

# ELKANAH HOUSE

## Weekly Newsletter



### Weekly Newsletter - Pre-Primary



Emotional  
Intelligence @elkanah

25 October 2018

Dear Parents

How exciting to be continuing with the emotional intelligence programme this term. It is interesting to note that our EQ is indeed our "super power" in this day and age of Artificial Intelligence. The theme for the last quarter of the year, is one of building a "Growth Mindset," with particular emphasis on building our courage, faith and hope. At Elkanah House, we believe that emotions are such a valuable resource to help our children gain insight into situations, strengthen their connections with others and fuel their purpose in life. By raising awareness of the value of emotions we will be ensuring that our children reach their potential and create a sense of well being within themselves.

Last term we celebrated Spring and our Grade 1s decided to grow beans, corn and other vegetables. The children were excited about the project and it turned out to be a perfect introduction to our "Growth Mindset" theme which we launched in October. We discussed what our beans needed to grow but then spoke more figuratively about ways in which we could grow our courage. The goal was for the children to recognise and explore their fears and then to come up with options on how to overcome these hurdles. It was problem-solving at it's best! The Grade One sleepover was a perfect opportunity to put all of these solutions into action. Needless to say, our fears were addressed and conquered! We survived the evening unscathed and even came up with options to help our moms not to worry too much! What a fun way to develop courage in our youth. Not only were they brave, but they developed an extra dollop of grit, endurance and tenacity. Global learning at it's best!

### DATES TO Diarise

**9 November**  
Sports Day  
Pre-primary & Junior  
Primary Combined

**5 December**  
Christmas Celebra-  
tion at Blouberg  
Campus (evening)

**6 December**  
Swop Over Day

**7 December**  
Break up Day



Recycling Duty  
29 October  
Badgers

As a staff, we have also reflected on what constitutes a “growth mindset” for us, both as educators and in our personal lives. Carol Dweck, a well known American psychologist, has done extensive research on what differentiates someone with a growth mindset from someone with a fixed mindset. According to Carol Dweck, a growth mindset all comes down to the POWER of believing that you CAN improve in all aspects of your life.

We are all very excited to embark on this theme of possibilities and discovery as we head towards the close of another vibrant year at Elkanah House.

### **Professional learning @ Elkanah**

During our staff development session this week, we revisited De Bono's Thinking Hats. We were reminded that De Bono's Thinking Hats are used successfully in corporations and schools worldwide. It is an excellent tool for teaching one of our global competencies, namely thinking skills.

This method of teaching thinking skills helps you to look at a problem from six different perspectives and then form your own opinion.

In today's world when all kinds of information is so readily available to our children, it is important that they learn to sift through information and form their own opinions. By mentally wearing and "switching hats" you can easily focus or redirect thoughts and conversations. It is an effective thinking process that helps adults and children to be more productive and focused.

If you hear your children speaking about the coloured hats; here's a quick guide:

- \* When you are wearing the white hat you are only looking at the facts
- \* The yellow hat represents the benefits, the advantages and looks at the positives
- \* The black hat represents the risks and the negative aspects
- \* The green hat represents creativity, growth, new ideas and alternatives
- \* The red hat represents feelings, intuition and gut feelings
- \* With the blue hat on, you manage the thinking process and sum up all that was discussed.



## The Six Thinking Hats

## Stranger Safety Workshop

This week, Bianca (Miss Manners) from Manners for Minors, came to talk to us about stranger safety. She taught the children some great ways to stay safe and sound. The children worked through scenarios with different characters and puppets and learnt that even a nice looking stranger can be mean on the inside.

She taught us:

- \* If mom or dad are with you, then talking to a stranger is ok, but when you are alone you should say that you aren't allowed to talk to strangers and go and find your parents or whomever is taking care of you.
- \* "I see you and you see me," which means you are never out of sight.
- \* Make sure to hold your parent's hand when you are in a busy place.
- \* If anyone tries to pick you up, you must "glue" your bottom to the ground, hug your knees and shout out.

Being aware of safety has always been and always will be of the utmost importance at Elkanah House, where we will continue to empower and guide your little ones to be wise and observant in their everyday lives.

## Sports Day: Friday 9 November

Sports Day takes place on Friday 9 November at the Blouberg campus, and we invite all parents to join us on this fun-filled day. Bring along your umbrellas and sun hats and have some fun in the sun. Races will start promptly at 9am. Programmes will be emailed to you the day before. The day will end at approximately 12h00 and children may go home afterwards. Before leaving, the children need to personally say goodbye to their class teacher.

Please pack the usual snack pack and water for your child as there will be an interval at approximately 10am when they will eat their snack.

A few tips for the day:

- \* JP children must wear navy shorts and their coloured house t-shirts.
- \* Pre-primary children should wear appropriate clothes for running.
- \* The children will sit in their sports houses for the duration of the day.
- \* For safety reasons please do not allow your younger children to run across the lanes.
- \* Tea and coffee will be available on a self-service basis.
- \* Carlucci's will be selling speciality coffees and snacks for parents.

## School Drop Off

Please note that the **Pre-primary** doors open at 07h45. Should you wish to arrive earlier, please use the Junior Primary entrance. All staff are in a meeting from 07h30 - 07h45 and the foyer is not supervised at this time. Kindly do not ring the bell to be let in before 07h45 as there is no staff member to monitor the front door.

The **Junior Primary** door opens at 07h30. Please **do not** drop your child off before 07h30, unless they are booked into early care, which is available from 07h00. No child may be left unsupervised before 07h30.

## Grade One Sleepover

"On Friday night we had a campout at school. We played soccer with the coaches and it was great fun. After that we all enjoyed pizzas. Then we made a fire and roasted marshmallows and sang camp songs with Mr West. Mr West played the guitar. I had fun." - Eva Heydt

"On Friday we had a camp at the school. I liked it because we played. We braicied marshmallows. We ate pizzas and they were delicious. Then we played touch the lantern. I had so much fun." - Zack Du Toit

I went to our sleepover at school and we set up our beds. We went to play outside in the garden and then we played some soccer. We had pizza and we played some more. Then we braicied marshmallows. Then we played the torch game. Then we went to bed. Then we woke up. We had breakfast. We had biscuits and juice. My favourite part of the sleepover was singing songs. - Casey Salvarto.

I went to the sleepover and I went out to the garden and then I saw Shay. We set up our mattress and Shay and i went out to the garden. The Wagtails went to play soccer and then it was our turn to play soccer. Then we roasted marshmallows. My favourite part of the sleepover was the roasted marshmallows. - Mikayla Palm.

