

ELKANAH HOUSE

Weekly Newsletter



Weekly Newsletter - Junior 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

3 August

Gr 2 Entrepreneurs
Day

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)

Sport@Elkanah

Hockey

The U9 hockey boys and girls played against CBC last Thursday. Congratulations to both teams who won their matches 5-0. Ours players of the match were Ethan Laubscher and Stella Huxham respectively. Thank you to all the parents who came to support us.

Netball

The U9 netball girls played a match against Parklands College A team on Wednesday. Well done to all the players. The player of the match was Summer Meaker and Melissa Scott for their skills and dedication to the game. Final score was 2-8 to Parklands.



Rugby

On Wednesday afternoon, our U9 rugby team played a friendly match against our Sunningdale campus. It was quite remarkable to see how their skills have already developed since last term's matches. The boys all played with a wonderful team spirit and camaraderie. Well done boys.



BRAIN BUSTER



Last week's answer: N for November

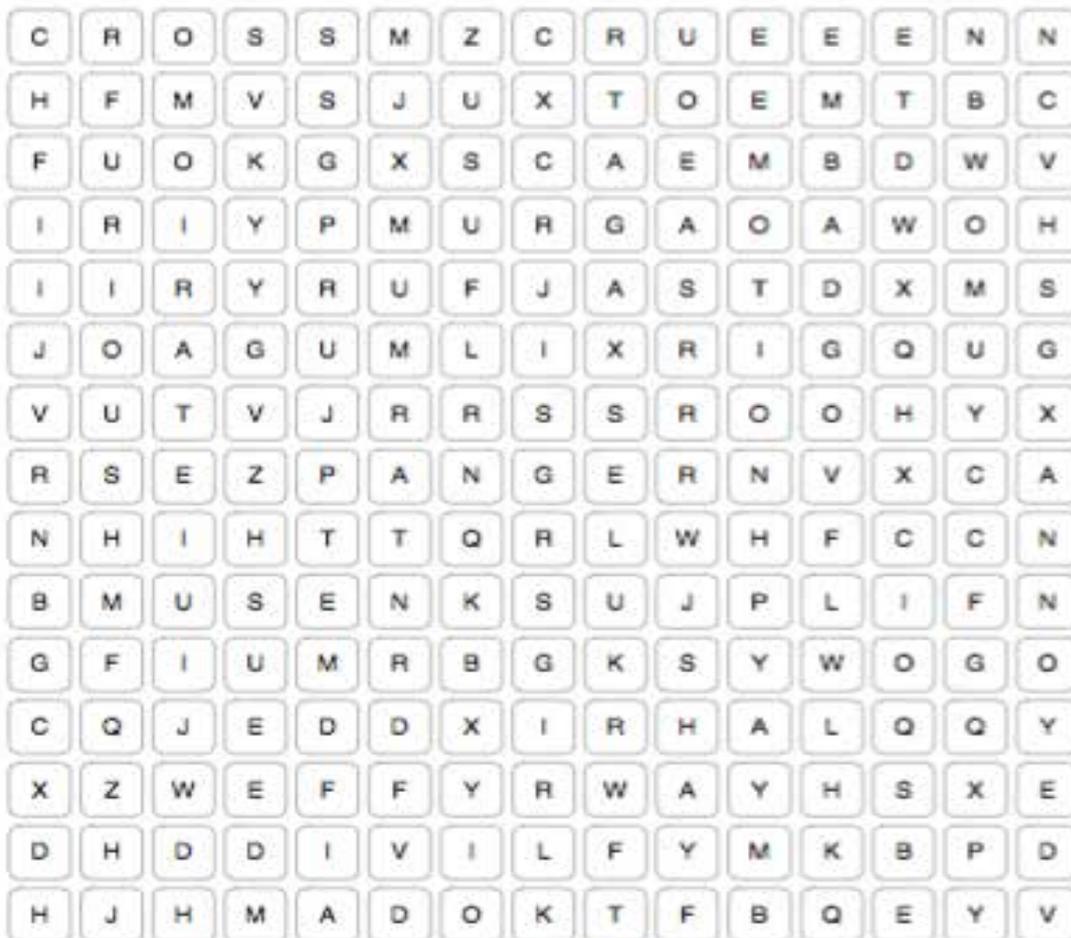
Well done to the following children who answered correctly.

- Ethan Tsai (Gr 1 Sunbirds)
- Pei-Chi Tsai-Rieb (Gr 1 Sunbirds)
- Tom Jones (Gr 2 Weavers)



ANGER

Can you find the hidden words in this word search?
 Words can go in the following directions: → ↓ ←



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).

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 5:30 PM

Quicket ELKANAH HOUSE