

Brackenhurst Primary School

Play, Learn Grow... Grether!

Newsletter 12/2019 23 April 2019

Dear Parents,

Quote for the Week:



*** 2020 ADMISSIONS – IMPORTANT INFORMATION***

Admissions for 2020 will open on **Monday 13 May 2019** (for all grades) and will close on **15 July 2019**. Parents must apply online (**grade 1** and grade 8 only) using the following website: www.gdeadmissions.gov.za. Any queries regarding the 2020 admissions process may be addressed to the admissions officer, Mrs Wilson.

Tel: 011 900 1000 or

e-mail: admissions@brackenprim.co.za

SUPPORT GROUP

On Thursday 2 May 2019 Mrs Engelbrecht will be starting a support group for **parents** of children with **diagnosed ADHD**. This will be an informal way of sharing ideas and coping skills not only for the children, but the families as well.

VENUE: Staffroom

DATE: Thursday, 2 May 2019 COST: No cost involved

Please call the school and let the front desk ladies know if you will be attending. Tea and coffee will be available. Regrettably no children to attend.

MATTHEW DOWNS BLANKET DRIVE 2019

Please keep on donating blankets for the Matthew Downs blanket drive.



Mini Councillors

Please can you bring all knitted blanket squares (30cm by 30cm) to Mrs Simeonides in C40.

WINTER SCHOOL UNIFORM

Learners may now start wearing their winter school uniform. Learners may still wear the summer uniform until the end of April.

Please note that from the beginning of May it will be compulsory for all learners to wear their full (and correct) winter uniform.

Please also note that the proper FULL summer or winter uniform must be worn. If the PE uniform is worn, please ensure it is the COMPLETE PE uniform, not mixed with the normal uniform.

SCHOOL TERMS 2019

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

Public Holidays:

Saturday 27 April 2019 Freedom Day Wednesday 1 May 2019 Workers Day Sunday 16 June 2019 Youth Day Monday 17 June 2019 Public Holiday Friday 9 August 2019 Women's Day Tuesday 24 September 2019 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

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 <u>ALL</u> 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.

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 $\underline{\textit{R250,00}}$ 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 2 (APRIL):

DAY	DATE	
PUBLIC HOLIDAY – FAMILY DAY	Monday, 22 April	
2	Tuesday, 23 April	
3	Wednesday, 24 April	
4	Thursday, 25 April	
5	Friday, 26 April	
6	Monday, 29 April	
7	Tuesday, 30 April	
PUBLIC HOLIDAY – WORKERS' DAY	Wednesday, 1 May	
1	Thursday, 2 May	
2	Friday, 3 May	

TERM 2 FORMAL ASSESSMENT TIMETABLE

Please note that school will close at 13:00 every day from Friday 17 May until Monday 27 May.

Study requirements out to learners: 29/04/2019 to 02/05/2019

DATE of Exam:	SESSION	SUBJECT:
17/05/2019	Session 1	LO/LS Grade 4-7
17/05/2019	Session 2	CA Gr 7
20/05/2019	Session 1	Afrikaans Grade 4-7
21/05/2019	Session 1	NS & Tech Grade 4-6 NS Grade 7
21,00,2015	Session 2	Technology Grade 7
22/05/2019	Session 1	English Grade 4-7
23/05/2019	Session 1	Mathematics Grade 4-7
24/05/2010	Session 1	History Grade 4-7
24/05/2019	Session 2	EMS Grade 7
27/05/2019	Session 1	Geography Grade 4-7

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

Also note the advertisement for the Brackenhurst Academy of Music at the end of the newsletter.

SPORTS

Tennis



Free Tennis takes place on Mondays. For more information contact Coach Rudolph on 064 525 1665.

Netball



Netball has begun.

Practice days are as follows:

u/7: Tuesdays and Thursdays 13h30 – 14h30

u/8: Mondays and Thursdays 13h30 – 14h30 u/9: Mondays and Tuesdays 14h15 – 15h15

u/10: Mondays and Vednesdays 14h10 – 15h15 u/10: Mondays and Wednesdays 14h30 – 16h00

u/10: Mondays and Wednesdays 14h30 – 16h00 u/11: Mondays and Wednesdays 14h30 – 16h00

u/12: Mondays and Wednesdays 14h30 - 15h30

u/13: Mondays and Fridays 14h30 -16h00

Results vs Stoneridge Primary:

u/10 A: Won 10 - 1

u/11 A: Won 17 – 0

u/12 A: Won 30 - 1

u/13 A: Won 44 - 0

Results vs Grace Trinity:

u/10 A: Won 6 – 3

u/11 A: Won 7 – 6

u/11 B: Won 14 – 3

u/12 A: Won 21 – 4

u/13 A: Won 22 - 6

The match against Kenton Primary will be rescheduled, date for this match will be sent out soon.

