

27 Februarie 2014

Omsendbrief 3/2014

Geagte Ouers/Voogde

### 1. Boodskap van die Hoof

Die einde van die eerste kwartaal is reeds in sig. Ons het begin met die toetsreeks by die laerskool en die hoërskool het reeds 'n toetsrooster ontvang en begin op 3 Maart met die eerste toetse. Ons wil dankie sê aan al ons atlete vir hulle harde werk en deelname – die atletiek word met die SA-atletiekbyeenkoms afgesluit.

### 2. Boodskap van die voorsitter van die Bestuursliggaam – Dr J Nhlapo Dreigemente teenoor personeellede

Die beheerliggaam is bewus van ouers of familielede wat beledigende taal of dreigemente teenoor personeellede gebruik. Ons versoek dat sulke gedrag teenoor die personeel gestop word. Die skoolhoof of adjunkhoofde kan gekontak word indien daar enige ontevredenheid met die personeel is. Persoonlike aanvalle of enige aanstootlike taalgebruik teenoor personeellede kan nie geduld word nie. Personeellede het 'n gedragskode wat hulle altyd moet handhaaf, maar hul basiese menseregte moet ook beskerm word. Baie dankie aan die ouers / voogde wat altyd saamwerk en positiewe bydraes maak.

### 3. Barnyard

#### THE BARNYARD THEATRE AT CRESTA

Lantern School is hosting a fundraising event at *The Barnyard Theatre* at Cresta. We invite all parents/guardians, teachers and friends to please come and join us for an evening of **fun, laughter, music and plenty of memories!**

**Date:** 8 March 2014  
**Show:** Thank you for the music – ABBA, Bee Gees & Queen  
**Time:** Show starts at 20:00 (doors open at 18:30)  
**Price:** R150 p/p  
**Contact person:** Rina La Grange

Table bookings/tickets available at finance office – Rina La Grange



#### 4. Paaseiers 3-27 Maart 2014

As deel van Lanternskool se uitreik na die minderbevoorregtes in die gemeenskap, wil ons weer hierdie jaar paaseiers vir die kinders en bejaardes insamel. Verlede jaar het ons 1850 paaseiers ingesamel en ons hoop om hierdie jaar nog beter te doen. As elke leerder net 3 paaseiers bydra, kan ons hierdie mikpunt haal. Ondersteun asseblief hierdie projek.



#### 5. "Paws for People"

14 Maart om 10:00 in die saal: 'n besoek van "Paws for People". Dit is 'n insiggewende en interaktiewe praatjie oor die ongelooflike werk wat die terapiehonde doen. Die koste is R10.00 en die geld wat ingesamel word, sal aan hierdie verdienstelike saak geskenk word.



#### 6. Belangrike datums vir Maart 2014

28 Februarie	Civvies dag – Jeans for Genes
3 March	Paaseier insameling begin
8 March	Barnyard Cresta
13 March	BL-Finansiële vergadering
14 March	Paws for People (Grondslag Fase)
17 March	BL-Algemene vergadering
21 March	Menseregte dag
26 March	Paaseier insameling eindig
28 March	Skool sluit 12:00
28 March	Laerskool rapporte uit
7 April	Skool heropen

#### 7. Wat is boelie ?

Afknouery is 'n wêreldwye probleem wat later in die lewe negatiewe gevolge vir leerders kan hê. Boelie gebeur wanneer 'n persoon of groep mense 'n ander persoon afknou deur herhaaldelik aan hom/haar nare of kwetsende dinge te sê. Boelies kan soms slaan of skop of die slagoffers dwing om geld aan hulle te oorhandig. Die persoon wat geboelie word vind dit moeilik om hierdie gedrag te stop en kan bekommerd wees dat dit weer sal gebeur.

### Leerders wat die risiko loop om geboelie te word is leerders wat :

- 'n lae selfbeeld het
- 'n gestremdheid het
- 'n fisiese swakheid het
- skaam is
- 'n klein vriendekring het
- sosiaal deur die portuurgroep verwerp word

### Boelie kan die volgende insluit:

- noem van name en terg
- dreigemente
- afpersing ( om dinge af te neem)
- eiendom en besittings beskadig
- die verspreiding van verskriklike gerugte en stories
- doelbewus leerders uit speletjies en aktiwiteite uitsluit

### Boelie het drie elemente :

- 'n bedoeling om seer te maak
- die bedoeling om seer te maak (fisies, verbaal of in verhoudings) is 'n situasie waar daar 'n wanbalans van mag is wat die boelie bevoordeel.
- die aksie van die boelie word as ongeregverdig beskou, dit is gewoonlik herhaaldelik en word deur die slagoffer as onderdrukkend ervaar.

