



**CIRCULAR 14**

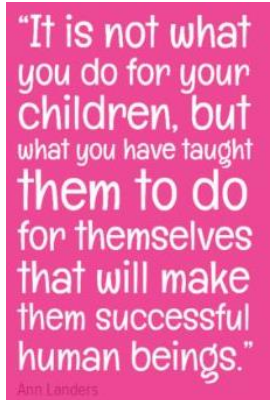
**THURSDAY 01 SEPTEMBER 2016**

**Dear Parents & Guardians**

Happy Spring Day! I cannot believe that we only have three and a half weeks left of term! I trust that you have enjoyed this term as much as we have. One area that I feel is vital to speak into is the area of responsibility. This skill, if taught well, can become the foundation of your child's success.

**TEACHING RESPONSIBILITY**

Will they do the right thing when given the opportunity? Will they overcome peer pressure and make healthy choices? Will they be able to hold their own in a competitive environment? Will they give their best even if no one is watching them? Will they be able to add value to important conversations? These are all questions that plague the 'parent mind' from time to time. If you are anything like me, they come ever-so-frequently as I realize the incredible responsibility I have as a father to teach my kids the necessary heart skills to shine in this world. I am not just talking about knowledge, facts and manners (albeit important) but rather a robust set of skills that become the inner compass for steering them towards life and godliness. If we are to achieve this goal then we better take seriously the task of TEACHING RESPONSIBILITY as this will ensure we reach this goal, and so I have enlisted the help of a parenting expert to tell us how. Let's take note and learn...



**Teaching responsibility – Danny Silk**

There is a very real world of responsibility waiting for our kids. The quickest way to prepare them is to give them choices. Lots-of-choices.

Choices are a way for us to empower our kids from a young age, exposing them to the power of good & bad decisions. I often talk about giving our kids choices from a young age. When I do, I hear a question come up time and time again that sounds something like "How do I empower my children without feeling disempowered myself?"

It's a great question! There are basically 3 guidelines for setting limits with choices. Choices are a way for us to empower our children. We expose them to the real world of responsibility by offering choices, lots of choices.

**1. OFFER CHOICES THAT YOU ARE HAPPY WITH YOUR CHILD CHOOSING.**

Don't give them choice A and B, hoping in fact that they choose A. With every choice you offer, you have to be happy with the outcome they decide.

**2. MAKE SURE THAT YOUR CHILD UNDERSTANDS THE CHOICES BEING OFFERED.**

For example: When you tell them to clean their room, you need to know that the picture of the completed job in their mind matches the one in yours. Have you ever told your kid to clean their room and they finish in 3.5 seconds? There is NO WAY that room is clean that quickly, so be sure to clarify what you need.

**3. YOU NEED TO HAVE A PLAN, TO ENFORCE YOUR CHOICES WITH CONSEQUENCES.**

Your child is learning powerful lessons on personal responsibility and the consequences of their choices. We are still making choices in every situation, and those choices are bringing certain consequences into our lives. When we show our children what the real world is like, we equip them to be aware of the fact that they are making choices all the time and we enable them to take responsibility for them.

Remember that in all of this, the key to protecting the heart of the matter is: Protecting the connection you have with your child. The limits we set with our children will show them what the real world is like, but it is our heart connection with them, our love, that will motivate them to embrace the journey of responsibility and growth before them.

You can do this!

**Yours in Education,**

Mr. M Hogarty  
PRINCIPAL

## SCHOOL CALENDAR WEEK 26 & 27 (MON 05 SEPTEMBER – FRI 16 SEPTEMBER 2016)

DATE:	WEEK TWENTY-SIX	DATE:	WEEK TWENTY-SEVEN
MON 05/09	-	MON 12/09	-
TUES 06/09	School Photographs OPS Open Day	TUES 13/09	Mini Hockey Tournament
WED 07/09	-	WED 14/09	Squash Match
THURS 08/09	Talking Parenting @ Cordwalles	THURS 15/09	Mini Netball Tournament
FRI 09/09	Grade 1 Outing	FRI 16/09	-

### ADMINISTRATION

#### 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 #IAMASon/Daughter. 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 #IAMSupernatural.