Soccer

Soccer has begun.

Practice days are as follows:

u/7: Mondays and Thursdays 13h30 - 14h30

u/8: Tuesdays and Thursdays 13h30 - 14h30

u/9: Tuesdays and Thursdays 14h30 - 15h30

u/10: Tuesdays and Thursdays 14h30 – 15h30

u/11: Mondays and Thursdays 14h30 - 15h30

u/12: Tuesdays and Tuesdays 14h30 – 15h30

u/13: Mondays and Tuesdays 14h30 -16h00

u/14: Mondays and Tuesdays 14h30 -16h00

Results vs Alberview Primary:

u/9: Won 1 - 0

u/10: Won 3 – 1

u/11: Won 4 – 2

u/12: Won 7 - 2

u/13: Lost 1 – 4

u/14: Lost 1 – 5

Tournaments

13 April	Kenton Primary	u/9 Netball & Soccer	
4 May	Glenview Primary	u/13 Soccer & Soccer	
11 May	Covenant College	u/12 Netball & Soccer	
18 May	BPS	u/10 Netball & Soccer	
25 May	Alberton Primary	u/11 Netball & Soccer	
1 June Alberview		u/7 & u/8 Netball &	
		Soccer	

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 2 collection:

Coin Collection Term 2

This term, we are collecting for TLC orphanage. Please send spare change and if possible, try to send a total of R10 during the term. Thank you! It all adds up!

Juniors to please send to Miss Tambellini and seniors to Miss Palm. Grade 6P, 4P and Gr 7s may help Miss Palm to separate coins on Mondays after school for half an hour. Thank you to all learners and teachers and Aunty Sheena for counting all the coins!

Hidden Treasures

Thank you for the HUGE amount donated to the shop. Thanks to all of our Gr 6+7 volunteers who worked during their holiday. Please see all the names on the school Dojo story. Please send all + any second-hand donations to Mr Mostert e.g. Toys, clothes, appliances, books, gadgets, bedding, cutlery, crockery, CDs, DVDs, etc. All the proceeds go towards feeding orphans.

Bread tags and bottle tops for wheelchairs

Thank you for this year's donations! We have done well and are working towards our next wheelchair for a needy recipient. Please send to Mr Mostert.

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. 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.
- The communicator app for PC or Laptop download the software from 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.

Scholare

Please note that the tracksuits, jerseys, dry macs and beanies are now in stock at Scholare, 72 Hennie Alberts Street, Brackenhurst, (opposite NG Church, Brackenhurst)

For prices: Tel: 011 867 0808 e-mail: info@scholare.co.za

'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

6 Tips to Raise an Optimist

Wondering how to raise an optimistic child? After all, kids who see the glass as half full are better at dealing with life's challenges—and happier too.

Here's six tips to help yours develop a sunny outlook on life.

By Vicki Glembocki



There are <u>many reasons to encourage optimism</u> in our children, including long-lasting positive effects on their mental and physical well-being. (Did you know optimists are much more likely to live past 100?) But how do you go about raising an optimist? Put these six tips into practice, for starters, and watch the positive benefits extend to the rest of your household.

1. Quit complaining.

Melissa Baldauf often catches herself worrying out loud as she drives her sons, ages 2 and 4, through the Seattle rain to child care. "We're never going to get there," she might say, or "We're always running Focusing on negative thoughts and late." frustrations, though, is classic pessimism. The more you moan about money problems or a tough day at work, the more likely it is that your kids will learn to do the same thing. Instead, try talking about things that go right ("I killed a big project at work today," or "I had the nicest encounter at the post office today"). During dinner Jenn McCreary, a Philadelphia mom, plays "roses and thorns" with her 9-year-old twins. Each family member reveals the best and worst thing that happened to them that day. Rather than grumbling about the thorns, the goal is to focus on the positive. The bonus round is McCreary's favourite part: "We all share one hope for tomorrow," she says.

2. Have high expectations.

Even before her sons started kindergarten, Priscilla Baker began posting a to-do list above the light switch in their rooms reminding them to make their bed, get dressed, brush their teeth, and tidy up their room. "They weren't allowed to come down for breakfast until they'd finished all their jobs," says

the Blacksburg, Virginia, mom. While she initially came up with the idea to reduce her own workload, Baker quickly realized that her boys were also benefiting from the routine. "They'd come downstairs all excited and say, 'Mommy, I made my bed really well. Come check.' They felt so proud," she says.

