



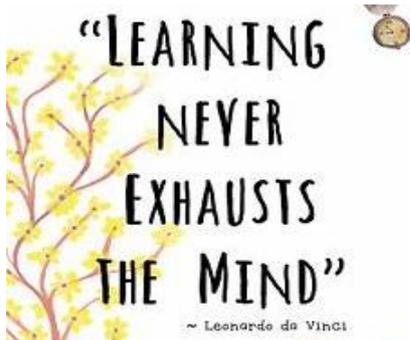
Brackenhurst Primary School

Newsletter 14/2019
6 May 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

SCARVES

Please note that a limited amount of Brackenhurst Primary knitted scarves are available to purchase at the front office for R60 each.

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 must wear their winter school uniform. Please also note that the proper FULL 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.

No house shirts allowed to be worn on Fridays until further notice.

Please ensure that whether your child is wearing their normal uniform or their PE uniform, they should be dressed neatly, cleanly and be proud to wear their uniform. Please do not send them in torn and unwashed uniforms.

SCHOOL TERMS 2019

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

Public Holidays:

Wednesday 8 May 2019	Elections
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

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 2 (APRIL):

DAY	DATE
3	Monday, 6 May
4	Tuesday, 7 May
PUBLIC HOLIDAY – ELECTIONS	Wednesday, 8 May
5	Thursday, 9 May
6	Friday, 10 May
7	Monday, 13 May
1	Tuesday, 14 May
2	Wednesday, 15 May
3	Thursday, 16 May
EXAM WEEK STARTS	Friday, 17 May

TERM 2 FORMAL ASSESSMENT TIMETABLE

Exams begin in 7 school days' time. For this reason, children must be fetched on time from school so that they can begin on their study time table for the exams. Also note that their tablets must be in working order so that they do not experience any hassles during the exams. Please note that school will close at 13:00 every day from Friday 17 May until Monday 27 May.

DATE of Exam:	SESSION	SUBJECT:
17/05/2019	Session 1	LO/LS Grade 4-7
	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
	Session 2	Technology Grade 7
22/05/2019	Session 1	English Grade 4-7
23/05/2019	Session 1	Mathematics Grade 4-7
24/05/2019	Session 1	History Grade 4-7
	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 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 Alberton Primary:

u/10 A: Won 8 – 0

u/11 A: Won 14 – 5

u/12 A: Won 34 – 6

u/13 A: Won 27 – 11

Results vs Glenview Primary:

u/10 A: Won 14 – 3

u/11 A: Won 13 – 3

u/12 A: Won 33 – 2

u/13 A: Won 21 – 7

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 Alberton Primary:

u/9: Won 3 – 2
 u/10: Lost 0 – 1
 u/11: Lost 2 – 1
 u/12: Drew 2 – 2
 u/13: Won 3 – 2

Tournaments

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: The house shirts are not allowed until summer. We will let parents know when they can be worn again.

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

Please note with regards to the PE uniform, the school is merely providing this service to the parents. The school is not the supplier for this uniform. If you have any queries, please contact Mrs Van Rensburg on 074 780 5522.

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

Check the Dojo school story regularly for community news and opportunities.

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

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.

Community outreach

Hi, if gr 7s want to get involved in community, the first order of business is to clean up our immediate community. Please send a child from 7V, R, B to fetch 5 black bags from Ms Pheiffer for 5 kids to pick up litter by 2 pm, breaks and on the corridors when changing classes. Show your register teacher and receive 15 dojos for community for a full bag. Other ideas: Wash cars, walk dogs, sell fudge, etc. and donate money made to one of our charities. Ms Pheiffer will put it through the 6P money file so we can keep track. Collect newspapers for the SPCA. Community work is not glamorous or quick.

Volunteer for Amcare. Volunteer at TLC or Hidden treasures. Bring second hand items from home. It's not all about money. Every small deed makes a difference. Stick to the charities mentioned on Dojo school story and the newsletter. If you do a church/NPO volunteering or mission program, please give your teacher a letter from the organisation. Go on a family walk and pick up bottle tops or collect them at a sport match. Kbit squares, bring blankets, pet food, baby things, clothes, shoes, bedding, appliances, ornaments, books, CDs, DVDs and stationery. One man's trash is another man's treasure! ♡♥♣♦♥♣♦♥

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.
- 3) 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.

