



ELKANAH HOUSE

Weekly Newsletter



Weekly Newsletter - Pre-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
meetings

10 & 11 June

Sibling photos

19 June

Late Parent Meetings

21 June

Break up day (school
ends at 11h15)



Recycling and fruit pals

14 May

Chameleons

21 May

Dolphins

28 May

Hedgehogs

4 June

Alligators

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

The Alligators and Hippos enjoyed a Miss Manners Inting to celebrate our Expressions and Feelings theme. They learnt that it's ok to feel angry, scared and frustrated and they discussed ways to deal with these feelings in a positive way.



Feeling clocks



One of our craft activities linking to this theme was spin painting to the count of ten to make our feeling clocks

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



SUNNINGDALE PREPARATORY PRESENTS

JUKEBOX Juggles

**23 MAY AND
24 MAY 2019**
AT 18H30

25 MAY 2019
AT 10H00
& 18H30

R60 | R30
PER ADULT | PER CHILD

(4 TICKETS PER FAMILY)
TICKETS AVAILABLE ON QUICKET

THEATRE@ELKANAH
26 SUNNINGDALE DRIVE, SUNNINGDALE

Quicket

ELKANAH HOUSE

JUKEBOX DRAWING BY MATT FINLAYSON
POSTER DESIGN INSPIRED BY MATT FINLAYSON'S DRAWING

