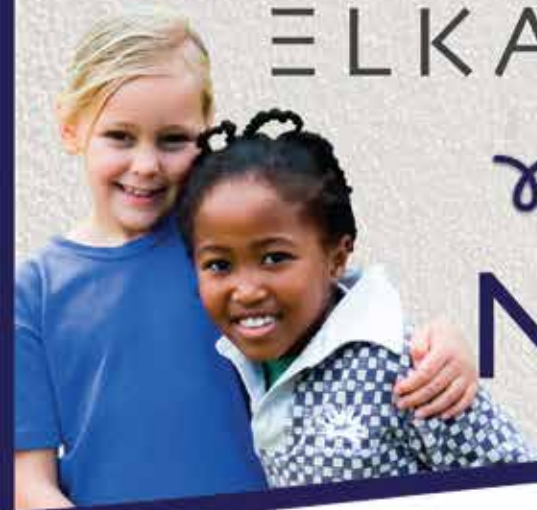


# ELKANAH HOUSE

## Weekly Newsletter



### Weekly Newsletter - Junior Primary

30 August 2018

Dear Parents

This week we embarked on the topic of impulse control as part of our emotional intelligence programme. In preparing for this topic, many interesting conversations were sparked around what impulse control looks like for our young children.

Young children are known for their spontaneity and can sometimes be quite impulsive. In some cases, children's impulsivity can be humorous or endearing. However, in some cases, it can become distracting, or may even cause harm to them or someone else.

Impulse control can be "taught" if the right steps are introduced and modeled from an early age. A big reason for developing our emotional intelligence programme at Elkanah House was to create an awareness for our children around their thoughts, feelings and actions. If a child is aware of what they are feeling, they are more likely to be able to identify this feeling and respond and monitor it appropriately.

For many of our children, having to control and regulate their impulses relates to times in their days where they do not always feel in control for example on the playground, choosing and regulating the foods they eat, gaming, playing with toys and shopping to mention just a few.

In an attempt to provide our children with a tool to regulate their impulses, our teachers will be introducing and focusing on the STOP-THINK-GO robot as a tool to assist them.

### DATES TO Diarise

**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



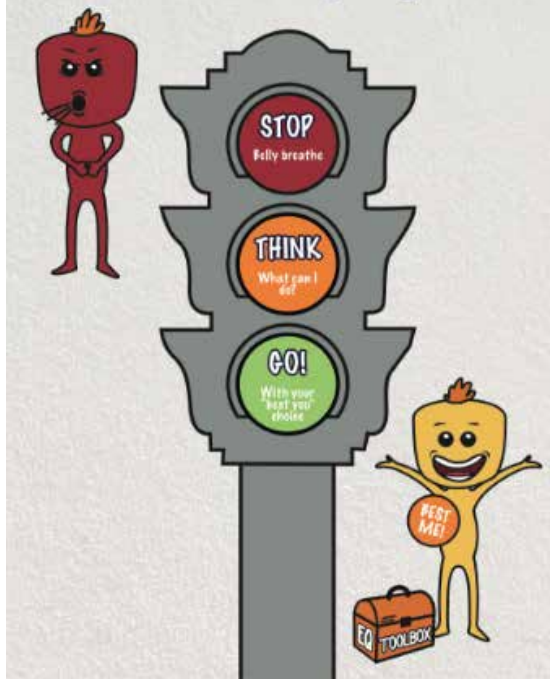
### Recycling and Fruit Pals

**4 September**  
Badgers

**11 September**  
Otters

**18 September**  
Giraffes

## I can control my impulses!



Step 1: **STOP** - breathe and calm yourself

Step 2: **THINK** - what options do I have?

Step 3: **GO** - with your best choice/the best you!

## Safety

We are aware of recent reports on social media and in the press regarding the safety of our children. In light of this we have examined our existing security measures and continue to create awareness amongst pupils and staff. We are pleased that our new security company, Thorburn, is in the process of being on-boarded and is well aware of the need for efficient and visible 24 hour security on our campuses. As from Monday, all visitors to our school other than parents, will be required to sign in and sign out via our security guard. This will be monitored on a register and will be done outside of drop off and collection times.

We ask that you assist us in the following ways:

- \* Should you arrange for your child to be fetched by another party, please inform the school timeously.
- \* If you will be giving a child other than your own a lift home, please notify the school office before leaving the premises (even if this is been arranged with the parent).
- \* Please inform the school office if you will be fetching your child later than expected.
- \* Although we will be discussing personal safety with our children, please also engage in conversation, creating awareness at an age-appropriate level without creating undue fear and panic.
- \* Please notify the security guard and/or school office should you notice anything out of the ordinary so that appropriate action can be taken.
- \* When entering and exiting the premises, please ensure that gates and doors and **firmly closed and locked behind you.**

While we take the safety of our children extremely seriously, we want to caution against creating unnecessary panic without checking the accuracy of the information received.



We would like to welcome Mpumelelo Jako, our new security guard from Thorburn Security. He will be officially starting on 4 September and will be on duty Monday to Friday from 06h00 - 18h00.



