



CIRCULAR 5 2016

THURSDAY 21 APRIL

Dear Parents/Guardians

As we near the end of April, I am excited about the great start to Term 2 and the progress we are seeing in our students. Our Staff and Students are currently in a two week 'Thankfulness Feast', where we start every day with thankful hearts. Why don't you, as parents, join our Thankfulness Revolution and encourage your children to start and end every day with at least ONE thing they are thankful for. We are continuing our look into our culture, focusing on **GENEROSITY** for the next two weeks.

THE HAPPIEST PEOPLE
DO NOT HAVE THE
BEST OF EVERYTHING.
THEY MAKE THE BEST OF
EVERYTHING THEY HAVE.

GENEROSITY

Definition: readiness or liberality in giving, readily available to receive and release God's abundance, freedom from meanness or smallness of mind or character, largeness or fullness.

We believe that our students are a GENEROUS generation, rather than an entitled one. We aim to develop this through our Outreach and Student Development Programmes and by skilling our students to continually look beyond their own needs.

2 Corinthian 9:5-7 'So I thought it necessary to urge the brothers to go on ahead to you and arrange in advance for the gift you have promised, so that it may be ready as a willing gift, not as an exaction. The point is this: whoever sows sparingly will also reap sparingly, and whoever sows bountifully will also reap bountifully. Each one must give as he has decided in his heart, not reluctantly or under compulsion, for God loves a cheerful giver'

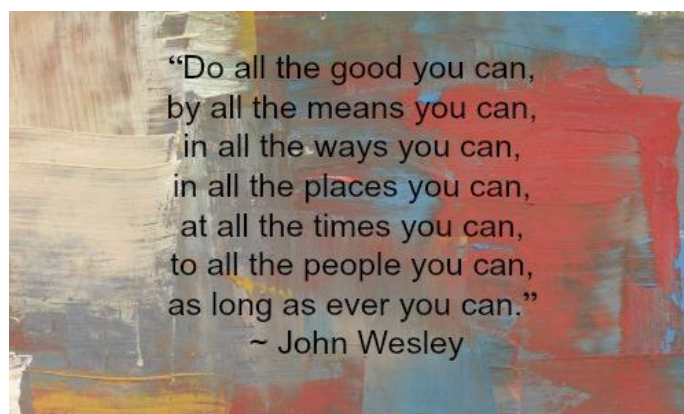
Activity: GENEROSITY PLAN

- a. List the three most important needs in your life.
- b. Luke 8:38 says, 'Give and it will be given to you'. As part of your plan to see these needs fulfilled, how much have you activated generosity in your life by giving in those areas? (E.g. becoming a friend to others if you need a friend)

Declarations:

1. I am a cheerful giver in every area of life
2. I have an abundance of resources to fulfil all that God has called me to
3. God richly supplies all my needs

Yours in Education,
Mr. MA Hogarty
PRINCIPAL



SCHOOL CALENDAR WEEK 12 & 13 (MON 25 APRIL – FRI 06 MAY 2016)

DATE:	WEEK TWELVE	DATE:	WEEK THIRTEEN
MON 25/04	-	MON 02/05	School Holiday
TUES 26/04	OPS Open Day	TUES 03/05	Grade 1-2 Girls Mini Hockey Tournament @ Michaelhouse
WED 27/04	Public Holiday	WED 04/05	-
THURS 28/04	-	THURS 05/05	-
FRI 29/04	-	FRI 06/05	Grade 3 Outing

ADMINISTRATION

SNACK BARN (TUCKSHOP):

Our tuckshop is serving healthy snacks, crisps, fruit juices/water, yoghurts and muffins every day. It is open at 09:30-09:45 and 10:45-11:00, with lunch being served at 10:45-11:00.

To order lunches: At the beginning of each month, an order form will be sent home and will need to be filled it and sent back to school. Please indicate your preferred method of payment on the order form. Your child will be able to collect their lunch on the day.

Please note: All ordered lunches will be charged to your account, however, no other tuckshop purchases will be allowed to be placed on your account. The tuckshop is a **CASH ONLY** business.

