



## CIRCULAR 12

THURSDAY 04 AUGUST 2016

### Dear Parents & Guardians

It is hard to believe that we are already in August! We trust that you are enjoying the public holidays and are spending some quality family time together. This week, I had the opportunity to watch some of our music students perform in the Annual Music Eisteddfods and I was reminded about how incredibly important music is in the development of a child. Music and performance helps build self-esteem, confidence and self-discipline.

Here is a snapshot of the research findings on the benefits of learning to play an instrument:

*"As early as the 1950's a series of experiments were carried out in Hungary to test the benefits of learning music at primary school. This test was only one of several more to follow. The results of which are all very similar*

- Music Increases Memorizing Capacity & Makes You Smarter

Music students showed evidence of greater memory training. This is an important quality for students to develop to enable higher academic achievement.

- Music Improves Reasoning Capacity

There is proof from these studies that students learning music had enhanced comprehension skills. A far greater percentage of music students understood the story they were asked to read compared with non-music students.

- Music Teaches Discipline, Improves Time Management & Organizational Skills.

Students need to organize themselves to attend lessons and band rehearsals and therefore arrange their schedules to prepare their songs etc. for the lessons. They are expected to attend promptly at the correct time and also need to remember to bring the correct equipment to their lessons and band. This is assisting the child to develop basic life skills. Music students develop and improve these skills over time with the benefits reflected in their academic achievement and success later in life.

- Music Fosters the Development of Team Skills in a Fun Way

Music seeks to improve the student's team skills, especially when the student is part of an instrumental music program where they are a member of the band and other ensemble groups. As in other team activities all members have a role to play. All members are important and must learn to work as a team. This is such a fun way to learn these vital skills that will benefit students for the working world and life in general after school.

A recent survey in the USA showed that an average of 20% of high school students are enrolled in an instrumental music program. The survey revealed that 80% of the academic awards are consistently gained by this 20% group of music students."

We encourage each student to partake in the music programme that we offer. If you would like your child to participate, please do not hesitate to contact us.

### Yours in Education,

Mr. M Hogarty  
PRINCIPAL



## SCHOOL CALENDAR WEEK 22 & 23 (MON 08 AUGUST – FRI 19 AUGUST 2016)

DATE:	WEEK TWENTY-TWO	DATE:	WEEK TWENTY-THREE
<b>MON 08/08</b>	<b>School Holiday</b>	<b>MON 15/08</b>	Conquesta Olympiads
<b>TUES 09/08</b>	<b>Public Holiday</b>	<b>TUES 16/08</b>	Mini Hockey Tournament Ballet Examinations
<b>WED 10/08</b>	Squash Match	<b>WED 17/08</b>	Conquesta Olympiads
<b>THURS 11/08</b>	-	<b>THURS 18/08</b>	-
<b>FRI 12/08</b>	-	<b>FRI 19/08</b>	Conquesta Olympiads Grade 3 Outreach

### ADMINISTRATION

#### SCHOOL PHOTOGRAPHS

School photographs are taking place on the 06<sup>TH</sup> September. Students are required to wear their full school uniform, as stated below:

GIRLS	BOYS
<ul style="list-style-type: none"> <li>Red Golf Shirt</li> <li>Denim skirt</li> <li>White socks</li> <li>Closed Black Shoes <i>(No Crocs/Slops)</i></li> <li>Navy Jersey</li> </ul>	<ul style="list-style-type: none"> <li>Red Golf Shirt</li> <li>Blue Jeans</li> <li>White Socks</li> <li>Closed Black shoes <i>(No Crocs/Slops)</i></li> <li>Navy Jersey</li> </ul>

It is important that ALL students be at school for these photographs so we ask that you ensure that your child is at school, in the correct uniform and looking neat and tidy.

Enclosed in the envelope is an order form. Please can we ask that all forms and money be returned by **Wednesday, 31<sup>st</sup> August**.

#### MOVIE NIGHT

The movie night has been postponed! Because of Monday and Tuesday being holidays, several requests came through that we move the movie night so that those who are going away for the long weekend will not miss out. More details will follow in a later circular.



#### THRIVE

This term our spiritual development program (THRIVE) is focusing on the #IAm series which explores the nature of GOD and what it means for us in our everyday lives. I have had such fun joining the students for their morning devotions and watching as their teachers unpack the gospel in ways that excite and inspire children in the ways of GOD. We have played games that teach us about the principals we are looking at, acted out bible stories, watched cartoons about these same stories and done object lessons and heard stories that unravel more of the themes. The theme for the last 2 weeks has been #IAmForgiven. I encourage you to ask your children about this and to discuss the topics at home, you may be surprised at what your children can teach you! For the next two weeks we will be focusing in on: #IAmLoved – Mr. A van Niekerk