### **Parent and Teacher Meetings**

Our Parent Portal opens for parent and teacher meetings on 3 September and closes on 12 September. Please diarise this date to book a time slot to meet with your child's class teacher. Our late evening is on 18 September.

### **Extra-murals**

The parent portal will open for extra-mural bookings from 7-16 September. Please ensure that you sign your child up before the deadline as no late bookings will be accepted.

## **Watching Days @ Elkanah**

Parents are invited to watch extra-murals which your child is participating in this term, on the following days and times:

**Helen O'Grady** - there will be no watching day this term due to the concert in the fourth term.

### **Marimba / Djembe drums**

Grade 1 - Tuesday, 11 September: 13h30 - 14h00

Grade 2 - Wednesday, 12 September: 13h30 - 14h00

Grade 3 - Monday, 10 September: 13h30 - 14h00

**Zumba Kidz** - No watching day this term.

### **Modern Dancing**

Grade R & 1 - Tuesday, 11 September: 14h30 - 15h15

Grade 2 & 3 - Tuesday, 11 September: 15h15 - 16h00

### **Tap Dancing**

Tuesday, 11 September :16h30 - 17h30





# Sugarbirds @ Elkanah

The Grade One Sugarbirds are having great fun exploring the theme of careers. We visited Rosen Castle where the children could role-play and have fun looking at different careers. We completed a double-bubble thinking map to look at the similarities and differences between being a doctor and a teacher. They used their research skills to look up words in their dictionary and worked collaboratively with a partner. They also loved drawing themselves in their future chosen career. Here's to all the doctors, game rangers, vets and workers of the future!



# Reminders @ Elkanah

Photo orders close on 4 September

Buy your tope for Sunflower day on 21 September (R30 each)

Dress up for Spring Day - 31 August (favourite fruit or vegetable)

## Holiday Clinics

### **WCCA Cricket Week**

Date: Tuesday 25 - Friday 28 September 2018

Time: Tuesday - Thursday 13h00, Friday prize giving 13h00 - 13h30

Age: 5 - 12 years

Place: Elkanah House Senior Primary Field

Cost: R550

### **WCNA Netball Clinic**

Date: Thursday 4 October - Friday 5 October 2018

Time: 09h00 - 12h00

Age: 5 - 12 years

Place: Elkanah House High School Courts

Cost: R300

### **ATA Fun Holiday Tennis Clinic**

Date: 1st – 3rd of October (Grade 1-7)

Red Ball 9:00 - 11:00 am R400 ( Grade1 -2)

Orange Ball 9:00 - 12:00 pm R600 (Grade 3- 4)

Venue: Table View Tennis Club

RSVP: Jason Smit - 083 4885897 or atlantictennisacademy@telkomsa.net

### **Winning Ways Hockey Holiday Clinic**

Venue - Montague Action Sports Indoor Arena

Tues 25 to Thurs 27 September

9am till 12pm

Fee - R480

### **Winning Ways Athletics Holiday Clinic**

Elkanah Senior Primary Campus

Mon 1 to Wed 3 October

9am till 12pm

Fee - R480



# Sport@Elkanah

## Under 9 Netball

Played against CBC and lost 10 - 3

## Under 9 Rugby

Played Curro Century City and won 15 - 10

## Under 9 Hockey

Played Monte Vista Primary School on Thursday, 23 August

Girls lost 3-1 and boys boys drew 3 - 3.



# Brainbuster @ Elkanah

Name: \_\_\_\_\_  
Created with TheTeachersCorner.net [Word Search Maker](#)

## Impulse Control

F M B K B S U Q P W O G E Y T B G O W Q  
B W T P U R R E T N I P G E B W S L E I  
V K Q A H D L O R T N O C - F L E S V T  
X H T A H Y D Y N A I B Y O G I F F N D  
O B B E L L Y C J O P F D B O H G A O E  
C I T D X T Q N U J W Q T G G D T V A L  
H G J Y R B V K W D G Z - R B S D M C A  
C Q P S Z J A N Z Z E K U R N R F H J Y  
S T I R J C E J C J N M L I X R S A W E  
C Y I U P G R A T I F I C A T I O N M D  
I H Z A A A N O H S V Q M B Q X C W Z T  
M C Z F W Z T T Q W K I P A S T V P B X  
E Q V I H E - I C N O G R O X F U G D F  
G L T U M P I R E T A O V D N C U T I K  
E Z O N O P G L D N E H T A E R B E O R  
Q T I T E B U Z Q J T P U R S I D W V B  
M M S J D A Y L P K M L R C X A M Y A V  
M Y M T K U W V S A H L Y I Q Y O X S C  
Q W S Q B I N O V E K F A M K Z D D E P  
K K Y E E Y O P U X D D F C V T I U Y W

AVOID  
CALM  
GRATIFICATION  
INTERRUPT  
STOP-THINK-GO

BELLY  
DELAYED  
IMPULSE  
PATIENTLY  
WAIT

BREATHE  
DISRUPT  
INSTANT  
SELF-CONTROL

Last weeks answer:

O - One T - Two T - Three F - Four F - Five S - Six S - Seven **E - Eight**