R15
<b>Wraps</b>		Russian & Chip Roll	R16
Chicken Wrap	R26	<b>Snacks – All Day</b>	
Chicken & Feta Wrap	R28	Muffin	R8
Salad Wrap	R18	X-Large Biscuit	R8
Biltong & Feta Wrap	R30	Yoghurt	R5
<b>Salads</b>		Biltong Wheel	R9
Chicken & Feta	R28	Biltong Stick	R5
Basic Salad	R18		
Biltong & Feta	R30		

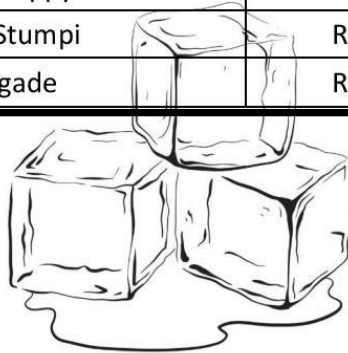


# TUCKSHOP MENU

## BEVERAGES



Warm Drinks 250ml	
Coffee	R12
Tea	R12
Hot Chocolate	R15
Cappuccino	R15
Cold drinks	
Buddies	R15
Flavoured Water	R14
Still Water 650ml	R10
Small Milk	R10
Flavoured Milk	R12
Milo Box	R12
Fruit Juices	R8
Kingsley Drinks – Large	R10
Kingsley Drinks – Small	R8
Vitamin Water	R14
Isorade	R14
Iced Tea	R14
Frutesca Shakes	R14
Slush Puppy	R15
Sterri Stumpi	R16
Energade	R15

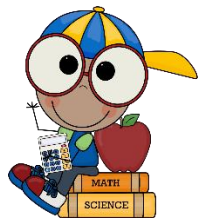


# UNIFORM SHOP OPEN

## 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.*