'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

11 Fascinating Facts Every Parent Needs To Know About Children's Sleep

Sleep becomes a big part of your life when you are a parent. Let me rephrase that – trying to get your children to go to sleep (and stay asleep) becomes a big part of your life.

These 11 facts about children's sleep will not only fascinate you, but hopefully also hold the key to a sounder sleep for your children, regardless of their ages.



1. Children spend 40 per cent of their childhood asleep.

And the other 60 per cent is actively spent asking you to make them a snack, tie their shoelaces or wipe their bums.

2. Infants may sleep a lot, but new parents can expect to lose over 1000 hours of sleep during the first year.

This equates to 44 full days.

3. Children's sleep problems occur in 35 to 40 per cent of children.

This includes problems from nightmares, night terrors, bed wetting and snoring, as well as anxiety and social problems that may impact children's sleep.

4. Activity promotes sleep.

The best way to get kids to sleep better at night is to wear them out. Children need at least 60 minutes of moderate to vigorous physical activity each day. I know – I'm exhausted just thinking about it!

5. Sleep deprivation is actually more dangerous than food deprivation.

Someone can go around 2 months without food but it only takes 11 days to die from sleep deprivation.

6. There's such a thing as sleepy foods.

These are foods with high-glycaemic carbs containing alpha carotene, selenium, lycopene, potassium, magnesium, tryptophan, and calcium. So pass the bananas and low fat yoghurt for a bedtime snack. And stay away from high fat and spicy foods which can negatively impact sleep.

7. Premature infants experience longer REM sleep cycles than full term babies.

The average infant's sleep cycle will include 50 per cent REM sleep and 50 per cent non REM sleep (usually around 50 minute per sleep cycle). However, premature babies will have 75 per cent REM sleep.

This decreases to around 30 per cent REM sleep by the age of six months.

8. Teenagers sleep pretty much the same as a five-year-old.

Both require around 10 hours of sleep per night.

9. Young children don't dream.

According to psychologist David Foulkes, one of the world's leading experts on paediatric dreaming, children are actually dreamless for the first few years of life.

Considering babies' limited pool of experiences and their brains' immaturity, Foulkes and other neuroscientists believe that dreams don't develop until after the baby stage has passed.

10. Your child's sleep position can tell you something about their personality.

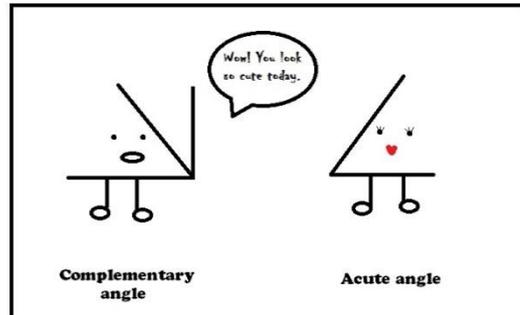
According to British sleep expert, Chris Idzikowski, how your little one sleeps says a lot about him or her! Sleeping curled up on their side could suggest your little one is sensitive and shy.

Those sleeping spreadeagled tend to be good listeners and outgoing while sleeping on the front suggests your little one is nervous. A "soldier", who

sleeps on their back, tends to be considered a perfectionist while those who sleep on their side like a log are considered to be relaxed and social. Idzikowski doesn't comment on what type of personality is linked to the child who prefer to sleep on top of his parents, preferably with a foot in his mum's face...

Sweet dreams!

And FINALLY...



