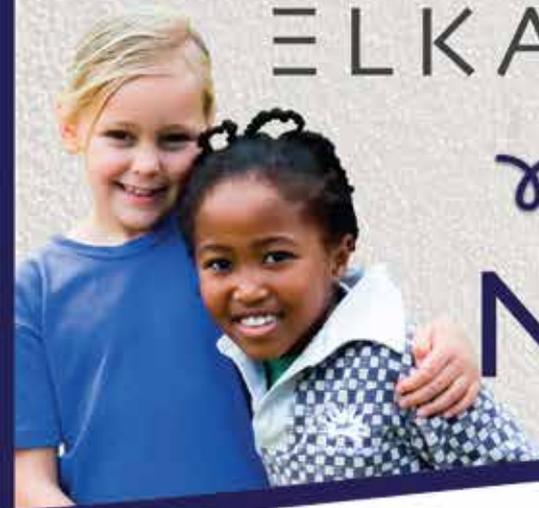


# ELKANAH HOUSE

## Weekly Newsletter



### Weekly Newsletter - Junior Primary

***Proverbs 3:5-6 Trust in the Lord with all your heart, and do not rely on your own understanding; think about Him in all your ways, and He will guide you on the right paths.***

22 February 2019

We all know the importance of developing a healthy self-esteem in our young children cannot be underestimated. It is for this reason that self-esteem or self-regard is one of the key components of our emotional intelligence theme this term.

A person's self-esteem impacts their behaviour and thoughts, changes the way they feel about themselves and often determines how they interact and respond to others. It can be the difference between success and failure and it influences happiness. If we do not value ourselves, how will we be able to value others?

This term our teachers will be working on developing each child's self-esteem by examining their own individual and unique strengths. This will ultimately link into the goals that our children have identified and set for themselves to achieve during the course of the year.

Children with a positive self-esteem feel accepted, confident, proud of what they can do and are more likely to think good thoughts about themselves and their abilities. A positive self-esteem equips a child to cope with mistakes and to have the courage to try again, even if they fail at first. As a result, self-esteem helps children to do better at school, at home, and with friends.

On the other hand, children with a low self-esteem feel

### DATES TO Diarise

**7 March**

Parent Ed Talk  
Children (and parents)  
need boundaries

**11 - 15 March**

Earth day & week

**12 March**

Late parent and  
teacher meetings

**14 March**

JP Fun Gala

**15 March**

Extra murals end

**18 & 19 March**

School ends at 13h00

**20 March**

Break up day (school  
ends at 11h15)



### Recycling and fruit pals

26 February  
Robins

5 March  
Weavers

12 March  
Bishops

unsure of themselves. If they think that others won't accept them, they may not join in. They may let others treat them poorly and have a hard time standing up for themselves. They may give up easily, or not try at all, never reaching their full potential. It's hard for children with a low self-esteem to cope when they make a mistake, lose, or fail.

Self-esteem starts as early as babyhood and it develops slowly over time. Making a child feel safe, loved, and accepted can often be the start of a healthy self-esteem. All research suggests that allowing children the opportunities to try things for themselves, even if they make mistakes, grows their self-esteem. Any time a child tries something new is a chance for self-esteem to grow. At school, this can happen when new opportunities present in the classroom, on the playground and sports field. Every child deserves a chance to learn, try, and feel proud. It is important to not make new challenges too easy - or too hard, or fall into the trap of lovingly doing everything for them!

Praise your child, but do it wisely. Don't overpraise. Praise that doesn't feel earned doesn't ring true. Praise effort, progress and attitude but avoid focusing praise only on results. With the right kind of praise, kids put effort into things, work toward goals, and try. When kids do that, they're more likely to succeed.

Modeling good behaviour by putting an effort and good attitude into everyday tasks also sets a good example to our children. In this way, our children will learn that anything worth doing, is worth doing well. This will result in your child putting effort into their homework, chores, tidying room etc.

Avoid harsh criticism. The messages kids hear about themselves from others easily translate into how they feel about themselves. Harsh words ("You're so lazy!") are harmful, not motivating.

Lastly, children who have the opportunity to give and bless others through acts of kindness and service, often have a positive self-regard. Self-esteem grows when children get to see that what they do matters to others.

Through an intentional focus on this topic throughout this term, we will guide our children to focus on their strengths, providing a platform to grow our emotional intelligence at Elkanah House.

Pippa Sinclair

### **Parents and Teacher Meetings**

At Elkanah House, we value the importance of good parent/teacher relationships and we want to keep you updated on your child's progress. We believe it is imperative that you meet with your child's teacher to receive a verbal report on his/her progress. On Tuesday, 12 March all our teaching staff will be at school until 20h00 to meet with parents (this is to accommodate working parents.) Afternoon slots will also be available on other days.



Parents will be able to book a suitable day and time for their teacher meetings on the Parent Portal from Monday, 25 February to Sunday, 10 March when the Parent/Educator Meeting tab will be made available.

### **Extra-mural Bookings Term 2**

The ECA tab on the Parent Portal will be open for extra-mural bookings from 09h00 on Monday, 25 February and will close at midnight on Sunday, 3 March.

