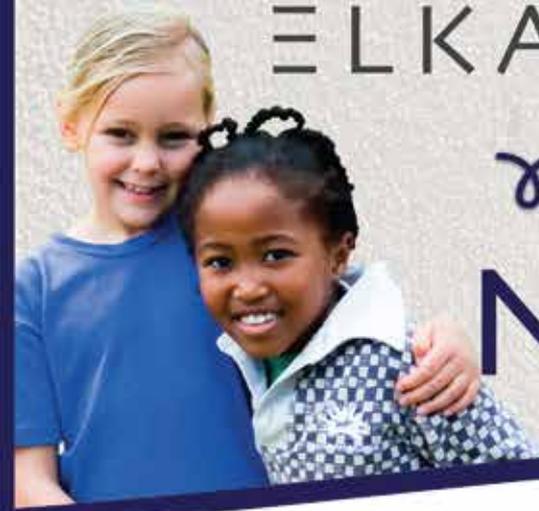


ELKANAH HOUSE

Weekly Newsletter



Weekly Newsletter - Junior Primary

10 May 2019

A Mother's Love
Of all the special joys in life,
The big ones and the small,
A mother's love and tenderness
Is the greatest of them all.
~ Anon.

Happy Mother's Day to all our wonderful moms!

Galatians 6:9 NIV

Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.

To navigate this ever-shifting world, young people need to be adaptable. According to the experts, adaptability is something that can be taught. Adaptability refers to our capacity to respond to uncertainty, change, and novelty.

I often share with our pupils that "change is the one thing in life that we can be certain of." As change is inevitable, the ability to be able to adapt to it is crucial to our well being. With this in mind, the concept of adaptability and flexibility has been the topic we have been exploring this term as a part of our EQ theme. Our children have learnt that not only does a flexible mindset enhance our enjoyment but it also significantly reduces stress and improves our general sense of well-being. Recent studies show that young people who are more adaptable are more likely to participate in class, enjoy school, have higher self-esteem, and have a more concrete sense of meaning and purpose in life. In a school environment, pupils are often faced with changing lessons, a different teacher, new work groups, new academic skills and tasks, fluid social group dynamics and new sporting or creative tasks.

DATES TO Diarise

14 May

One day without shoes

20 - 25 May

Concert week

4 - 12 June

Extra mural bookings
and
Parent / teacher
meeting bookings

10 & 11 June

Sibling photos

19 June

Late Parent Meetings

21 June

Break up day (school
ends at 11h15)



Recycling and fruit pals

7 May
Giraffes

14 May
Chameleons

21 May
Dolphins

28 May
Hedgehogs

Change and uncertainty are a reality of life. The extent to which young people effectively respond to this reality will have a significant bearing on their life course.

Studies found that adaptable young people were able to adjust three things when faced with changing or uncertain circumstances: their thinking, their behaviour, and their emotions.

During the course of this term, our teachers have worked with our children to develop an attitude of flexibility and adaptability. Through group discussions, role play and interactive activities, our children have been challenged to adapt their emotions, behaviours and thoughts to unpredictable circumstances and ideas. They have been encouraged to “unlearn” old ways and to think how they could do things differently. They have also been encouraged to identify and distinguish between flexible and rigid behaviour. We have encouraged them to then apply what they have learnt in group work situations or on the playground.

We encourage you as parents to continue these conversations with your child at home in order to keep growing a flexible mindset for our future generation.

Pippa Sinclair
Principal Sunningdale Prep

Please diarise - date changes:

One Day Without Shoes - Tuesday, 14 May.

Please refer to last weeks notice re “One day without shoes”

Late Parent / Teacher meeting date - Wednesday, 19 June

Please note our late parent teacher meeting date has changed to the above.

Watching Days

We will be doing our extra-mural watching days the week of 27 May to 31 May, prior to the Parent Portal opening for Term 3 extra mural bookings. Please diarise this. More details to follow in next weeks notice.

Demo lessons

We will be doing demo lessons during the week of 27 - 31 May for the following extra murals.

Pre-primary - Stretch n Grow

Junior Primary - Zumba and Experi-buddies

We are allowing our service providers who have low numbers to introduce their extra mural to the children. More details to follow next week.

Concert Stage Rehearsals

If you have not done so already, please login into the Ed Admin (existing) parent portal to give permission for us to transport your child to and from the High School for concert stage rehearsals.



Global Competencies @ Elkanah

Grade 1

We provide many opportunities for our Grade 1s to communicate what they are learning with one another on a daily basis.

The Grade Ones are learning to write their own simple sentences. They love to use their Desktop Dictionaries to ask for words they cannot yet spell. They are so clever at finding the correct page for the teacher to write the word down.

Recently they had fun learning about giraffes and making up their own sentences.

We are so proud of what our Grade 1s have achieved so far!



Challenge for the Grade 1s

On Tuesday morning, Kylie Comms will be “hidden” somewhere in the Junior Primary playground. We challenge our Grade 1s to find Kylie Comms 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 1 teachers will be available to take photos. **Post this picture on Facebook, including at least 3 things that Kylie Comms does very well!** (You will find the clues for what she does well in the foyer). Don't forget to hashtag Elkanah House #elkanahhouse. The most unique photos will then be featured in our newsletter. Let's see how many pictures we can collect!

Sport @ Elkanah

Our U9 hockey boys and girls participated in a hockey tournament at Tableview Primary School on Saturday, 4 May. All our teams played four matches each. Our players did extremely well and it was wonderful to see how the children improved their skills and positional play throughout the tournament. Participation in this tournament will help our children in the up and coming hockey matches that are played each Thursday.

This Thursday, 9 May, our U9 Hockey Girls and Boys played matches against Sunningdale Primary School. We were victorious in all of our matches. It was wonderful to see how the players played with confidence and displayed good sportsmanship. U9 Girls A team won 4 - 2. The player of the match was Heike Du Toit. U9 Girls B team won 10 - 1. The player of the match was Dylan van Vuuren. U9 Boys A team drew 3 - 3. The player of the match was Zincge Tywabi. U9 Boys B team won 8 - 1. The player of the match was Sean Webb.



Cross Country

Well done to our children who competed at the Eversdal Trimpark cross country event. The results were as follows:

Tyler Hunt - 1st
Adam Long - 16th
Zingce Tywabi - 12th
James Rheeder - 4th

Achievement

Congratulations to Kayla Hahn who competed in the Kimura Shukokai International regional karate tournament on Saturday 4 May 2019. She won the Gold medal for Kumite in the 10-11 yrs category. Well done, Kayla!



ELKANAH HOUSE
BE OUR SPECIAL GUEST
as we share experiences and advice for parents approaching life at "big school".

Tuesday 14 May 2019 | 18h30 - 20h00
Blouberg Preparatory, 15 Sail Street, Bloubergsands

An introduction to Grade 1 &
The Need For Boundaries Parent Talk by Janet Bytheway
(Clinical Psychologist and co-founder of the Blouberg Therapy Centre)

Snacks & refreshments will be served | RSVP to mjohnson@elkanah.co.za

ELKANAH HOUSE
SUNNINGDALE & BLOUBERG PREPARATORY

OPEN DAY

18 MAY 2019
9AM TO 11AM

BLOUBERG PREPARATORY
15 Sail Street, Blouberg Sands

SUNNINGDALE PREPARATORY
26 Valderama Drive, Sunningdale