



8 February 2018

Dear Parents

At a recent meeting of IEB Primary School principals, we explored a UNESCO report detailing global research on what made a school "happy". In a world which seems to place too high a value on material success, personal comparison and giving children "competitive edge", this report tackles the growing concern that children are not spending enough time just "being".

Examining extensive studies of children between the ages of 8 -12 on the key components to sustaining happiness, the overwhelming contributing finding was that children who spend time with people they love are the happiest. This time could be with parents, friends or even their beloved pets. When children were asked to choose between being a child who has access to any material item they need or being able to spend time with a parent, almost every child chose more time with parents.

Other factors contributing to a general sense of well-being and happiness also included being outdoors and engaging in fun, simple activities. Once upon a time, childhood was filled with endless days spent outside. Imaginations ran wild and children made their own fun with nothing but a few Matchbox cars and an old cardboard box. They played, they learned, and they socialized. But most of all, they had fun! Other tips to happiness include eating on time, getting enough sleep, feeling heard and giving our children unconditional love.

Interestingly, very few children mentioned their material possessions when asked about what makes them happy. There is most certainly a lesson for us as parents in these findings.

Many children indicated that they felt stressed by taking part in too many extramural activities (although many of them were not capable of self regulating these activities). For some children, life has become too scripted, leaving very little time for spontaneity.

Others felt worried and pressurised by the idea of having to perform and reach high grades academically, while others felt overwhelmed by not winning in their sports teams.

As a school, we also have a part to play in promoting happiness for our children by:

- Encouraging parental involvement and a strong sense of belonging to a community
- Creating a sense of family in the school environment
- Actively promoting and instilling positive values, attitudes and practices
- Engaging in social outreach activities, promoting empathy and understanding of belonging to a "bigger community"
- Promoting and growing an understanding of other cultures both within and outside the school context
- Valuing mistakes as part of the learning process

Dates To Diary

School Camps Grade 4 - Simonsberg R900

Guinea Fowls and Quails -
Monday 26 to Wednesday
28 February

Partridges and Pheasants
Wednesday 28 February to
Friday 2 March

Grade 5 High Africa R1 250.00

Wednesday 7 to Friday 9
March

Beach Clean-up

Tuesday 20 March
10h30 to 13h00

Public Holiday

Wednesday 21 March
(Human Rights Day)

ParentLine

Monday 26 March
(14h45 - 20h00)
Tuesday 27 March
(14h45 - 17h00)

Orange River Trail R2 440.00 Per Person

11 - 15 April

Kromrivier Hike

Saturday 24 February
OR
Sunday 4 March
(Please e-mail
timr@elkanah.co.za for
bookings)

Grade 6 Camp

Wednesday 20 to
Friday 22 June

- Teaching students to ask questions
- Enforcing a realistic homework policy, giving our children space to engage in other activities or just time to play.
- Giving our children regular and constructive feedback

For most of us a simple measure of a happy school is when a child wakes up eager to get to school each day. I am proud to say that, gauging the happy smiles and cheery high fives we receive every day as our children enter through our doors, we must be doing something right!

Despite the challenges of drought, building projects and other unforeseen challenges which may occur, the smiling faces, laughter in the playground and positive engagement in the classroom, tell the story of a happy school. What a privilege we have, as children and adults, to be part of this community.

Pippa Sinclair

Principal: Sunningdale Prep campus

Friendship Day – Tuesday 14 February

This year the Senior Primary will be supporting Huis Zonnekus as our charity outreach for Friendship Day. Instead of a monetary donation, we will be requesting toiletries for the Huis Zonnekus residents.

If you donate any the the following Grade specific toiletries, then your child may attend in school in civies on Friendship Day.

Please remember to wear red, pink, white or denim.

Grade 4: Toothpaste OR Wet Wipes

Grade 5: Soap bars OR Baby bum cream

Grade 6: Deodorant for ladies or men OR shampoo OR conditioner OR Prep Derma protective cream

They are also requesting 5l bottles of water.

Please help us support and show love to these special members of our community. Your donations can be handed in to your class teacher on or before the day.

Water For Paws

Water for Paws is an organisation assisting with the provision of water to animal shelters in the event of Day Zero. Warehousing set up in the provinces where all the water collected by the various drop off points, school collections & so forth will be delivered. Once ready the trucks will bring it to the warehouses in Cape Town where it will be sorted.

The new sealed water will be stored for #DayZero and the rest will be distributed to the shelters as per their current & forthcoming needs



Should you wish to assist this organisation, please check details of drop-off and collection points on their Facebook page (<https://www.facebook.com/waterforpaws>). Further contact details are also available on this page.

S P O R T @ E L K A N A H

Athletics

Our athletes took part in the annual Mikro Athletics Championships on Thursday 1 February. The event was attended by 10 participating schools from as far as Bredasdorp, Malmesbury and Somerset West. Congratulations to the following athletes who achieved podium finishes at this prestigious event:

Michael Moore (3rd U7 60m)

Zoe Coetzee (3rd U10 800m)

Luke Rodkin (3rd U10 Hurdles)

Tristan Berndt (3rd U11 Hurdles)

Cheyne Webster (2nd U11 800m)

Zachary Bowles (3rd U13 Hurdles)



Match Results

U10 boys cricket beat Welgemoed by 7 wickets. Man of the match was Rebona Zungu and Ethan Ball.

U11 boys cricket beat Melkbosstrand by 45 runs. Jed Banwell took a hat-trick.

U12 boys cricket lost against Welgemoed by 19 runs. Man of the match was Joseph Sinclair.



ELKANAH HOUSE

SCHOOLYARD Community Events

MARCH

16 March

- Chilled Vibes (music evening)

MAY

17& 18 May

- Whose song is it anyway? (quiz night)

AUGUST

25, 27-31 August

- So you think you can Elkanah? (dance event)

SEPTEMBER

1 September

- So you think you can Elkanah FINAL

14 September

- Flavours of the flag (food festival)

NOVEMBER

3 November

- Art on the Avenue (art exhibition & market)

DECEMBER

30 November

- Christmas and Carols Market

