

17 Julie 2013

Omsendbrief 7/2013

Geagte Ouers/Voogde

"Life isn't about how you survived the storm ... it's about how you danced in the rain"
- Unknown



1. **Boodskap van die Hoof**

Baie welkom terug aan al ons leerders en personeel vir die begin van die derde kwartaal. Ons vertrou almal is uitgerus en sien uit na die kwartaal.

Ons sê baie geluk aan Me Sanette Small met haar aanstelling as Departementshoof: Intermediêre fase (graad 4 – 6). Baie sterkte met die nuwe verantwoordelikheid.

Me Elizabeth van Noord is ernstig siek en ons wil haar in gebed opdra. Ons hoop sy sal gou gesond word.

2. **Belangrike datums**

| Sondag | Maandag | Dinsdag | Woensdag | Donderdag | Vrydag | Saterdag |
|--------|---------|--|--------------------------------|-----------|--|----------|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 Sci Bona besoek vir Gr 9 Natuurwetenskap Gr 10-12 Lewenswetenskap en Fisiese wetenskap | 20 |
| 21 | 22 | 23 Oueraand Gr 1- 11. Rapporte oorhandig aan ouers Gr 10 Tronkbesoek | 24 Gr. 12 Oueronderhoude | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 Gr 12 Oueronderhoude | | | |

3. Madiba verjaar, 18 Julie

Ons wil graag op die spesiale dag vir 'n baie spesiale persoon iets doen. Op Donderdag, 18 Julie wil ons graag 'n muntlegging hou ter ere van Madiba. Die fondse wat ingesamel word sal aan 'n voorafgekose liefdadigheds organisasie geskenk word.

Stuur asseblief al julle los munte en help ons om van die dag 'n sukses te maak.

Vriendelike Groete

T Groenewald
Hoof

J Nourse
Adjunkhoof

A Niehaus
Adjunkhoof

MAGNESIUM SULPHATE BATH SALTS

Benefits for adults, natural anti-inflammatory, muscle relaxant and more. Organic range (Pure-Theran) also available for sensitive skin types.

Most-Active
folates

Pure-Theran
sensitive skin

Most-Active is a Magnesium Sulphate Bubble Bath Salt for Adults (antiseptic to alleviate stress, migraines, headaches, rashes, arthritis and Rheumatoid and other ailments or muscle related injuries or strains).

Pure-Theran is a Magnesium Sulphate Bath Salt that is 100% and bubble free. Suitable for pregnant women, eczema and hyper-sensitive skin as well as people who don't enjoy bubbles.



PEOPLE WITH THE BELOW SYMPTOMS MAY BENEFIT FROM THE SALTS

| | | |
|-------------------|----------------------|---------------------|
| ADD / ADHD | Fatigue | Osteoporosis |
| Alzheimer's | Headaches | PSG |
| Asthma | Hypertension | Pre-Eclampsia |
| Brain Development | Incontinence | Pregnancy |
| Cancer | Kidney Stones | Pre-Term Labour |
| Cell renewal | Magnesium Deficiency | Sports Injuries |
| Central Palsy | Migraine | Stress |
| Constipation | Mitralgia | Sulphate Deficiency |
| Dizziness | Muscle Injuries | Surgical Recovery |
| Diabetes | Nerve Injury | Sweating |
| Eczema | | Typhoid |

I AM PRONE TO SENSITIVITY (such as Itchiness), ARE THE SALTS SAFE TO USE?
If there is cause for concern then we suggest you try our Itchless and Calmer Free Range. Ask one of our agents for a Pure-Theran Response before you purchase from the standard range.

AWARD WINNING PRODUCTS:
Most Innovative - Certificate of Excellence for Most Innovative Product - Pretoria 2012
Best Bubble Bath - Certificate of Excellence for Most Innovative Product - Durban 2012
Best Bubble Bath - Certificate of Excellence for Most Innovative Product - Swellendam 2012
Best Bubble Bath - Overall and Creator of Most Award Winning Products in 2012
ENTREPRENEUR OF YEAR 2012

AGENTS REQUIRED
Country Wide Enrol Today!!!