#### RAFFLE

LET THE COMPETITION BEGIN! Every student should have received their raffle books in their circular pack and are hopefully eager to start selling away! They have until the 24 October to sell as many books as possible. The student who sells the most books will receive a R500 mall voucher! All proceeds will go towards building classrooms for 2017.

#### The raffle 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)**



#### SNACK BARN (Tuckshop):

"A child's success in many areas, including school, can be affected by having a healthy school lunch. Benefits to eating healthy should not be taken for granted by parents or school administrators when considering what children are eating for lunch. Packing a healthy school lunch for your child will benefit your child in many ways." ([www.livestrong.com](http://www.livestrong.com)) Our Snack Barn aims to provide delicious, nutritious and affordable lunches to our students. We understand the importance of eating well and the effect it has on learning. Below are our lunch options for September – if you would like to order any of the following meals, please do so on the forms provided. If at any stage you would like to order a meal, please send the money and a note to school and we will order that meal for the day.



#### September lunch options (All meals R35):

- |              |  |
|--------------|--|
| • Mondays    | Chicken a la king and brown rice, a yoghurt & fruit juice      |
| • Tuesdays   | Hamburger with bacon and cheese, fruit juice & popcorn         |
| • Wednesdays | Chicken & mayo sarmie on health bread, fruit bar & Fruit Juice |
| • Thursdays  | Pork sausage, mash and veggies, with a muffin & fruit juice    |
| • Fridays    | Grilled chicken wrap, a fruit & fruit juice                    |

#### Here are some of the newest additions to our Snack Barn:

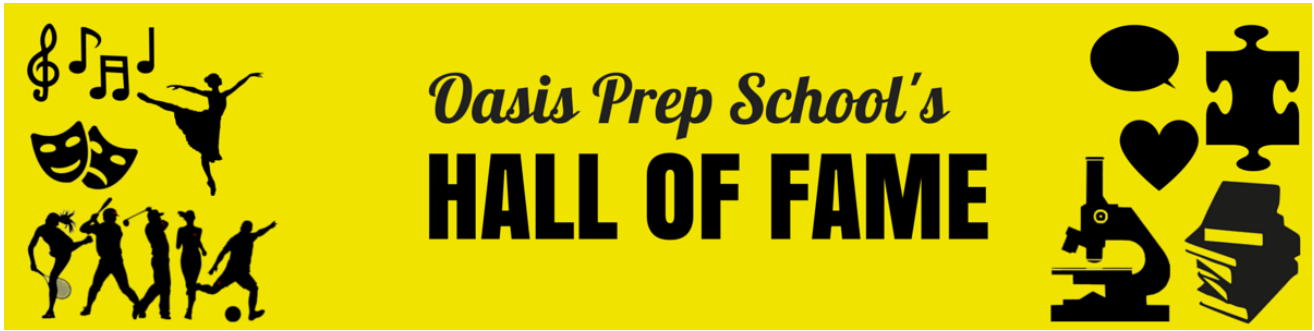
- |                           |            |
|---------------------------|------------|
| • Peanuts and raisins     | R5/packet  |
| • Oatmeal cookies         | R5/packet  |
| • Dry wors                | R7/stick   |
| • Dried fruit             | R7/packet  |
| • Chocolate chip biscuits | R7/biscuit |
| • Pancake Fridays         | R5/pancake |



#### TALKING PARENTING

There is an awesome seminar being held at Cordwalles Preparatory School on Thursday, 08 September at 18:00. It is entitled 'Talking Parenting' and the focus is on teaching our children to thrive, not just survive and to use those difficult situations as high-road opportunities that will benefit your child. If you would like more information, please contact Cordwalles or email [info@singakwenza.co.za](mailto:info@singakwenza.co.za)

**One cannot think well, love well, sleep well, if one has not dined well.**



While teachers and students play a major role, the heart of the school is definitely in its administration. Dealing with everything from social media to parents to students to enrollments, it takes a special person to fulfil such a vital role. This week, our focus is Mr. Angus van Niekerk. Angus is our Vice Principal in charge of Parents, Students and Staff Development and has the awesome task of ensuring that all the behind-the-scenes things are running smoothly. Angus arrived at OPS in December 2015 and has been actively involved in the school. We shine our spotlight on this incredible man:

