

29 Julie 2013

Omsendbrief 8/2013

Geagte Ouers/Voogde

I don't measure a mans success by how high he climbs but how high he bounces when he hits bottom –

Gen George S Patton

1. Boodskap van die Hoof

Ons vertrou dat almal warm en gesond is.

Ons verwelkom Me Karin van Antwerpen (RO) terug na 'n operasie.

Me Poppie van Staden (Bussies) is op haar pos na 'n siekbed.

Sterkte aan almal vir hierdie kwartaal!

2. Belangrike datums

SONDAG	MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRYDAG	SATERDAG
				1	2 Grondslagfase Koekverkoop	3
4	5	6	7	8 Hartbeespoort slangpark besoek 18:00 BL Finansiële vergadering	9 Vrouedag	10
11	12 18:00 BL- Algemene vergadering	13	14 Lantern's got talent	15 VSR - Kamp	16 VSR - Kamp	17 VSR - Kamp
18	19	20	21	22 Matriekafskeid	23	24
25	26 Rekordeksamen begin	27	28	29	30	31

3. Madiba-dag

Op 18 Julie 2013, is 'n muntlegging by die skool gehou ter ere van voormalige president Nelson Mandela. Leerders was aangemoedig om alle los munte skool toe te bring. Entoesiastiese leerders het met sakkies en houertjies vol munte opgedaag.

Me Boshoff wat die projek georganiseer het, het die woord "Madiba" met groot karton letters gemaak en op die grond uitgelê. Die leerders het hulle munte op die letters uitgepak.

'n Reuse bedrag van R2000.00 is ingesamel en sal geskenk word aan Ons Huis – Ouetehuis in Florida.

Baie dankie aan al die leerders en personeel vir julle bydrae en motivering.

4. Graad 12 Eksamen Beplanning

22 Augustus	Matriekafskeid
26-18 September	Rekordeksamen
19-30 September	Skoolvakansie
1-10 Oktober	Skooldae
11 Oktober	Kerkdiens
14-20 Oktober	Studieverlof
21 Oktober	Finale Eksamen

5. Sake voortuitspruitend uit oueraand

Een van die vrae is

Hoe kan ek my kind met 'n leerprobleem help?

Alle kinders het liefde, aanmoediging en ondersteuning nodig. Sulke positiewe ondersteuning help kinders met leerprobleme en verseker dat hulle 'n sterk sin van selfwaarde, selfvertroue en die vasberadenheid kry om aan te hou as hulle deur moeilike tye gaan.

In die soektog na maniere waarop jy jou kind kan help, onthou dat jy jou kind moet help om homself te help. Jou werk as ouer is nie om 'n oplossing te vind nie, maar om jou kind die sosiale en emosionele ondersteuning te gee wat hulle in staat stel om uitdagings te bowe te kom.

Onthou altyd dat die manier waarop jy op uitdagings reageer 'n groot impak op jou kind het. 'n Goeie houding sal nie die probleem oplos nie, maar dit sal jou kind hoop en selfvertroue gee dat dinge kan verbeter en hulle uiteindelik sal seëvier.

Besef die beperking van die skoolsisteem

Ouers maak partykeer die fout om al hulle tyd en energie aan die skoolsisteem, as die primêre oplossing vir die kind se leerprobleme te bestee. Dit is beter om te besef dat die skoolsituasie byna nooit perfek is vir jou kind nie. Te veel reëls en beperkte fondse veroorsaak dat die diens en ondersteuning nie is wat jy vir hulle in die vooruitsig gestel het nie, en dit sal waarskynlik frustrasie, woede en spanning veroorsaak.

Probeer verstaan dat die skool net een deel van die oplossing is; dit sal jou spanning verminder. Jou houding (gebaseer op ondersteuning, aanmoediging en optimisme) sal die grootste blywende impak op jou kind hê.

Stel vas hoe jou kind die beste leer

Almal - of jy leerprobleme het of nie - het hulle eie leermetode. Party mense leer beter visueel en deur lees, ander deur te luister en ander deur te doen. Jy kan 'n kind met 'n leerprobleem help deur vas te stel wat sy primêre leerstyl is.

Is jou kind 'n visuele, ouditiwe of kinestetiese leerder? As jy dit vasgestel het kan jy sorg dat dit versterk word deur dit te beoefen gedurende skooltyd asook met huiswerk. Die volgende sal jou help om vas te stel watter soort leerder jou kind is.

Is jou kind 'n visuele leerder?

- Leer die beste deur te sien en te lees.
- Doen goed wanneer materiaal visueel aangewend en getoets word.
- Vind baat by geskrewe notas, diagramme, kaarte en prente.
- Hou daarvan om te teken, lees en skryf en kan goed spel.