Regards,

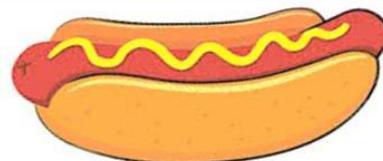
**MRS C SING
ACTING PRINCIPAL**

TUCKSHOP MENU

FOOD

Weekly Menu - Lunch of the day		
Monday	Toasted Ham & Cheese	R15
Tuesday	Cheese Griller Dog	R15
Wednesday	Toasted Cheese	R14
Thursday	Hotdog	R14
Friday	Pie of your choice as follows: <i>(Pepper Steak / Chicken / Steak & Kidney / Cornish / Sausage Roll, Cheese & Onion)</i>	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	R6
Cheese & Tomato	R15	Toasted Bacon, Egg & Cheese	R23
Ham & Cheese	R18	Hot Cross Buns with Margarine	R6
Ham, Cheese & Tomato		Every Day	
Bacon & Cheese	R20	Hot Dog	R14
Chicken Mayo & Bacon	R22	Cheese Griller Dog	R15
Chicken Mayo & Cheese	R22	Pie of Your Choice	R17
Chicken Mayo		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	Muffin	R8
Salad Wrap	R18	X-Large Biscuit	R8
Biltong & Feta Wrap	R30	Yoghurt	R5
Salads		Biltong Wheel	R9
Chicken & Feta	R28	Biltong Stick	R5
Basic Salad	R18		
Biltong & Feta	R30		

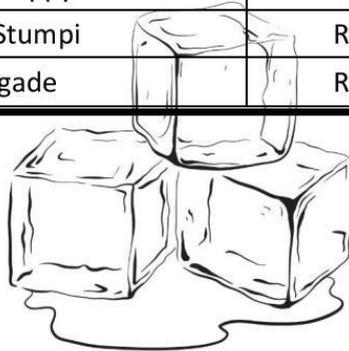


TUCKSHOP MENU

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

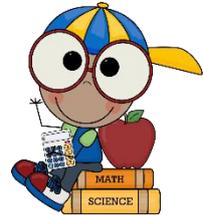


UNIFORM SHOP OPEN

PE UNIFORM



PE SHIRTS	R160 (RED)
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

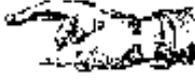
LEARNERS: ARE WELCOME TO BUY ANYTIME DURING THE
SCHOOL DAY (BREAKS)

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

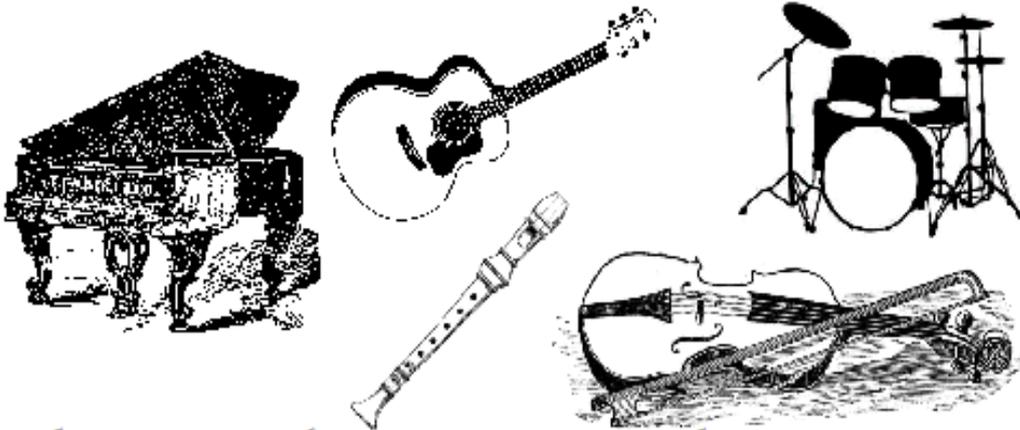
NO WAITING PERIOD... *tracksuits are available from the sports office size 20 – 30 R380 - size
32 – 38 R400.*



BRACKENHURST ACADEMY OF MUSIC



The family to be a part of



**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)

30 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 Coetsee for fees and the enrolment form or
kindly visit the Music room.



Email: mynettec@brackenprim.co.za

Help-U Advertiser



therific naturals

Mai-Thaim
for adults

Benefits headaches & migraines
Reduces muscle tension
Natural detox

Kiddy-Calm

Improves sleep patterns
Reduces hyperactivity
Vital for brain development

Pure-Thaim

Bubble FREE & colour FREE
Contains coconut oil to moisturise dry skin and carries the same benefits of both Kiddy-Calm & Mai-Thaim

—Magnesium Bath Salts—
Cost: (2.5kg bags) @ R165 per bag

Contact Lorna for more info: 072 454 2783 - lornaannventer@gmail.com