Below are the options for May:

DAY:	MEAL:	PRICE:
MONDAY	Classic Hamburger, a Fruit and Fruit Juice	R 35
TUESDAY	Spaghetti Bolognese , a Yoghurt and Fruit Juice	R 35
WEDNESDAY	Savoury Ham and Cheese Pancakes, Muffin and Fruit Juice	R 35
THURSDAY	Chicken Nuggets, Baby Potatoes and Salad, a Fruit and Fruit Juice	R 35
FRIDAY	Deluxe Toasted Egg and Bacon Sandwich, Yoghurt, and Fruit Juice	R 35

RAINBOW WEEK (TUCKSHOP):

We are having an AWESOME 'Rainbow Week' at the Snack Barn! Throughout this week, we have had a colourful 'Special of the Day', ranging from smoothies to strawberry, watermelon, apple cups topped in yoghurt. Friday, 22nd April is our last item for this week and it is: pancakes with blueberries and honey! Only R5/pancake.



SPORT:

Sport is underway and we have already participated in a mini soccer tournament, hosted by Howick Prep School. Our Grade 1-2 boys played exceptionally well and their results are as follows:

Grade 1:

Beat Mt Carmel (1-0)
Lost to Underberg (0-2)
Drew with Treverton (1-1)

Grade 2:

Beat Mt Carmel (4-0)
Lost to Underberg (0-1)
Drew with Treverton (0-0)



We are so proud of our boys and look forward to seeing them continue to achieve great results! A big 'THANK YOU' to all the parents who came to support our boys.

We are a GENEROUS school, filled with GENEROUS people...

ADMINISTRATION

JUST A REMINDER: Sport is held on Mondays and Wednesdays. All Grade 1-3 students are allowed to come to school in FULL sports kit on these days. Grade 4-12 students will change at break. Anyone who does not have the correct kit will not allow to participate in sport on that day. They will also receive Sports Detention, which will be completed the following day.

LOVE HOWICK:

This weekend is the annual LOVE HOWICK weekend. Churches from across Howick are joining together to host a weekend of fun and connecting. The events are as follows:

GLOW

GRADE 1 - 7 CHILDREN'S EVENT

When: 22ND April 2016

Time: 17:00 - 18:30

Where: Howick Community Church
[Holmes Lane, Howick]

Theme: Neon/UVultraviolet
[wear white or luma coloured clothing]

For more information
jess@howickcommunity.co.za
OR
033 330 5943

LOVE HOWICK WEEKEND

RESTORING FAITH - IGNITING HOPE - REVEALING LOVE

FRIDAY 22 APRIL 2016 - SUNDAY 24 APRIL 2016

033 - 330 3456 - info@lovehowick.co.za - Love Howick

<p>KIDS EVENT (GRADE 1-7) <i>Fri 22 April, 5pm-6:30pm</i> Howick Community Church, Holmes Lane</p> <p>YOUTH ALIVE EVENT (GRADE 8-12) <i>Fri 22 April, 7pm-9pm</i> Oasis Church, 72 Main Street</p> <p>AMBERFIELD <i>Fri 22 April, 5pm</i> Amberfield Lounge with Stephen Lungu (African Enterprise) for bring/share supper</p>	<p>AMBERGLEN <i>Fri 22 April, 2:30pm</i> Amberglen Sanctuary with Michael Cassidy (Africa Enterprise)</p> <p>THE GREATER AMBERS <i>Fri 22 April, 3pm</i> Amber Valley Auditorium with David Peters</p> <p>BUSINESS BREAKFAST <i>Sat 23 April, 9am-11am</i> St Ives with Adam Bright (Business Coach, Mentor & Pastor) Entry Fee R100 (includes full breakfast - payable by cash/card at the door). Bookings (033) 330 3456 by Fri, 15 April</p>	<p>LOVE HOWICK FETE <i>Sat 23 April, 8am - 2pm</i> Greendale Acres Centre</p> <p>OUTREACH TO POOR <i>Sat 23 April, 2pm-4:30pm</i> Meet at Dunlop Factory with Stephen Lungu (Africa Enterprise)</p> <p>COMBINED CHURCH CELEBRATION <i>Sun 24 April, 3pm</i> Howick Stadium (opposite Umgeni Hospital) with Afrika Mhlophe (international speaker, Transformation Christian Network)</p>
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YOUTH ALIVE EVENT

FRIDAY THE 22ND
7PM - 9PM
OASIS CHURCH
72 MAIN STREET

VISIT THE LOVE HOWICK FACEBOOK PAGE
 <https://www.facebook.com/LoveHowick-495374943914966/?afpc=ad>

Youth Alive - fun and games, band & DJ, incredible message. There will be wors rolls, chips, cool drinks & snacks ON SALE so bring CASH and lets have FUN!!!

