



CIRCULAR 13

THURSDAY 18 AUGUST 2016

Dear Parents & Guardians

As we enter the second half of the year, it is our aim to ensure that all our students finish this year strong. Touted as the fourth 'R' in the building block of education, RESILIENCE has become an essential element of every child's development that needs our intentional focus, training and understanding. In an era of increased childhood depression, lack of emotional stability in homes and high levels of child anxiety, we can't ignore the urgent need to build this vital 'muscle' in our children so that they learn to thrive amidst challenges.

Resilience is simply defined as, 'the ability to become strong, healthy, or successful again after something bad happens'. Children who develop resilience are better able to face disappointment, learn from failure, cope with loss, and adapt to change. We recognize resilience in children when we observe their determination, grit, and perseverance to tackle problems and cope with the emotional challenges of school and life. If you are looking at helping your child succeed in life then this capacity needs to be developed just as much as reading, writing and arithmetic; and has you as a parent as the primary developer of this strength. So how do you do this? Here are some helpful tips from the professionals...



4 WAYS TO HELP CHILDREN DEVELOP RESILIENCE: (Chip DeLorenzo, M.Ed)

1. Allow your child to experience natural consequences.

Natural consequences are the consequence of intentional non-involvement by the adult. For instance, if a child forgets his jacket, he gets cold. If she forgets her lunch, she gets hungry.

2. Use reflective listening to help your child learn from their experiences.

Don't interpret positive or negative experience for your child, but help them develop their own frame of reference. After a child has experienced pain (or happiness), ask questions that cause them to reflect on their experience, like:

- What happened?
- What caused that to happen?
- What did you learn from this experience?
- What's your plan for next time?

3. Embrace and allow your child to struggle from a young age.

Never do for a child what they can do for themselves! Helping an adult with something that they can do for themselves can be a kind and thoughtful gesture. Helping a child can destroy an important opportunity for them to learn something about and for themselves. Experience is not just the best teacher; it is really the only teacher! Appropriate struggle takes place when you discern that a child can accomplish a task, even if difficult and painful – all within the safe environment of your protection.

4. Comfort hurt feelings or a hurt body with validation rather vs. fixing.

Allowing children to experience appropriate struggle and pain does not mean that we should embrace the philosophy of "Suck it up!" Validating feelings (without fixing) is a powerful way to communicate empathy and understanding, as well as confidence in your child's ability to overcome adversity. It can sound something like, "It can really hurt when you're not invited to a friend's party. How are you feeling?" Listening rather than fixing can be the best medicine. It provides for much needed connection, validation and empathy, and allows the child to begin to process their experience and draw their own conclusions. Too often adults jump in with advice, suggestions, or a phone call to give the school/other parent a piece of their mind... Resist this urge!

Yours in Education,

Mr. M Hogarty
PRINCIPAL

SCHOOL CALENDAR WEEK 24 & 25 (MON 22 AUGUST – FRI 02 SEPTEMBER 2016)

DATE:	WEEK TWENTY-FOUR	DATE:	WEEK TWENTY-FIVE
MON 22/08	-	MON 29/08	-
TUES 23/08	-	TUES 30/08	Mini Hockey Tournament
WED 24/08	Netball Tournament	WED 31/08	Spelling Bee
THURS 25/08	Mini Netball Tournament	THURS 01/09	Spring Day
FRI 26/08	Grade 2 Outreach	FRI 02/09	Grade 1 Outreach

ADMINISTRATION

SCHOOL PHOTOGRAPHS

REMINDER: School photographs are taking place on the 06TH September. 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. Please can we ask that all order forms and money be returned by **Wednesday, 31st August**. Please note: if you do not order individual photos by the 31st August, your child will not have individual photos taken.



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. The theme for the last 2 weeks was #IAmLoved. 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! The theme for the next 2 weeks is #IAmASon/Daughter- Mr. A van Niekerk



RAFFLE

We are launching our annual raffle this term! We are so excited about our raffle and we have such incredible prizes up for grabs! All students will receive a raffle book which they are responsible for. All proceeds will go towards building classrooms for 2017.



The prizes are as follows:

- **1st Prize: 2 nights' stay for 4 people (2 adults and 2 children) at Tala Private Game Reserve inclusive of breakfast valued at R6,480.00**
- **2nd Prize: 2 nights' accommodation at Dunning Country House for 2 people sharing – (bed and breakfast)**
- **3rd Prize: Meat Hamper (A whole sheep)**

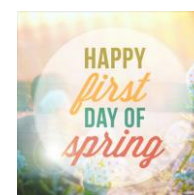
D6 Communicator:

Last year we introduced the d6 School Communicator, a widely used web-based communication app that gives you as parents' direct access to updates, letters, calendar and photos of events at school. This means that you get to see what is happening in your child's life at school at the 'click' of a button. If you have any issues with this, please let the office know. This is the most vital communication platform of the school, and all parents are requested to make every effort to ensure they use this technology. Training & installation help will be provided by our IT Department. To download this app, use the following link: <http://www.school-communicator.com/download.php>. If you have any queries or concerns regarding the d6, please email Mr. Ricard Mouton: ricard@oasisprep.co.za. Thank you for your assistance in this matter.