Is jou kind 'n ouditiwe leerder?

- Leer die beste deur te luister.
- Doen goed in 'n lesinggebaseerde leeromgewing en mondelinge toetse.
- Vind baat by klasbespreking, mondelinge instruksies en studiegroepe.
- Mag hou van tale, toneelspel en musiek.

Is jou kind 'n kinestetiese leerder?

- Leer die beste deur te doen en te beweeg.
- Doen goed wanneer hy/sy kan beweeg, aanraak, verken en skep om te kan leer.
- Vind baat by selfdoen aktiwiteite, laboratoriumwerk, sketse en veldwerk.
- Mag hou van sport, drama en kuns.

Studie wenke vir verskillende soorte leerders

Wenke vir visuele leerders	Wenke vir ouditiwe leerders	Wenke vir kinestetiese leerders
* Gebruik boeke, video's, en flitskaarte. * Maak gedetailleerde kleur notas. * Maak buitelyne, diagramme en lysste. * Gebruik gekleurde aantekeninge en notas. * Neem gedetailleerde notas af in die klas.	* Lees notas en studiemateriaal hardop. * Gebruik woord assosiasies en verbale herhaling om te memoriseer. * Studeer saam met ander studente. * Luister na boeke op band of enige ander opnames. Gebruik 'n bandopname om weer na lesings te luister.	* Doen eksperimente, gaan op uitstappies. * Gebruik aktiwiteitsgebaseerde studiemateriaal soos rolspel en modelbou. * Studeer in klein groepies met gereelde breuke. * Gebruik geheue speletjies en flitskaarte. * Studeer met musiek in die agtergrond.

Al wat ons vir ons kinders wil hê is 'n gelukkige en vol lewe. Met aanmoediging en die regte ondersteuning kan jou kind selfvertroue en 'n stabiele fondasie bou vir lewenslange sukses.

Die klem is op 'n gesonde leefstyl en gewoontes.

- Oefen gereeld.
- Volg 'n gesonde en vitamien ryke dieet.

- Rus genoeg.
 - Voorskoolse leerders benodig 11 -13 uur slaap.
 - Primêre leerders benodig 10 – 11 uur slaap.
 - Tieners benodig 8½ - 10 uur slaap.

Aanmoediging van gesonde emosionele gewoontes

Afgesien van gesonde fisiese gewoontes, kan jy kinders aanmoedig om gesonde emosionele gewoontes te hê. Net soos jy kan hulle gefrustreerd wees met uitdagings vanweë hulle gebrek. Probeer om vir hulle uitlaatkleppe te gee vir woede, frustrasie en moedeloosheid. Luister wanneer hulle wil praat en skep 'n omgewing waar hulle hulself kan uitdruk. Dit sal hulle leer om hul gevoelens te hanteer, hulle help om hulself te kalmeer en hulle emosies te reguleer.

Baie dankie aan al die ouers wat die oueraand bygewoon het. Ons hoop regtig dat die bogenoemde wenke tot hulp kan wees.

Vriendelike Groete

T Groenewald
Hoof

J Nourse
Adjunkhoof

A Niehaus
Adjunkhoof

31 July 2013

Circular 8/2013

Dear Parents/Guardians

I don't measure a mans success by how high he climbs but how high he bounces when he hits bottom .
 - Gen George S Patton

1. Message from the Principal

We trust that everyone is keeping warm and staying healthy!

We welcome Ms Karin van Antwerpen (Remedial Therapy), returning after an operation.

Ms Poppie van Staden (Buses) is back in the office after her illness.

Best wishes to everyone for this term.

2. Important Dates

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2 Foundation Phase Cake and Candy Sale	3
4	5	6	7	8 Hartbeespoort Snake park visit 18:00 SGB Financial Meeting	9 Women's day	10
11	12 18:00 SGB General Meeting	13	14 Lantern's got talent	15 RCL - Camp	16 RCL - Camp	17 RCL - Camp
18	19	20	21	22 Matric Farewell	23	24
25	26 Prelims Start	27	28	29	30	31

3. **Madiba Day**

On 18 July 2013, former president Nelson Mandela's birthday, learners of Lantern School held a coin collection as their outreach to the community. The learners came with little bags and containers full of loose coins.

Mrs Boshoff, the organiser of this project, wrote the word "Madiba" in large cardboard letters. Learners then laid their coins on these letters.

A total of R2000.00 was collected. The money will be donated to – Ons Huis in Florida.

Thank you all learners and staff for your donations.

