



# Brackenhurst Primary School

Newsletter 17/2019  
27 May 2019



Dear Parents,

## **Quote for the Week:**

Character  
is the  
real foundation  
of all  
worthwhile  
success.

## **SCHOOL TIMES**

**Please note that today 27 May 2019 is the last day that school finishes at 13:00.**

From tomorrow, 28 May 2019, school will finish normal times again:

Grade 1 – 2: 07:50 – 13:30 every day

Grade 3 – 7: 07:50 – 14:00 every day

## **\*\*\* 2020 ADMISSIONS – IMPORTANT INFORMATION\*\*\***

Admissions for 2020 opened on **Monday 20 May 2019** (for all grades) and will close on **22 July 2019**. Parents must apply online (**grade 1** and grade 8 only) using the following website: [www.gdeadmissions.gov.za](http://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](mailto:admissions@brackenprim.co.za)

## **SUPPORT GROUP**

On Thursday 6 June 2019 Mrs Engelbrecht will be hosting 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, 6 June 2019

TIME: 18:00

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.

## **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:**

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

## **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**

DAY	DATE
<b>EXAM WEEK</b>	Monday, 27 May
4	Tuesday, 28 May
5	Wednesday, 29 May
6	Thursday, 30 May
7	Friday, 31 May
1	Monday, 3 June
2	Tuesday, 4 June
3	Wednesday, 5 June
4	Thursday, 6 June
5	Friday, 7 June

### 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 takes place on Mondays. For more information, contact Coach Rudolph on 064 525 1665.

### Netball

Netball has come to an end. Congratulations to all the learners on an amazing season.



#### League Results:

u/10 A: Placed 2<sup>nd</sup> in their division

u/10 B: Placed 2<sup>nd</sup> in their division

u/11 A: Placed 2<sup>nd</sup> in their division

u/11 B: Won their division

u/12 A: Placed 2<sup>nd</sup> in their division

u/12 B: Placed 2<sup>nd</sup> in their division

u/13 A: Won their division

u/13 B: Won their division

#### District Play-off results:

u/11 B were knocked out in the quarter – finals

u/13 B were knocked out in the semi – finals

u/13 A were knocked out in the semi – finals

Congratulations to these teams for an amazing performance at the district play off.



### Soccer

Soccer has come to an end. Congratulations to all the learners that took part this year, the league results will be sent out as soon as they are released.

#### Results vs Glenview Primary:

u/9: Won 5 – 1

u/10: Won 1 – 0

u/11: Drew 2 – 2

u/12: Won 3 – 2

u/13: Won 5 – 1

### Tournaments

1 June	Alberview	u/7 & u/8 Netball & Soccer
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### 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. Our collection is going extremely slowly ☹️. 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 Mrs Robinson in G31.

#### 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.

### Pollution Solution

We are trying to keep our school spotless. Any Grade 4 – 7 learners may collect a black bag from Ms Pheiffer. Also we would like to start making eco-bricks with our pollution and 2 litre cold drink bottles. Information to follow.

### Babies behind Bars

Please send any baby products, nappies, blankets and clothes. Please don't send milk. Thank you!



Well done to Dunay Vorster, Chevonne de Aguiar and Liam Vorster for collecting these and a few other items for the Babies behind Bars outreach:

- 753 Nappies
- 24 Boxes Baby Cereal
- 10 Cans Formula
- 4 Boxes Formula
- 10 Packs Wet wipes
- 7 Dummies
- 4 Packs of ear buds
- 6 Bath soaps
- 9 Tubs Aqueous cream
- 7 Tubs bum cream
- 1 Tub baby jelly
- 62 Clothing items 0-3 months size
- 75 Clothing items Newborn size
- 24 Clothing items winter hoodies
- 14 Pairs shoes
- 35 Clothing items 0-6 months size
- 6 Specially knitted jerseys
- 4 Bibs
- 1 Baby receiving blanket

We are SO proud of you!

### 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.

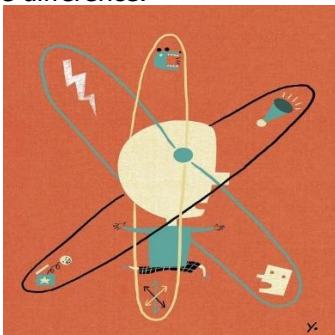
### 'HELP-U' ADVERTISER

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

### Why the Key to Treating ADHD Goes Beyond Medication

Most kids who've been diagnosed with attention-deficit disorder aren't getting the right mix of medication and behavioural management that can make all the difference.