Boelie neem meestal die vorm aan van die noem van name. Slaan of dreigemente is die volgende mees algemene vorm van boelie. Seuns is meer geneig om geslaan en gedreig te word as meisies, terwyl meisies afknouery ervaar soos dat niemand met hulle praat nie (sosiale uitsluiting) of deur die verspreiding van gerugte oor hulle. *Bron: Beat Bullying. A practical guide for schools by Mark Potterton*



Geagte Ouers

Koop asseblief 'n strikkie vir slegs R10 ter ondersteuning van 'JEANS 4 GENES' op 28 Februarie 2014. Jou kind kan/sy haar denim en skoolhemp op hierdie dag dra. Die klas wat die meeste strikkies verkoop, kry 'n GROOT verrassing!

Vir elke strikkie wat verkoop word gaan daar 'n donasie aan Ewan Griffioen. Hy is tans 3 jaar oud en is in 2012 met 'n genetiese afwyking genaamd **POMPE SE SIEKTE** gediagnoseer. In kort beteken dit dat die 'acid alpha glucosidase' ensiem (GAA) in sy liggaam ontbreek. Hierdie ensiem help om die komplekse suiker (glukogeen) wat in die lisosome (miniatuur vullisverwyderaars in die selle) is, in eenvoudige, maklik verteerbare suiker (glukose) in die spiere te verander. Dus werk sy spiere nie soos wat dit moet nie en kan hy nie loop nie. Die siekte is gelukkig vroegtydig deur die dokters gediagnoseer sodat dit nog nie sy longe of hart aangetas het nie. Dit is die geval by baie van die ander Pompe pasiënte en baie sterf a.g.v hart- of asemhalingsprobleme.

Daar is nie 'n geneesmiddel nie en hy kry elke 2de week 'n 6 ure lange drup wat die medisyne toedien.

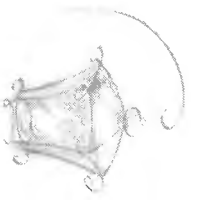
Ondersteun asseblief hierdie organisasie, dis vir 'n goeie doel.

**Vriendelike Groete**

**T Groenewald**  
**Hoof**

**J Nourse**  
**Adjunkhoof**

**A Niehaus**  
**Adjunkhoof**



# LAMPPIES

## TUCK SHOP / SNOEPJE

☞ Most items are prepared fresh and take time, therefore we request orders be placed before school to avoid disappointment ☞  
 ☞ Thereafter first come first served. ☞  
**NO ORDERS WILL BE ACCEPTED AFTER 08h30**

Days / Dae	Week: 3 <sup>rd</sup> Mar to 7 <sup>th</sup> Mar 2014	Week: 10 <sup>th</sup> Mar to 14 <sup>th</sup> Mar 2014	Week: 17 <sup>th</sup> Mar to 21 <sup>st</sup> Mar 2014	Week: 24 <sup>th</sup> Mar to 28 <sup>th</sup> Mar 2014	Week: 31 <sup>st</sup> Mar to 4 <sup>th</sup> Apr 2014
Monday Maandag	Chips – R11 Toasted Cheese – R8 Russian Dog – R14 Ham & Cheese – R11	Chips – R11 Hot Dog – R9 Ham & Cheese – R11	Chips – R11 Toasted Cheese – R8 Russian Dog – R14 Ham & Cheese – R11	Chips – R11 Hot Dog – R9 Ham & Cheese – R11	Chips – R11 Toasted Cheese – R8 Russian Dog – R14 Ham & Cheese – R11
Dinsdag Tuesday	Hot Dog – R9 Toast: Bacon & Cheese – R13 Ham & Cheese – R11	Toast: Chicken Mayo – R13 Toasted Cheese – R8 Ham & Cheese – R11	Hot Dog – R9 Toast: Bacon & Cheese – R13 Ham & Cheese – R11	Toast: Chicken Mayo – R13 Toasted Cheese – R8 Ham & Cheese – R11	Hot Dog – R9 Toast: Bacon & Cheese – R13 Ham & Cheese – R11
Wednesday Woensdag	Chips – R11 Toasted Cheese – R8 Toast: Mince & Cheese – R14 Ham & Cheese – R11	Chips – R11 Russian Dog – R14 Toast: Cheese & Tomato – R10 Ham & Cheese – R11	Chips – R11 Toasted Cheese – R8 Toast: Mince & Cheese – R14 Ham & Cheese – R11	Chips – R11 Russian Dog – R14 Toast: Cheese & Tomato – R10 Ham & Cheese – R11	Chips – R11 Toasted Cheese – R8 Toast: Mince & Cheese – R14 Ham & Cheese – R11
Donderdag Thursday	Toast: Chicken Mayo – R13 Russian Dog – R14 Pizza – R9 Ham & Cheese – R11	Ham & Cheese – R11 Toasted Cheese – R8 <u>VEITKOEK</u> - R12 Mince Chicken Mayo Bacon & Cheese:	Toast: Chicken Mayo – R13 Russian Dog – R14 Pizza – R9 Ham & Cheese – R11	Ham & Cheese – R11 Toasted Cheese – R8 <u>VEITKOEK</u> - R12 Mince Chicken Mayo Bacon & Cheese:	Toast: Chicken Mayo – R13 Russian Dog – R14 Pizza – R9 Ham & Cheese – R11
Friday Vrydag	Chip & Dip – R13 Hamburger – R13 Cheese Burger – R15 Toasted Cheese – R8 Ham & Cheese – R11	Chip & Dip – R13 Rb Burger – R17 Toast: Bacon & Cheese – R13 Ham & Cheese – R11	Human Rights Day	Chip & Dip – R13 Bunny – R12 Hamburger – R13 Cheese Burger – R15 Ham & Cheese – R11	Chip & Dip – R13 Toasted Cheese – R8 Rb Burger – R17 Toast: Bacon & Cheese – R13 Ham & Cheese – R11
			Menseregtedag		