4. **Grade 12 Planning**

22 Augustus	Matric Dance
26-18 September	Preliminary Exams
19-30 September	School Holiday
1-10 October	School
11 October	Valedictory Service
14-20 October	Study Leave
21 October	Final Exams

5. **Parents' evening**

One of the questions arising from Parents evening is:

How can I help my child with a learning disability?

All children need love, encouragement and support. For children with learning disabilities such positive reinforcement can help to ensure that they emerge with a strong sense of self-worth, confidence and the determination to keep going even when things are tough.

In searching for ways to help your child, you have to remember that you are looking for ways to help your child help themselves. Your job as a parent is not to find or cure but to give your child the social and emotional tools they need to work through their challenges.

Always remember that the way you behave and respond to challenges has a big impact on your child. A good attitude won't solve the problem but will give your child hope and confidence that things can improve and that they will eventually succeed.

Recognise the limitations of the school system

Parents sometimes make the mistake of investing all of their time and energy into the school as the primary solution to their child's learning disability. It is better to recognise that the school situation for your child will probably never be perfect. Too many regulations and limited funding mean that the services and accommodations your child receives may not be exactly what you envisage for them, and this will probably cause you frustration, anger and stress.

Try to recognise that the school will be only one part of the solution for your child and leave some of the stress behind. Your attitude (of support, encouragement and optimism) will have the most lasting impact on your child.

Identify how your child learns the best

Everyone- learning disability or not- has their own unique learning style. Some people learn best by seeing or reading, others by listening, and still others by doing. You can help a child with a learning disability by identifying his or her primary learning style.

Is your child a visual learner, an auditory learner, or a kinaesthetic learner? Once you've figured out how he or she learns best, you can take steps to make sure that type of learning is reinforced in the classroom and during home study. The following lists will help you determine what type of learner your child is.

Is your child a visual learner?

If your child is a visual learner, he or she:

- * Learns best by seeing or reading
- * Does well when material is presented and tested visually, not verbally
- * Benefits from written notes, directions, diagrams, charts, maps and pictures
- * May love to draw, read and write; is probably a good speller

Is your child an auditory learner?

If your child is an auditory learner, he or she:

- * Learns best by listening
- * Does well in lecture-based learning environments and on oral reports and tests
- * Benefits from classroom discussions, spoken directions, study groups
- * May love music, languages and being on stage

Is your child a kinaesthetic learner?

If your child is a kinaesthetic learner, he or she:

Learns best by doing and moving

- * Does well when he or she can move, touch, explore and create in order to learn
- * Benefits from hands-on activities, lab classes, props, skits and field trips
- * May love sports, drama, dance, martial arts and arts & crafts

Studying Tips for Different Types of Learners		
Tips for visual learners:	Tips for auditory learners:	Tips for kinaesthetic learners:
<ul style="list-style-type: none">* Use books, videos, computers, visual aids and flashcards.* Make detailed, colour-coded or highlighted notes.* Make outlines, diagrams and lists.* Use drawings and illustrations (preferably in colour).* Take detailed notes in class.	<ul style="list-style-type: none">* Read notes or study materials out loud.* Use word associations and verbal repetition to memorise.* Study with other students. Talk things through.* Listen to books on tape or other audio recordings.* Use a tape recorder to listen to lectures again later.	<ul style="list-style-type: none">* Get hands on. Do experiments and take field trips.* Use activity-based study tools, like role-playing or model-building.* Study in small groups and take frequent breaks.* Use memory games and flash cards.* Study with music on in the background.

All we want for our children is to have a happy and fulfilling life. With encouragement and the right support, your child can build a strong sense of self-confidence and a solid foundation for lifelong success.

The emphasis is on healthy lifestyle habits.

- * Exercise regularly
- * Follow a healthy nutrient-rich diet
- * Rest well
 - Pre-schoolers need 11-13 hours of sleep
 - Primary school learners need 10-11 hours of sleep
 - Teenagers need 8½ - 10 hours of sleep

Encouraging healthy emotional habits

In addition to healthy physical habits, you can also encourage children to have healthy emotional habits. Like you, they may be frustrated by the challenges presented by their learning disability. Try to give them outlets for expressing their anger, frustration, or feelings of discouragement. Listen when they want to talk and create an environment open to expression. Doing so will help them connect with their feelings and eventually, learn how to calm themselves and regulate their emotions.

A sincere word of appreciation to the parents that attended parents evening. We really hope that the above tips may help you with your child

Yours faithfully

T GROENEWALD
PRINCIPAL

J NOURSE
DEPUTY PRINCIPAL

A NIEHAUS
DEPUTY PRINCIPAL