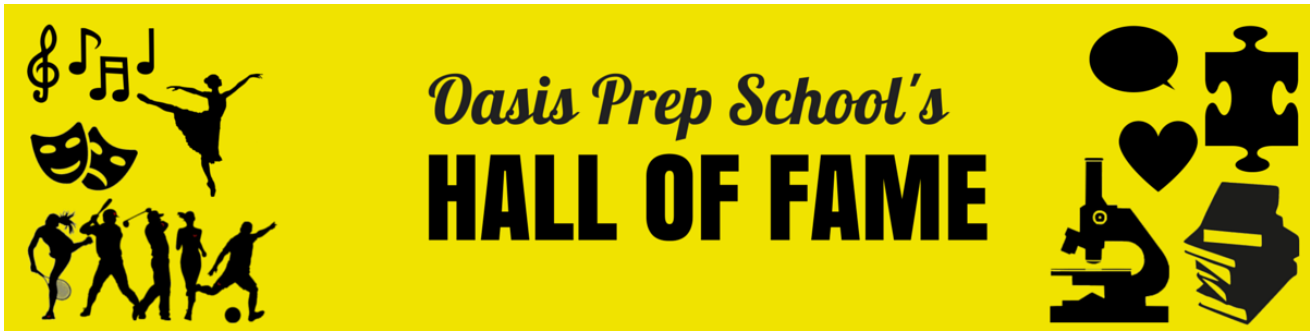


SPRING DAY

It's almost spring time and we are celebrating this new season. On Thursday, 01 September, students are allowed to come to school dressed as 'A Representation of Spring.' Cost: one bag/tray of vegetable seeds/seedlings for our community garden.



Children must be taught how to think, not what to think.



Oasis Prep School's HALL OF FAME

This week, our focus is a very special and important lady on our staff body – Mrs. Karin Palk. Mrs. Palk is currently our bursar and is a vital part of the OPS team. Both her children have graduated from OPS and she has been actively involved at the school as a parent, from 2008-2015, and as a bursar, 2015-present. We shine our spotlight on this incredible lady:

Question 1

Where did you study? *Aesthetika CC in Pretoria – Beauty Therapist*

Question 2

What made you go into what you're doing now? *God laid it on my heart to become part of a wonderful organization.*

Question 3

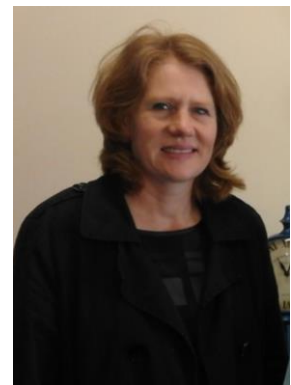
What do you love most about your job? *Love the people I engage with from time to time and mostly having order in my day.*

Question 4

What are your hobbies? *Walking and reading*

Question 5

Sum up yourself in 20 words. *I'm a Self-motivated and hard working person who has a passion for Jesus. Love encouraging people and seeing them grow in God. I love seeing people become whole.*



We would like to take this opportunity to honour Karin for her dedication and her hard work. She is such an asset to our school and we are so privileged to have her as part of our OPS family!

ACADEMICS

This term, our focus is INNOVATION. In today's day and age, it is important that we are training our children to be innovative and critical thinkers. I found a wonderful blog on how to encourage our students to be innovators, written by Tony Wagner, who is an innovation education fellow at the Technology and Entrepreneurship Center at Harvard University, and founding executive director of Engaging Schools, in Cambridge, Massachusetts.

"Five Steps to Encourage Innovation:

1. PLAY

Wagner says a child's innovative framework is strengthened when teachers bring a sense of play to the curriculum; taking offbeat approaches and making whimsical connections to the course material, he says. One of the most important patterns he has observed in successful teachers is they make learning fun. He says when students feel that every aspect of their learning is "dead serious," they become afraid to take chances and think creatively—opting instead to think in less risky ways.

2. CURIOSITY

It's important to shift the focus when praising children if we want to foster more innovation. Allow children time for play with various technology-related materials, and engage in a variety of individual and team projects. Observational drawings develops awareness and attention to detail, so these exercises create greater understanding and a desire to learn more, Boyle says. "Whenever



Educating the mind without educating the heart is no education at all.

ACADEMICS CONTINUED

we can help children find connections between multiple things, they become more curious about how they all work together," he says.

3. PASSION

Innovative people were shown how to connect their passion to success. The best teachers and parents always supported what the students' passions and natural curiosities were, and made an effort to connect what needed to be learned to satisfy that curiosity.

4. FEARLESSNESS

Among the key outcomes is an increased fearlessness, especially when it came to taking risks and trying new ways of doing things. Children also became better at creative problem solving.

5. PURPOSE

Having a greater sense of purpose was important to innovators. The teachers who had the greatest impact talked about the importance of doing something to make a difference, rather than to just get a good grade.

Having a greater sense of purpose makes finding solutions more urgent. This gives innovators greater incentive to take risks, and look for new methods of solving challenging issues."

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LET'S SUPPORT THEM!

The mind is not a vessel to be filled, but a fire to be kindled.