



15 February 2018

Dear Parents

In my life I have learned that everyone is afraid of something. Some of us don't like the dark. Others nightmares and scary movies. And then there are those who want to run away from mean dogs, snakes, and creepy crawly spiders.

A study was done with 1500 Children. They were given a list of 14 scary things and asked which one frightened them the most. The following top 5 answers emerged:

- * scary movies and TV shows
- * nightmares and scary dreams
- * thunderstorms, hurricanes, and other violent weather
- * war and terrorism
- * sounds I hear at night

But not everyone is afraid of the same things. And what makes one person scared can be no big deal to someone else. Plenty of kids said their biggest fear wasn't on the list.

Fear is a feeling that everyone has — it's programmed into all of us — and that's a good thing because fear is there to protect us. We're born with a sense of fear so that we can react to something that could be dangerous.

The best way to learn to live with a fear is to get more information about it. As kids get older, they understand more and start seeing the difference between real and pretend fears. The same goes for the dark. A child's imagination can start playing tricks when the lights go out. What's under my bed? Is that a burglar I hear? With the help of a parent, children can get more comfortable in the dark. Using a nightlight or shining a flashlight under the bed to see that there's nothing there can help fight that fear.

Other fears that children have make sense and do not need to be conquered. If you're afraid to ride your bike on a busy

Dates To D I A R I S E

24 February

Discovery Open Day

16-23 March

Parent Portal open for extra-mural bookings T2

21 March

School and Public Holiday
(school and after-care closed)

19-23 March

Environmental Week

26 March

Parent / Teacher Meetings
(late evening)

28 March

Break up day
JP close 11h15



Recycling Duty

Monday
19 February
Gr 2 Robins

highway, right on! You should be afraid because it's dangerous. There's no need to get over a fear like that, not even if someone dares you. Find a safe place to ride instead.

Sometimes the worst thing about feeling afraid is that you don't know what to do. Here are the top 3 ways that children who answered the survey try to help themselves feel better:

- 1 Do something, like playing outside, listening to music, or watching TV.
- 2 Talk to a parent.
- 3 Talk to a friend.

Talking to a friend can help, especially if that person is supportive. About half the children who took the survey said they'd been teased for being afraid. And even more — 75% — said they've sometimes said they weren't afraid when they really were. Encourage your children and families to listen and react with empathy towards the fears that we all face. Adapted from : <https://kidshealth.org> - Hannes van der Westhuizen

Healthy Eating Policy

A reminder to parents that we have a healthy eating policy at school, we have noticed more and more treats, sweets, cake etc sneaking into lunch boxes. Please refer to the robot food list below for a guide. We allow one treat on outings. Please note that we are a nut aware school and have children with severe nut allergies.

The poster is titled "Snack Pack Guidelines" in a cursive font at the top. Below the title are three vertical columns with different backgrounds and dashed borders. The first column is green and lists items that are encouraged. The second column is orange and lists items that are allowed as a treat. The third column is red and lists items that are prohibited. Each column has a title in a dashed box at the top.

GREEN

WE LOVE TO SEE THESE FOOD ITEMS IN THE SNACK PACK.

- Fruit
- Vegetables (carrots, cucumber)
- Cheese
- Cheese Dippers
- Laughing Cow Cheese Wedges
- Melrose Cheese Wedges
- Sandwich (no chocolate spread)
- Banana Bread
- Raisins
- Biltong, Dry Sausage
- Rice Cakes
- Provitax
- Crackers
- Health Buns
- Dried Fruit - no sugar coatings
- Cold Meats
- Boiled Egg
- Yoghurt (tubs or bags)
- Drinking Yoghurt
- Yogi Sip
- Water
- Diluted Fruit Juice

ORANGE

ONE OF THESE ITEMS MAY BE PACKED IN THE SNACK PACK.

- Mini Cheddars
- Mini Marias
- Mini Ginger Biscuits
- Tennis Biscuits
- Pretzels
- Rusks
- Popcorn
- Health Muffins
- Oat Crunchies
- Pancakes
- Pizza
- Box Juice
- Milo

RED

WE DO NOT ALLOW THESE ITEMS AT SCHOOL. ON OUTING DAYS ONE OF THESE ITEMS MAY BE PACKED IN AS A TREAT.

- Chocolate Dippers
- Strawberry Dippers
- Chips
- Chocolates
- Energy Bars
- Pronutro Bars
- Coco Pops Bars
- Otees Bars
- Sweets
- Super C's
- Donuts
- Cake
- Flavoured Water
- Fizzy Drinks
- Milkshakes



Sports Day Postponed

We have taken a decision to move our inter-house sports day to the 4th term. We hope that with the winter rains and boreholes in place we can recover our fields enough to have a safe and happy event for all our children and parents.

As you may be aware, many sports have been postponed by the Western Province sports associations who have decided to postpone their fixtures.

The safety of our children remains our main focus in this decision.

Thank you for your continued support during this time as we as a community do the best we can to continue a shift in Day Zero.



Brain Buster

If a rooster laid 13 eggs and the farmer took eight of them and then another rooster laid 12 eggs and four of them were rotten, how many of the eggs were left?

Last weeks answer:
An Egg or glow stick

Well done to Pei-Chi Tsai-Rieb (Gr 1) who answered correctly.



Please place your answer with your name, surname and class in the postbox in the Pre-primary foyer by Tuesday morning.





ELKANAH HOUSE

DISCOVERY OPEN DAY

Tots & Beyond

SATURDAY
24 FEBRUARY 2018

15 SAIL STREET,
BLOUBERGSTRAND

09H30-12H00

PARENT ED WORKSHOPS

(Topics: Nutrition & Childhood Development)

Tickets available on QUICKET | R25

INTERACTIVE CAMPUS TOURS

KIDS ENTERTAINMENT / FOOD STALLS

MARKET (KIDS PRODUCTS)

WIN A
HAMPER WORTH
R3500
FROM GRANNY GOOSE LINEN
book the Parent Ed Workshops
and stand a change to win!