TINKA KRIEGER
081 537 5580
kriegers@telkomsa.net

Therapeutic Naturals 021 981 2345 www.telnic.co.za

MAGNESIUM SULPHATE BATH SALTS

Kiddy-Calm
for kids

HOW DO THE SALTS WORK?
Your body requires Sulphate as a pathway to process all the artificial additives and toxins found in modern manufactured foods. The body may have more toxins to process than it can manage due to a lack of Sulphate. To alleviate the unpleasant reactions such as hyperactivity, aggression, tantrums, sleep problems, night terrors, irritability, eczema, and other skin conditions as well as headaches, migraines and muscle tension, you can undergo the "bottle neck" effect by increasing the Sulphate levels in the body. A simple bubble bath in our salts will help increase the Sulphate levels and immediately start to rid the body of these toxins. It basically slows down to this: people who suffer from the listed modern day ailments / illnesses (all babies have a magnesium and / or sulphate deficiency).



HOW OFTEN CAN I USE THE SALTS?
Magnesium Sulphate is so safe to use that the more you use the salts the more you benefit. It is suggested that the salts be used daily in the bath to help maintain the optimum level your body requires. Follow the instructions on the package and then play with the quantity until you find the best dosage suited to you.

ARE THE SALTS SAFE TO USE?
Multiple tests have shown that Magnesium Sulphate is perfectly safe to use for just about everyone. You can't overdose on it as your body will only absorb what is needed to rebalance your Sulphate levels. If you suffer from a kidney disease or liver, it is suggested that you consult your doctor prior to use as the salts may over stimulate the tissues. For any other concerns, it is always best to first consult your doctor prior to use.

WHAT IF I DON'T or CAN'T BATH?
If bathing is not possible, then use the salts in a foot spa and soak your feet for 20-30 minutes. We also have a discount foot treatment - Itchless Dalgemar or Hot Soak - which is a two part sock and is sure to be enjoyed by all.

Kiddy-Calm is available in either a 1kg or a 2.5kg tub and also 1kg or 2.5kg zip-lock tubs. Please visit our website or contact your nearest agent for pricing on our products.

Benefits for kids: reduces hyperactivity, improves sleep patterns, increases attention, rid the body of artificial additives found in foods such as coloring, flavouring and preservatives.

Therapeutic Naturals 021 981 2345 natals@telnic.co.za

17 July 2013

Circular 7/2013

Dear Parents/Guardians

."Life isn't about how you survived the storm ... it's about how you danced in the rain" - Unknown



1. Message from the Principal

We are thankful for God's grace watching over our school. I would also like to thank all teachers and parents for their hard work in helping the learners achieve good results.

Mrs van Noord is very ill, please keep her in your prayers. We wish her a speedy recovery.

Congratulations to Mrs Sanette Small on her appointment as Head of Department in the Intermediate Phase (grade 4 – 6). Good luck with all your new responsibilities.

2. Important Dates

| Sondag | Maandag | Dinsdag | Woensdag | Donderdag | Vrydag | Saterdag |
|--------|---------|--|---------------------------------------|-----------|---|----------|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 Gr 9 Sci Bona Visit Gr 10-12 Physical Science, Life Science | 20 |
| 21 | 22 | 23 Parents' evening Gr 1-11. Hand out reports to parents Gr 10 Visit to Prison | 24 Gr. 12 Parents' interviews | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 Gr 12 Parents' interviews | | | |

3. Madiba's Birthday, 18 July

We would like to do something special for a very special person on his birthday. On Thursday, 18 July, we are having a coin lay-out for Madiba. The money raised will be handed over to a chosen charity.

Please send all your loose coins and help us to make this day a success!

Yours faithfully

**T GROENEWALD
PRINCIPAL**

**J NOURSE
DEPUTY PRINCIPAL**

**A NIEHAUS
DEPUTY PRINCIPAL**

MAGNESIUM SULPHATE BATH SALTS

Kiddy-Calm
for kids

Kiddy-Calm is a Magnesium Sulphate Bath Salt salt created for children and comes in five fun colours and fragrances. Kiddy-Calm works really well for improving sleep patterns, reducing hyperactivity and easing with brain development.

WHAT IS MAGNESIUM SULPHATE?
Magnesium Sulphate can improve that come together based on having a positive and negative charge and are absorbed into the skin while soaking in the bath. The salt can be very beneficial for individuals with neurological conditions including autism spectrum, sensory integration disorder, ADHD or ADHD and many bone and muscle related symptoms and common modern day illnesses.