Kids won't develop an optimistic, "can-do" attitude unless they have the opportunity to prove their worth. "Entrusting children to complete tasks makes them feel capable," notes Tamar Chansky, Ph.D., a child psychologist and the author of *Freeing Your Child From Negative Thinking*. Chores need to be age appropriate, since the point is for kids to succeed. A 2-year-old can pick up her toys, a 3-year-old can put dirty clothes in the hamper, a 4-year-old can carry plates to the sink, a 5-year-old can empty wastebaskets, and a 6-year-old can sort laundry.

3. Encourage reasonable risk-taking.

We all struggle with how much to try to protect our kids from getting (or feeling) hurt. It's embarrassing to fall off the monkey bars in front of your friends or join an ice-hockey league when you don't know how to skate, so it's natural to want to shield your child from these types of situations. discouraging him from doing an activity because he might not be as skilled as other kids undermines his confidence—and encourages pessimism to seep in. You've simply got to start letting go of the reins, emphasizes Parents advisor Michael Thompson, Ph.D., author of Homesick and Happy: How Time Away From Parents Can Help a Child Grow, Allow your kindergartner to play alone in the backyard or go on a school field trip without you as a chaperone. Over time, build up to bigger risks, like climbing the rock wall at a fair or going to sleepaway camp. "You don't want your child to be afraid to try new things," says Dr. Thompson. "You want him to come home and say, 'Mom, I did it!' "

4. Wait before reacting.

When Dr. Reivich heard that another second-grader had been calling her daughter fat, her first instinct was to phone the girl's parents—but she stopped herself. "I wanted to teach Shayna to be her own advocate," she says, so they plotted out what Shayna could say the next time it happened. When it did, Shayna delivered her prepared script: "Number one, I am not fat. Number two, that's not a nice thing to say to a friend." The other girl apologized, and Shayna came home feeling empowered. Curbing your "mama bear" instincts can take enormous self-control. When your child is trying to sound out a new word or taking a long time to fit a piece into a puzzle, it's easy to quickly intervene. "But letting your child try to solve things

without your help will boost her sense of accomplishment and also make her more optimistic about what she can do in the future," says Dr. Reivich.

5. Embrace the struggle.

When my own first-grader, Blair, toils over a worksheet, she often exclaims in exasperation, "I'm bad at math!" Unfortunately, a single setback may be enough for kids to concoct a permanent sense of their shortcomings: "I'm not smart." "I stink at soccer." "I can't draw."

To prevent those types of conclusions, try to change your child's perspective, says psychologist Andrew Shatté, Ph.D., who creates training programs to help kids power through challenges. To reframe his thoughts more positively, you might say, "New sports are hard to learn at first," or "I know you can't tell time yet, but you will." And let him know he's not the only one ("Lots of kids in your class are feeling as frustrated as you are," or "I had a tough time when I started learning subtraction too"). Help him stay hopeful by mentioning another skill he worked to master: "Remember when you couldn't read and how much effort that took? You'll get this too."

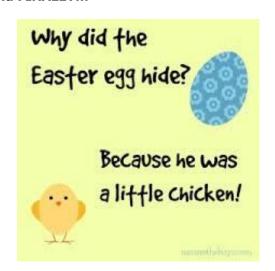
6. Keep it real.

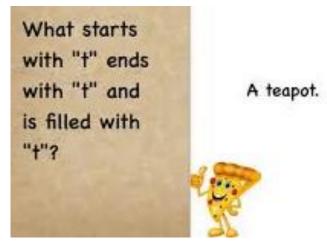
When Tracy Reinert's family moved to Florida, her 6-year-old son, Matt, had trouble fitting in at first. "I don't have any friends," he moaned to his mom. To cheer him up, she was tempted to tell him, "You have lots of friends back in New Jersey, and when the kids here find out what an awesome guy you are, they're going to beg to be your friend." But she bit her tongue because she didn't want to give him false hope. Smart move. "Kids can see right through that kind of self-esteem boost," says Dr. Shatté. Ironically, reassuring your child that everything's going to turn out great often has the exact opposite "Optimism actually requires thinking realistically more than positively," adds Dr. Chansky. "That way your child is prepared for whatever he faces."

