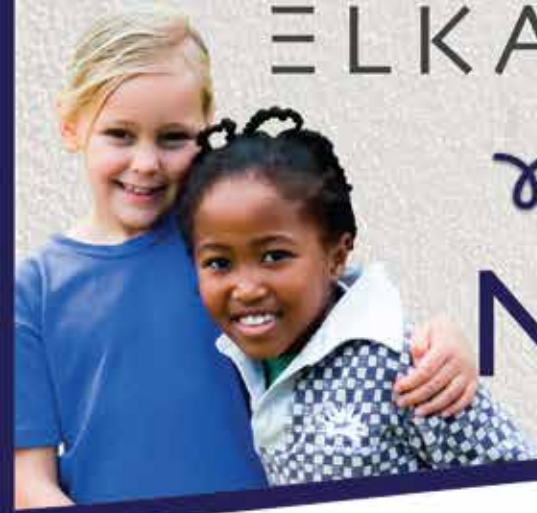


ELKANAH HOUSE

Weekly Newsletter



Weekly Newsletter - Junior Primary

2 August 2018

Dear Parents

"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 judgement 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.

As part of our Emotional Intelligence programme, 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

Grade 2
Entrepreneurs Day

15 August

Choir performance with
Loukmaan Adams

31 August

Spring Day

14 September

Hooked on Books Inting

13 September

Cross Country Event

14 September

Flavours of the Flag
event

19 September

Grandparents Day



Recycling and Fruit Pals

7 August

Bishops

14 August

Sunbirds

21 August

Sugarbirds

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 for 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)

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 no more than R20 in R1, R2 and R5 coins and a suitable container to carry their purchased goodies.

Recycling@Elkanah



Sport@Elkanah

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.

The U9 netball girls played a match against Blouberg Ridge A team on Wednesday and lost their match. The girls played really well and gave their all. We are proud of your efforts, girls!

The U9 rugby boys from Sunningdale campus played a friendly game against the Blouberg Campus. The purpose of these friendly matches are to develop skills and match experience. Lots of fun was had by all.



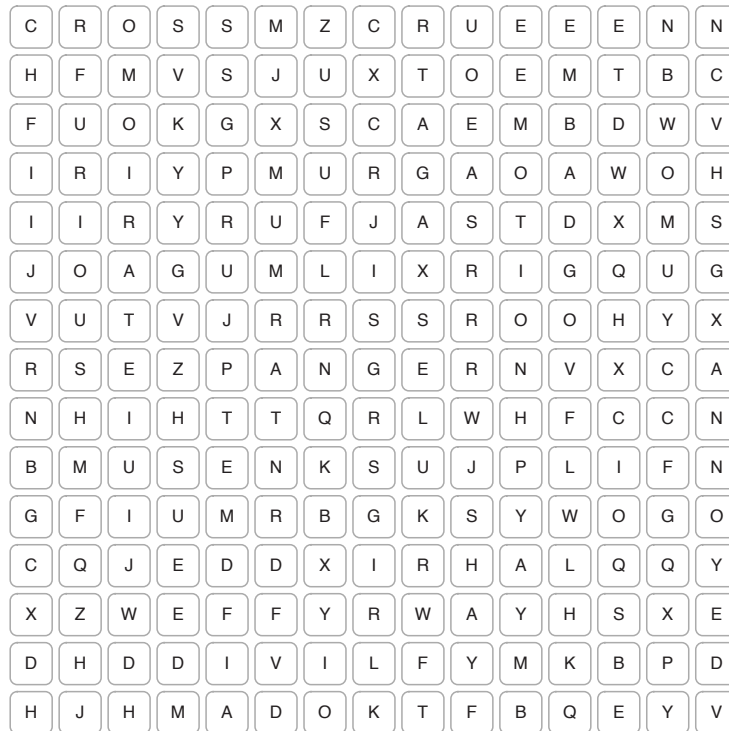
Brainbuster @ Elkanah

Please print and complete the word search below:

Anger

Can you find all the hidden words in this word search?

Words can go in the following directions: → ↓ ←



CROSS

GRUMPY

MAD

IRATE

FURY

ANGER

LIVID

EMOTION

ANNOYED

FURIOUS

Last weeks answer:
N for November

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 AVAILBLE
ON QUICKET

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

Quicket