Prior to booking, we will send you an updated information brochure detailing our sporting and cultural extra-mural programme for Term 2. Please don't forget to book an extra-mural for your child. Pre-primary extra-murals are optional.

Junior Primary children must sign up for one cultural and one sporting extra-mural on their compulsory extra-mural days. Grade 3s are reminded that the sporting extra-mural which they select in Term 2 will be carried over to Term 3. This applies to the following sports: netball, rugby and hockey. The optional extra sports and cultural extra-murals must be signed up termly.

### **Beebots Grade R, 1 and 2**

A reminder that if your child has signed up for Beebots in Term 1, they may not be signed up again in Term 2, 3 and 4 as it is a repeat programme. We would like to give everyone the opportunity to take part in this extra mural.

### **School closed**

General elections will be held in South Africa on the 8th of May 2019 to elect a new National Assembly and new provincial legislatures in each province. Please note that school and aftercare will be closed on this day.

### **Rainbow Reading**

Our Rainbow Reading programme assists children in developing their reading and comprehension skills. We are looking for volunteers to assist us on Friday mornings from 07h30 to 08h00. This term we will be working with our Grade 3s. This opportunity is truly rewarding as you form special relationships with your student and see the impact of your help and support as you guide them through their reading tasks. If you are interested in assisting with Rainbow Reading this term, please email [mblewett@elkanah.co.za](mailto:mblewett@elkanah.co.za). In order to become a volunteer, we will offer a training session for you to attend, the date of which is still be confirmed.



# Global Competencies in action

Our Grade 3s are making learning come alive as they practice the parts of the body in isiXhosa using song and dance. Global competencies are continuously reinforced as learners are encouraged to develop communication and social skills by working in pairs and small groups to learn new vocabulary and dialogue throughout isiXhosa lessons.



Our Grade 3's incorporated the skills of self management while playing their first matches this term. They were encouraged to adopt a growth mindset and understand the importance of "yet". I might not be able to bowl well yet but with practice I will be able to soon. I might not be able to hit the ball well yet but if I continue to work at it, I will be able to. This practice also encourages collaboration, teamwork, communication and self-reflection. Well done, Grade 3s!



## “Proudly Capetonian”

The Grade 3 classes are exploring all that makes us proud to be who we are. We first discussed the important landmarks in our beautiful city and without doubt, most of the Grade 3's said that the most important tourist destination is Table Mountain, hence, our beautiful Artwork depicting Table Mountain with Cape Town in its shadow.

When asked which other important landmarks they frequently visited, the following were mentioned: V&A Waterfront, Kirstenbosch Gardens, The Wine farms of the Cape “especially because some of our parent’s love going there!”, SANCCOB the penguin sanctuary, the beautiful beaches and Robben Island.

We used our acquired language skills of nouns, adjectives and verbs to design a Tourist Guide to show off some of our beautiful Capetonian hotspots.

From our findings, we can clearly see that Cape Town is very close to the Grade 3's hearts.



## **Global Competencies have arrived at Elkanah House**

As you know, last week was the official introduction of our Global Competencies at Elkanah House! Much excitement was in the air as our children walked in through our doors to be greeted by Management Mia, Kylie Comms, Social Siya, Research Rajesh and Thinking Theo.

This term, our focus will be on developing our self management skills which will be incorporated into all aspects of our curriculum.

## **Challenge for the Grade 3s**

On Monday morning, Management Mia will be "hidden" somewhere in the Junior Primary. We challenge our Grade 3s to find Management Mia and get a picture of yourself (and Mom or Dad if you wish!) with her. If mom and dad are unable to walk you in, our Grade 3 teachers will be available to take photos. Post this picture on social media, including at least 3 things that Management Mia does very well! Don't forget to tag Elkanah House. The most unique photo will then be featured in our newsletter. Let's see how many pictures we can collect!

The Grade 1s and 2s will also get a chance to capture special moments with our friendly Super Heroes in the terms ahead.

# *Achievements*

On Saturday our athletes took part in the Metro North District Athletics Championships at Parow Athletics Stadium.

Congratulations to Tyler Hunt ( Grade 3 - Sunningdale Prep) who came 1st in the U/10 girls 1200m. Tyler has also earned her district colours. Well done, to Tyler and many other Elkanah House athletes who have qualified for the Western Province Championships. We are very proud of our athletes and we wish them well as they participate in the Provincial Championships this weekend in Stellenbosch.



Parent



CHILDREN  
(AND PARENTS)

NEED  
BOUNDARIES

- Talk by Janet Bytheway

Clinical Psychologist and co-founder of  
the Blouberg Therapy Centre

*Children need to know where they stand in an ever changing world.  
Parents need to figure out where they stand as they negotiate  
rearing their children for life in an ever changing world.*



07 MARCH 2019 AT 7PM

Sunningdale Prep Hall

26 Valderrama Drive | Sunningdale

Please book your seat via the Google form link sent to you. RSVP by 05 March 2019.  
There are limited seats available!



ELKANAH HOUSE