About 6.4 million American children have been [diagnosed with ADHD](#), a neurodevelopmental condition that causes problems with attention span, hyperactivity, and impulsivity, according to the Centres for Disease Control and Prevention (CDC). That's 1 in 10 school-age children (14 percent of boys and 6 percent of girls)—so if your child is among them, there are more moms in your shoes than you might realize.

Because the rate of ADHD has increased by an average of 3 percent every year for the last decade, some experts and parents have speculated that the condition is over diagnosed, with doctors quick to medicate any fidgety kid. "But despite the rise in cases, ADHD is still undertreated," says psychologist Mark Stein, Ph.D., director of the ADHD and Related Disorders Program at Seattle Children's Hospital. What he means: While more children are being diagnosed, most are offered a prescription drug and nothing else. Most often it's a psychostimulant medication like Ritalin, Adderall, or Concerta. Seventy percent of kids between ages 4 and 17 who have been diagnosed with ADHD now take one of these drugs, and 43 percent manage their condition with medication alone, according to 2015 research from the CDC.

"However, medication alone doesn't teach skills or prepare children and their families for the difficulties they will face at home, at school, and socially," says Dr. Stein. Untreated or undertreated ADHD can have devastating consequences: Kids in [primary school](#) who commit suicide are almost twice as likely to suffer from ADHD as from depression, according to a [recent study in Paediatrics](#). And ADHD isn't something most kids outgrow, although the nature of the disorder changes with age. If your child struggles to sit still at circle time in [preschool](#), he may go on to have trouble focusing enough to safely drive as a teenager and manage his finances as an adult. That's why experts now say that including [behaviour-management therapy](#) is the key to making sure that your child has lasting improvement throughout his life.

### The Promise of a Pill

Psychostimulants work by increasing the brain's level of dopamine, a neurotransmitter that communicates pleasure and enhances motivation. Studies suggest that having a low level of dopamine prevents a child with ADHD from feeling satisfied by completing a [task that requires focus](#). When psychiatrists first began diagnosing and treating ADHD in the 1980s, it



was rare to hear a parent ask to put her kid on drugs. "Back then, you had to convince families to try medication after everything else had failed," recalls Steven Cuffe, M.D., chair of the psychiatry department at the University of Florida College of Medicine-Jacksonville.

The real turning point came in 1999 when the initial results of a large study funded by the National Institute of Mental Health (NIMH) showed that psychostimulants were more effective than behaviour therapy by the end of a 14-month treatment period. The side effects of medication include appetite suppression, weight loss, headaches, tics, and sleep problems.

"These days, children usually come to a psychiatrist having already tried medication. It's been a total paradigm shift," says Dr. Cuffe. Some of that change can be chalked up to a more widespread understanding of the condition: Since we've all heard of ADHD, you're more likely to mention your kid's epic tantrums or short attention span to your paediatrician, and she'll probably reach for her prescription pad. In fact, paediatricians now prescribe about three-quarters of ADHD medication. "Although they shouldn't just write a quick prescription, it's hard to do more when they only see a child for a few minutes at a well visit," says psychologist William Pelham, Ph.D., director of the Centre for Children and Families at Florida International University, in Miami. "Medication changes a child's behaviour within 30 minutes of taking the pill," explains Dr. Pelham. But when the dose wears off four to 12 hours later, the behaviour goes right back to the way it was before. Says Dr. Pelham, "The only way to maintain the good behaviour you get on the drug is to never stop taking it."

"I compare ADHD medication to glasses," says Thomas E. Brown, Ph.D., a clinical psychologist with [Understood](#), a non-profit advocacy and educational organization for the parents of kids with learning and attention challenges. You can see well when you wear glasses, but your vision gets blurry again as soon as you take them off.

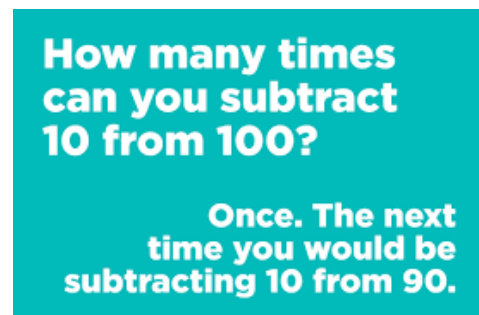
#### The Power of Therapy

Even though parents appreciate how helpful medication is, the take-home message is clear. When you have a special child, you need to learn special powers. That's why a good behaviour-management program focuses as much—if not more—on training parents how to [manage ADHD behaviour as](#) it does on teaching coping strategies to kids.