After all, if the Florida kids didn't start hanging out with Matt, he might conclude that he wasn't truly such an awesome guy. Instead, Reinert sat him down for a heart-to-heart chat. "It's challenging to move to a new place and start over," she explained. "Making friends takes time." After that, Matt

stopped complaining and took active steps to solve the problem. He asked his mom to take him to the closest playground after school and to let him ride his bike around the neighbourhood to meet kids who lived nearby. Within a few weeks, he had some new buds. "He suddenly realized that things were going to work out," Reinert says, "and he ended up teaching me a thing or two about being optimistic."

And FINALLY...





Regards,

MRS C SING ACTING PRINCIPAL

TUCKSHOP MENU FOOD

Weekly Menu - Lunch of the day			
Monday	Toasted Ham & Cheese	R15	
Tuesday	Cheese Griller Dog R15		
Wednesday	Toasted Cheese R1		
Thursday	Hotdog R1		
Pie of your choice as follows: (Pepper Steak / Chicken / Steak & Kidney / Cornish / Sausage Roll, Cheese & Onion)		R17	
Friday Combo Deal: Pie + Small Kingsley Cool drink +Packet of Sweets		R30	

Toasted Sandwiches		Breakfast Only (Served from 06:30)	
Cheese	R14	Toast & Jam	
Cheese & Tomato	R15	Toasted Bacon, Egg & Cheese R23	
Ham & Cheese	R18	Hot Cross Buns with Margarine R6	
Ham, Cheese & Tomato	R20	Every Day	
Bacon & Cheese	R20	Hot Dog	R14
Chicken Mayo & Bacon	R22	Cheese Griller Dog R15	
Chicken Mayo & Cheese	R22	Pie of Your Choice R1	
Chicken Mayo	R20	2nd Break Only	
Biltong & Cheese	R22	Russian & Chips	R27
Bacon, Cheese, Onion & BBQ Sauce	R22	Slap Chips	R15
Wraps		Russian & Chip Roll R16	
Chicken Wrap	R26	Snacks – All Day	
Chicken & Feta Wrap	R28		
Salad Wrap	R18	Muffin	R8
Biltong & Feta Wrap	R30	X-Large Biscuit R8	
Salads		Yoghurt	R5
Chicken & Feta	R28	Biltong Wheel R9	
Basic Salad	R18	Biltong Stick	R5
Biltong & Feta	R30		

TUCKSHOP MENU

BEVERAGES

Warm Drinks 250ml		
Coffee	R12	
Tea	R12	
Hot Chocolate	R15	
Cappuccino	R15	
Colddrinks		
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	

UNIFORMSHOP

PE UNIFORM



PE SHIRTS R160 (RED)

SKORT R160

SHORTS R140

TRACKSUITS R380 - 400

CAPS R50

BEANIES R60

BPS SPORTING KIT



Wednesday morning 07h00 - 07h30

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

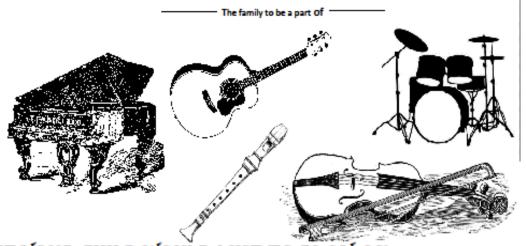
TRACKSUITS WILL BE AVAILABLE FROM THE END OF FEBRUARY

NO WAITING PERIOD... tracksuits are available from the sports office size $20-30~\mathrm{R}380~$ - size $32-38~\mathrm{R}400.$



BRACKENHURST ACADEMY OF MUSIC





IF YOUR CHILD WOULD LIKE TO PLAY AN INSTRUMENT: INDIVIDUAL TUITION IS OFFERED IN

KEYBOARD & PIANO

GUITAR & ELECTRIC GUITAR

VOICE (SINGING)

VIOLIN

RECORDER (BLOKFLUIT)

Lessons are composed as follows:

- 30 minute lessons (recommended for children under 10 years and student beginners)
- 45 minute lessons (recommended for 10 14 year olds) i.e. School grades 4 7
- 60 minute lessons (recommended for 15 years and older) i.e. High School & adults

Lesson Fees per term (payable in advance directly to the tutor)

- 50 minutes a week 9 lessons = R1240 per term (or R140/lesson)
- 45 minutes a week 9 lessons = R1850 per term (or R205/lesson)

60 minutes a week 9 lessons = R2480 per term (or R275/lesson)

Please contact Ms M Coetzee for fees and the enrolment form or kindly visit the Music room.

Email: mynettec@brackenprim.co.za