



# ELKANAH HOUSE

## Weekly Newsletter



### Weekly Newsletter - Pre-Primary



**Emotional**  
Intelligence @elkanah

3 August 2018

Dear Parents

#### What is Anger?

"Anger is a natural emotion. Mild forms of anger include displeasure, irritation or dislike. Anger can manifest as a reaction to criticism, threat, or frustration. This is usually a healthy response. Anger may be a secondary response to feeling sad, lonely or frightened.

When anger turns into rage, it can impair judgment and thinking, making people more likely to do and say unreasonable and irrational things." Christian Nordqvist

When we realize that anger is a natural emotion caused by a response to certain situations and simulations, we can start a journey of understanding the impact it has on our lives.

I often refer to anger as the emotion that hurts the most as it does not only cause hurt for the person feeling angry, but also affects everyone around us. Anger is not a bad emotion, yet if left unmanaged, it can become very destructive.

In our Emotional Intelligence programme at school, we are currently working and dealing with anger as an emotion. We are looking at how we give our children the tools to manage their anger. We will be going through a couple of steps to help them understand and visualize what is happening to them and how to react when they feel anger.



### DATES TO Diarise

#### 3 August

Family Picnic & Activity Evening

#### 9 August

Public Holiday

#### 10 August

School Holiday (aftercare closed)

#### 15 August

In Tune with Loukmaan Adams

#### 31 August

Grandparent's Day (Spring Day)



#### Recycling Duty

6 August  
Hippos & Wagtails

**Step 1:** Help our children to understand what anger is and how this emotion shows up in our bodies.

**Step 2:** Identify what the cause of the anger or trigger for the emotion is.

**Step 3:** Look at how we respond to the emotion and what tools we have that can help us react in the right way.

It is very important for us as adults to remember that we set an example to our children. Our response to anger is modeled to our children and will reflect in their behaviour. We live in a world where anger toward situations, people, work, politics and even our own families is quite common. Let's aim to keep engaging with our children and deal with our own anger in a way that models best practice in dealing with this emotion.

Hannes van der Westhuysen (Principal, Blouberg Preparatory Campus)

### Reminders:

Family Picnic and Activity Evening : Friday 3 August (5:30pm - 8pm). Bring your own picnic.

Grandparents Day : Friday 31 August

### Grade 2 Entrepreneurs Day

It is the Grade 2 Entrepreneur's Day on Friday, 3 August. They will be selling a wide variety of crafts and yummy edible goodies. Please support this event by sending your child to school with between **R20 & R50** in R1, R2 and R5 coins and a suitable container to carry their purchased goodies (Pre-primary children).

### Oral Hygienist visits Alligators & Hippos

The Alligators and Hippos learnt about the importance of brushing their teeth. We also baked a set of teeth, complete with gums and teeth.



## Gr R Music & Dance Theme

The Grade R's spent an exciting week learning about music and dance. They were treated to a demo by the ballet and zumba teachers. Lots of fun was had by all, including Mr West!



SO YOU THINK YOU CAN  
**ELKANAH**

**ENTRIES  
CLOSE  
15 AUGUST**

**ENTRY FORMS AVAILABLE  
FROM YOUR CAMPUS SECRETARY**

Heats: 28th - 29th August  
Finals: 1st September

*For the love of dance*

ELKANAH HOUSE  
**UPCOMING  
EVENTS**

*Elkanah House Choirs*  
**IN TUNE**

*with  
Loukmaan Adams*

**15 AUGUST  
19:00**

**R80**

TICKETS AVAILABLE  
ON QUICKET

*The café will  
be open for  
dinner from  
5:30PM*

Quicket