Research shows just how effective behaviour management is: In a major study that Dr. Pelham's group published last year, after eight weeks of group parent-training sessions, 35 percent of children were able to manage their ADHD without medication. For the children who ended up needing a combination of behaviour therapy and medication, those who started out with a few weeks of behaviour therapy before adding medication did far better than those who tried drugs first; they were also able to take much lower doses of medication.

Both [parents and teachers need](#) to be on the same page. If your child hasn't been officially diagnosed, you'll have to ask your paediatrician for a referral to a child psychologist or a developmental paediatrician. There's no getting around the fact that this is a lot of work for everyone involved. "It's easy for me to stand up in front of a group of parents and work them through a lesson," acknowledges Dr. Pelham. "The hard part is for them to go home and actually do it. That's much harder than just giving your kid a pill in the morning, but it's the only thing that works in the long run."

**And FINALLY...**



Regards,

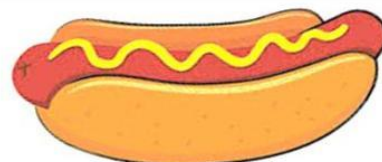
**MRS C SING**  
**ACTING PRINCIPAL**

# TUCKSHOP MENU

## FOOD

<b>Weekly Menu - Lunch of the day</b>		
<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
Ham, Cheese & Tomato	R20	<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
Chicken Mayo	R20	<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		

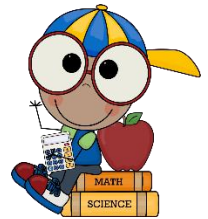


# UNIFORM SHOP OPEN

## PE UNIFORM



PE SHIRTS	R160 (RED)
SKORT	R160
SHORTS	R140
TRACKSUITS	R380 - R400
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.*

**therific naturals**

Benefits headaches & migraines  
Reduces muscle tension  
Natural detox

**Mai-Thaim**  
for adults

**Kiddy-Calm**

Improves sleep patterns  
Reduces hyperactivity  
Vital for brain development

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

**Pure-Thaim**

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

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



# Help-U Advertiser

May 2019



**ADVERTISING**

## Kings Academy Aftercare

After school until 18h00; No transport involved, we collect children from the school, Hearty lunch and afternoon snack; Supervised homework; Convenient for sport and extra murals – across the road from Brackenhurst Primary  
Once-off daily rates available for children who don't attend full time

### School Holidays

Once-off fees for school holidays for children who don't attend during term time Holiday Program (open 07h00-18h00)

Come and visit anytime, we pride ourselves in our homely environment and the great relationships our teachers have with the children.

5 Jasmine Street, Brackenhurst  
0118685274 or 0729722331  
[kingsacademy@outlook.com](mailto:kingsacademy@outlook.com)



**Creative Kidz  
School**  
Reg No. 1996/022880/23

For more information  
Contact  
**011 868 2439 / 071 194 6669**  
[admin@creativekidz.org.za](mailto:admin@creativekidz.org.za)  
[www.creativekidz.org.za](http://www.creativekidz.org.za)  
7 letaba Street, Brackendowns

**School Offers:**

- ✓ Caps Curriculum
- ✓ Teaching languages: English and Afrikaans
- ✓ Small classes  
(maximum 16 learners per class)
- ✓ Multi-sensory and creative teaching and learning
- ✓ Passionate teachers
- ✓ Remedial Support
- ✓ Focus on addressing barriers to learning
- ✓ Educational Psychologist on staff
- ✓ Office hours 07h00 to 15h00



## OPEN DAY

**SATURDAY  
8 JUNE**

**09H00 – 12H00**

Plot 31A  
198 Springbok Rd  
Rispark  
JHB South

**011 869 5642 / [admin@crossoverremedial.co.za](mailto:admin@crossoverremedial.co.za)**

- Private Christian school
- We cater for Remedial learners from Grade R to Grade 9
- Small classes (Maximum of 16 learners)
- Dedicated educators
- Multi-level teaching & remedial approach
- Academic support (Extra lessons)
- Rave-O Reading System (Gr2 - 5)
- One-on-One Remedial Therapy
- Speech & Occupational Therapy (on school premises, during school hours)
- Speech & Occupational Therapy
- Stimu-Zone Computer Lessons (Gr R - 9)
- Aftercare Facility (January - November)
- Extracurricular Activities (Sport & Culture)
- Tuck Shop