HOW DO THE SALTS WORK?
Your body requires sulphate as a gateway to process all the artificial additives and toxins found in modern manufactured foods. The body may have more trouble to process than it can manage due to a lack of sulphate. To offset the unbalanced reactions such as hyperactivity, aggression, tantrums, sleep problems, night-wakes, irritability, acne, and other skin conditions as well as headaches, migraines and muscle tension, you can unlock the "bottle neck" effect by increasing the sulphate levels in the body. A simple sulfate bath in our salts will help increase the sulphate levels and immediately start to rid the body of these toxins. It basically comes down to this: people who suffer from the listed modern day living forms of illnesses probably have a Magnesium and / or Sulphate deficiency.

HOW OFTEN CAN I USE THE SALTS?
Magnesium Sulphate is so safe to use that the more you use the salts the more you benefit. It is suggested that the salts be used only in the bath to help maintain the optimum levels your body requires. Follow the instructions on dosage and then play with the quantity until you find the best dosage suited to you.

WHAT IF I DON'T or CAN'T BATH?
If bathing is not possible, then use the salts in a foot spa and soak your feet for 20 - 30 minutes. We also have a discolorant foot treatment - foot Soothe or foot Soothe - which is a two part sock and is sure to be enjoyed by all.

ARE THE SALTS SAFE TO USE?
Multiple tests have shown that Magnesium Sulphate is perfectly safe to use for just about everyone. You can't overdose on it as your body will only absorb what is needed to restore your sulphate levels. If you suffer from a kidney disease or liver, it is suggested that you consult your doctor prior to use as the salt may over stimulate the kidney. For any other concerns, it is always best to first consult your doctor prior to use.

Kiddy-Calm is available in either a 1kg or a 2.5kg 100 slip lock or 2.5kg slip lock soft bag. Please visit our website or contact your nearest agent for pricing on our products.

Benefits for kids: reduce hyperactivity, improve sleep patterns, increases attention, rid the body of artificial additives found in foods such as colouring, flavouring and preservatives.

Therific Naturals 021 981 2345 info@therific.co.za

MAGNESIUM SULPHATE BATH SALTS

Quartz for adults, natural sea salt for kids, muscle relaxant and organic magnesium (Epsom Salt) also available for sensitive skin types.

Mal-Tain
for adults

Pure-Thaim
sensitive skin

Mal-Tain is a Magnesium Sulphate Bath Salt for adults and helps to relieve stress, migraines, headaches, insomnia, arthritis and fibromyalgia and other all bone or muscle related injuries or ailments.

Pure-Thaim is a Magnesium Sulphate Bath Salt that is colour and bubble free, suitable for pregnant women, eczema and hyper-sensitive skin as well as people who don't enjoy bubbles.

PEOPLE WITH THE BELOW SYMPTOMS MAY BENEFIT FROM THE SALTS

| | | |
|------------------|----------------------|---------------------|
| ADHD/ADD | Fatigue | Diarrhoea |
| Alzheimer's | Headaches | PMS |
| Asthma | Hypertension | Pra-Eclampsia |
| Bath Development | Insomnia | Pregnancy |
| Cancer | Kidney Stones | Pre-Term Labor |
| Cell renewal | Magnesium Deficiency | Sports Injuries |
| Central Pain | Migraine | Stress |
| Constipation | Muscle Injuries | Sulphate Deficiency |
| Dizziness | Muscle Tension | Surgical Recovery |
| Diabetes | Nerve Injury | Swelling |
| Eczema | | Taco Stock |

I AM PRONE TO SENSITIVITY (such as Itchiness), ARE THE SALTS SAFE TO USE?
If there is cause for concern then we suggest you try our Bubble and Color Free range. Ask one of our agents for a Pure-Thaim Review before you purchase from the standard range.

AWARD WINNING PRODUCTS:
Tinka Krieger - Certificate of Excellence for Most Innovative Product - Feb to April 2012
Tinka Krieger - Certificate of Excellence for Most Innovative Product - October 2012
Tinka Krieger - Certificate of Excellence for Best Green Product - November 2012
Tinka Krieger - Owner and Creator of Best-selling products is awarded **ENTREPRENEUR OF YEAR 2012**

**Agents Required
Country Wide Enrol Today!!!**

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