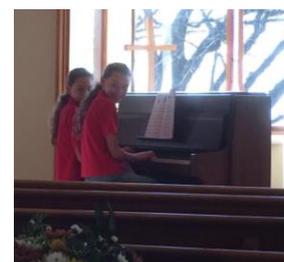


#### EISTEDDFOD RESULTS

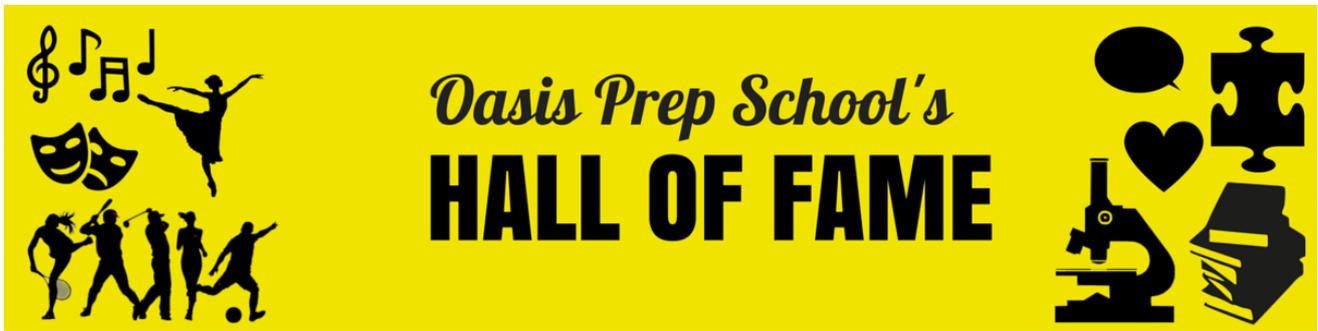
We would like to congratulate our music students who participated in the Annual Music Eisteddfods. They received the following results:

Chloe' Coetzee – 73 % and 83% (Vocal)  
 Shaelyn De Wet – 73% and 81% (Vocal)  
 Amkelwa Gumbi – 82% and 85% (Vocal)  
 Danielle & Donae' Mouton – 74% (Piano)  
 Dineo Ngema – 85% (Piano)  
 Tekoa Hogarty – 75% (Piano)

Well done girls! We are so proud of you!

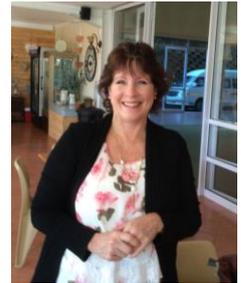


**Children ask, Do you see & hear me? Do I matter? Their behavior reflects our response.**



Emotional intelligence is vital in seeing our students thrive. As a school, this is one of our five pillars and thus has a central place in many of the programmes we design and implement in the classroom. One way that we deal with this is through our Student Support Officer, who is the focus for this week's Hall of Fame: Mrs. Jenny Nefdt! Jenny comes in every Monday to provide support, a 'listening ear' and encouragement in various aspects of life to students that are referred to her. These times are confidential and provide students with an opportunity to share fears, concerns and celebrations in a safe environment.

We would like to take this opportunity to honour Jenny for giving of her time to see students thrive emotionally. She has met with every student in the school and her insights, wisdom and caring disposition have made her invaluable to our students. We are so privileged to have her not only giving into the lives of the students, but also into the lives of the staff.



If there are any issues, concerns or situations we, as teachers, need to know about, please can you let us know via email or in a letter.

## ACADEMICS

Term 3 is upon us and what an exciting term we have planned! We have some ACADEMIC ATTRACTIONS - These are external tests that indicate our progress, at both a provincial and national level. These activities allow students to broaden their horizons, explore new skills and encourage a thirst for knowledge.

### ANA EXAMINATIONS:

ANA Examinations are tests that the Education Department require all schools to write. These tests consist of an English Literacy test and a Maths test which will be held on 12 and 16 September.

### CONQUESTA OLYMPIADS:

The National Conquesta Olympiads are being held from 15 – 19 August for all Grade 1-7 learners. All students, regardless of their academic capabilities, are given the opportunity to participate. The Olympiads are presented in multiple choice format.

I found an article entitled '8 Working Memory Boosters' which contains helpful hints to boost memory:

1. Work on visualization skills.

Encourage your child to create a picture in his mind of what he's just read or heard. For example, if you've told him to set the table for five people, ask him to come up with a mental picture of what the table should look like.

2. Have your child teach you.

Being able to explain how to do something involves making sense of information and mentally filing it. If your child is learning a skill, like how to dribble a basketball, ask him to teach it to you.

3. Suggest games that use visual memory.

There are lots of matching games that can help your child work on visual memory. You can also do things like give your child a magazine page and ask him to circle all instances of the word 'the' or the letter 'a' in one minute. You can also turn license plates into a game. Take turns reciting the letters and numbers on a license plate and then saying them backwards, too.



**Today is not just another day. It's a new opportunity, another chance, a new beginning.**

## ACADEMICS

### 4. Play cards.

Simple card games like Crazy Eights, Uno and Go Fish can improve working memory in two ways. Your child has to keep the rules of the game in mind. But he also has to remember what cards he has and which ones other people have played.

### 5. Encourage active reading.

There's a reason highlighters and sticky notes are so popular! Jotting down notes and underlining or highlighting text can help kids keep the information in mind long enough to answer questions about it. Talking out loud and asking questions about the reading material can also help with this.

### 6. Chunk information into smaller bites.

Ever wonder why phone numbers have hyphens in them? Because it's easier to remember a few small groups of numbers than it is to remember one long string of numbers. Keep this in mind when you need to give your child multi-step directions. Write them down or give them one at a time.

### 7. Make it multisensory.

Processing information in as many ways as possible can help with working memory and long-term memory. Write tasks down so your child can look at them. Say them out loud so your child can hear them. Toss a ball back and forth while you discuss the tasks your child needs to complete. Using multisensory strategies can help your child keep information in mind long enough to use it.

### 8. Help make connections.

Help your child form associations that connect the different details he's trying to remember. Finding ways to connect information helps with forming and retrieving long-term memory. It also helps with working memory, which is what we use to hold and compare new and old memories.

These are just some examples and suggestions for you to use. Have fun discovering other exciting ways to improve your child's memory!



### ADVERTISE WITH OPS

We are starting an 'Advertise with OPS' initiative. We are offering parents/businesses the opportunity to advertise their business and/or events in our circulars. Our circulars are sent out every two weeks and are emailed to our mailing list as well as posted on our social media outlets. All proceeds go towards the Building Fund and Bursaries. If you would like more information about this, please contact the office.



**There is no end to education. Life is the process of learning.**