

# ELKANAH HOUSE

## Weekly Newsletter



### Weekly Newsletter - Pre-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.

**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.

### DATES TO Diarise

**3 August**

Grade 2

Entrepreneurs Day

**31 August**

Spring Day

**14 September**

Hooked on Books Inting

**13 September**

Cross Country

**14 September**

Flavours of the Flag event

**19 September**

Grandparents Day



### Recycling and Fruit Pals

**7 August**

Bishops

**14 August**

Sunbirds

**21 August**

Sugarbirds

**28 August**

Wagtails

**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.

**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 ELKANAH HOUSE

# Sensory fun@Elkanah

This week we added something new to our sensory tub everyday. We started off with baby powder. Next we added dry maizena and then small amounts of water, giving it a runny texture. We used scrapers to make patterns in the gloop. On the final day we added more water and gel balls with spoons. We had a great time exploring and describing the scientific processes that were happening.