**Question 1**

Where did you study? *I studied at DUT, where I got my Mechanical Engineering diploma. I finished my BTECH through UNISA and am currently studying my PGCE through UNISA.*

**Question 2**

What made you go into what you're doing now? *My wife and I felt as though God was preparing something new for us. When the idea of an FET college was planted, we both knew that this is what God wanted for us. I left the job I had been in for 10 years and came into this awesome school.*



**Question 3**

What do you love most about your job? *I love seeing children grow and some of my favourite times are when I get to spend 'fun times' with the children during devotions or on the sports field.*

**Question 4**

What are your hobbies? *Mountain biking, touch rugby, skateboarding, gardening and reading. Basically I enjoy most outdoor activities.*

**Question 5**

Sum up yourself in 20 words. *I'm an enthusiastic, motivated and passionate person who loves to see growth in people/things, especially growth that is lasting.*

Angus has such a beautiful heart for children and has definitely taken our school team to new heights. He is an asset to our school and we are so honoured to have him here with us.

**ACADEMICS**

I believe that one of the most challenging, yet incredible people to be is a parent. As parents, you have the awesome opportunity to train the future leaders, the innovators, the entrepreneurs, businesspeople of our world! And the incredible part is that we as teachers have this season to partner with you to see this achieved!

Dealing with students of a variety of ages, I have come to realize just how important teaching responsibility to children is, specifically for their growth, development and self-esteem. I found an interesting article regarding this by Cara Sue Achterberg.

"How capable are your kids? I'm not talking about their math ability or how well they throw a ball. Can they operate a vacuum cleaner? Cook a meal? Lodge a complaint? Change a light bulb? Many kids today live a life of entitlement. Very little is asked of them in terms of responsibilities at home.

Kay Wills Wyma cites the frequency of young adults who quit jobs because they don't like them and throw away educations because they've changed their minds. 28% of 22-29 year olds rely on money from their parents to fund major expenses. They don't feel responsible for paying the bills, especially if it means taking a job that is hard and doesn't pay well. Wyma says that when we do the work and problem solve for our kids, essentially we're saying they aren't capable of doing it themselves. When they spill something and shed tears of frustration or embarrassment, we rush in to rescue, teaching them that they aren't responsible for cleaning up their own messes. And when a homework project overwhelms and they're exhausted after practice, we offer our assistance, instead of allowing them to learn that sometimes life is hard and you have to deal with it.

**Out of responsibility comes possibility.**

## ACADEMICS CONTINUED

We can begin raising responsible, capable adults much sooner than you'd think. Giving kids responsibility for their actions, their belongings, and their home helps combat the prolific creep of entitlement so evident in much of today's society. When we hold our children accountable for their actions, even if it means an uncomfortable, even painful, interaction with them, we are raising responsible children. When you are intentional about the small things, big change is possible.

**The 2-Minute Action Plan for Fine Parents** - Pull out a sheet of paper or start a new note on your phone. List the abilities and qualities you hope your children will have by the time they are eighteen. Back track from that point and begin thinking of chores and responsibilities you can give your children now which will help them attain those abilities and qualities before they leave home. Instead of thinking in terms of what they can't do, begin to see them as the capable human beings they are and discover what they can do.

**The Ongoing Action Plan for Fine Parents** - Be intentional about promoting your children's independence. Look for teachable moments. When the food arrives and there's unwanted mayonnaise on your son's cheeseburger, let him explain the problem to the waiter (or eat the burger as is!). If your daughter is unhappy about a grade or an assignment, let her talk to the teacher about it before you become involved. Learning to speak up for yourself is a critical life skill. Children can begin learning this skill as soon as they can talk.

When a household problem occurs – a toilet overflowing, a broken glass vase, the cable is out, the food processor blows the circuit – involve your children in the solution. Maybe they're too young to handle broken glass, but you can talk to them about the importance of finding every shard so that no one gets hurt and teach them the trick of shining a flashlight on the surface to spot fragments you might have missed. Show them where the circuit breaker box is and how you can tell if a circuit has flipped. Allow them to be part of the solution.

Here's the bottom line for all of us fine parents: If we are intentional in our parenting, our kids have a better shot at growing up confident in their own ability to take care of themselves. Isn't that what we really want for them?"

## ADVERTISEMENTS

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