- If you have any queries please feel free to pop Oasis Church a call on: 033 330 3456

For more information, please see the LOVE HOWICK Facebook page: <https://www.facebook.com/Love-Howick> or call the office on 033 330 3456.

This is going to be a LIFE-CHANGING weekend so please join in the FUN!

ENROLMENTS 2017:

Enrolments for 2017 are open! Our marketing team has been working very hard over the last few months to build awareness about our amazing school. We are so aware that the best form of marketing is 'word of mouth' from our existing parents & students and so we would like to invite you to JOIN THE MARKETING CAMPAIGN by inviting AT LEAST ONE family to join us at our **Open Day on 26th April at 17:30**. Please RSVP to Ms. Sam Fryer by emailing admin@oasisprep.co.za.



GRANDPARENTS DAY:

We are excited to invite all our Grandparents and 'adopted' Grandparents to our annual Grandparents' Day! Join us for a delicious tea as our students perform various musical, dance and drama pieces.

Where: Oasis Prep School

When: Friday, 24th June

Time: 09:00 – 11:00 am

RSVP: 033 330 [3456/admin@oasisprep.co.za](mailto:admin@oasisprep.co.za) by 15th June



“We make a living by what we get but we make a life by what we give.”

ACADEMICS: "How to Foster Gratitude in Schools"

I found this interesting article about the importance of gratitude in schools. *(Please note it has been edited).*

"When students are thankful, they feel more connected to their schools and teachers, explain researchers Jeffrey Froh and Giacomo Bono. How do we establish positive relationships and feelings of connection in schools and at home, transforming our youth? With demands on teachers other school personnel and parents, how can schools strengthen students' connections to their teachers, schools, and communities? We propose one answer that's free: gratitude.

The two of us have been among the first researchers to study gratitude among youth. Since we started our research program in 2006, we've worked with thousands of children and adolescents across the United States and around the world. Though the field is still new, we're already learning how gratitude does more than just make kids feel good; it also improves their mood, mental health, and life satisfaction, and it can jumpstart more purposeful engagement in life at a critical moment in their development, when their identity is taking shape.

For instance, a recent study of ours found that teens who had high levels of gratitude when entering high school had less negative emotions and depression and more positive emotions, life satisfaction, and happiness four years later when they were finishing high school. They also had more hope and a stronger sense of meaning in life. That's wonderful for the grateful students. But what about the others? Can students learn to cultivate gratitude—and reap the benefits?

In our research, we've tested concrete ways that educators and parents can actually make youth more grateful—with very positive results. Perhaps the most commonly used technique for boosting gratitude—among adults and youth alike—is a gratitude journal. Simply list five things you are grateful for every day for two weeks. Keeping a gratitude journal was related to more optimism and life satisfaction and to fewer physical complaints and negative emotions. We have solid scientific evidence that these practices boost students' moods, broaden their thinking, and energize greater learning.



Another exercise we've tested is the gratitude visit, in which students write a letter to someone who had helped them but whom they'd never properly thanked; the students read their letter to him or her in person, then later discuss their experience with others who also completed a gratitude visit.

Building on research, we have identified several key principles that educators and parents can use to promote gratitude in their children. This is intended to subtly instill grateful thinking in youth without requiring an explicit focus on gratitude. It emphasizes three key principles that can support a gratitude journal, a gratitude visit, or simply the practice of gratefulness in everyday life. They are:

1. Notice intentions. Try to encourage students to appreciate the thought behind gifts they receive—to consider how someone noticed their need and acted on it. For students in particular, knowing that others believe in them and their potential motivates self-improvement.
2. Appreciate costs. We also find it important to emphasize that when someone is helpful, that person usually sacrifices time or effort to provide the help.
3. Recognize the value of benefits. Teachers can also foster gratitude by reminding students that when others help us, they are providing us with "gifts." We need to prompt students to focus on the personal value of the kind acts of others.

Gratitude is a social emotion—it brings people together. By promoting gratitude in schools and at home, we'll foster these kinds of connections on a much wider scale, helping both students, schools and homes to thrive."

"Gratitude and attitude are not challenges; they are choices."