

live

love

learn

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



Recycling Duty
Monday
19 February
Chameleons

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.

Snack Pack Guidelines

GREEN	ORANGE	RED
WE LOVE TO SEE THESE FOOD ITEMS IN THE SNACK PACK.	ONE OF THESE ITEMS MAY BE PACKED IN THE SNACK PACK.	WE DO NOT ALLOW THESE ITEMS AT SCHOOL. ON OUTING DAYS ONE OF THESE ITEMS MAY BE PACKED IN AS A TREAT.
<ul style="list-style-type: none">FruitVegetables (carrots, cucumber)CheeseCheese DippersLaughing Cow Cheese WedgesMelrose Cheese WedgesSandwich (no chocolate spread)Banana BreadRaisinsBiltong, Dry SausageRice CakesProvitaeCrackersHealth BunsDried Fruit - no sugar coatingCold MeatsBoiled EggYoghurt (tubs or bags)Drinking YoghurtYogi SipWaterDiluted Fruit Juice	<ul style="list-style-type: none">Mini CheddarsMini MariesMini Ginger BiscuitsTennis BiscuitsPretzelsBunsPopcornHealth MuffinsOat CrunchiesPancakesPizzaBox JuiceMilo	<ul style="list-style-type: none">Chocolate DippersStrawberry DippersChipsChocolatesEnergy BarsPronutro BarsCoco Pops BarsOtees BarsSweetsSuper C'sDonutsCakeFlavoured WaterFizzy DrinksMilkshakes





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 chance to win!