Pies served Daily (PLEASE ORDER) – PIEMANS & DINO'S PIES – R15 Chelsey Buns – R8 MUFFINS – R8  
 Items on the menu may change from time to time, please check for changes on the message board at the tuck shop.

# WEST RAND STUDY CENTRE

*Where Homework is Our Priority!*

Mondays to Fridays, 13:00 - 18:00  
Morning Care & Transport to school  
Grade 0 - Grade 10  
Homework & Study assistance  
Preparations for Exams  
Extra maths & Reading classes offered  
Balanced lunch & snacks  
Holiday outings  
Shuttle Service  
CCTV Cameras  
Linked with Community Armed Response

<i>Witpoortjie</i>	<i>Hester</i>	<i>011 025 5729</i>
<i>Roodekrans I</i>	<i>Naomi</i>	<i>011 764 6344</i>
<i>Roodekrans II</i>	<i>Berineez</i>	<i>011 764 5879</i>



27/02/ 2014

Circular 3/2014

Dear Parents/Guardians

### 1. **Message from the Principal**

The end of the first quarter is already in sight. The test series has already begun in the Primary School and the High School test series will begin on Monday, 3 March 2014. We would like to thank all our athletes for their dedication and hard work this season. Athletics meeting and practices will end with the SA Athletics meeting.

### 2. **Message from the Governing Body Chairperson – Dr J Nhlapo** **Threat towards teachers**

It has come to the attention of the Governing Body that certain parents or family members of learners at our school have threatened and used abusive language towards staff members. We request that such persons refrain from this type of behavior. The Principal and Deputy Principals may be contacted should there be any dissatisfaction regarding staff members' actions. Personal attacks and abusive language on staff members will not be tolerated. The staff have to adhere to a strict code of conduct but at the same time their basic human rights have to be protected. We wish to express our appreciation to all those parents and guardians who always co-operate and make positive contributions.

### 3. **Barnyard**

#### **THE BARNYARD THEATRE AT CRESTA**

Lantern School is hosting a fundraising event at *The Barnyard Theatre* at Cresta. We invite all parents/guardians, teachers and friends to please come and join us for an evening of **fun, laughter, music and plenty of memories!**

**Date:** 8 March 2014  
**Show:** Thank you for the music – ABBA, Bee Gees & Queen  
**Time:** Show starts at 20:00 (doors open at 18:30)  
**Price:** R150 p/p  
**Contact person:** Rina La Grange

Table bookings/tickets available at finance office – Rina La Grange



#### 4. Easter Egg Collection: 3 – 27 March 2014

As part of Lantern School's outreach to the community during the first term, we plan to collect Easter eggs for the less fortunate children and senior citizens. Last year we collected just under 1850 eggs! This year we hope to better that figure. If each learner donates only 3 marshmallow Easter eggs, we can reach our target. Please support us!



#### 5. "Paws for People"

14 March at 10:00 in the hall: Visit by "Paws for People". This is an informative and interactive talk about the amazing work the therapy dogs do. The cost is R10.00, per person. Money collected will be donated to this worthy cause.



#### 6. Important dates for March 2014

28 February	Civvies day - Jeans for Genes
3 March	Easter egg collection begins
8 March	Barnyard Cresta
13 March	SGB Financial Meeting
14 March	Paws for People Visit (Foundation Phase)
17 March	SGB General Meeting
21 March	Human Rights' Day
26 March	Easter egg collection ends
28 March	School closes 12:00
28 March	Primary School reports out
7 April	School re-opens

#### 7. Bullying

##### What is Bullying?

Bullying is a worldwide problem that can have negative consequences for learners later in life.

Bullying happens when a person or a group of people set out to upset another person by saying nasty or hurtful things to him or her again and again. Sometimes bullies may hit or kick or force the victims to hand over money. The person being bullied finds it difficult to stop this happening and may be worried that it will happen again.

##### Learners at risk of being bullied are learners who:

- Have low self-esteem
- Have a disability



- Have a physical weakness
- Are shy
- Have few friends
- Are rejected socially by the peer group.

**Bullying can include:**

- Name-calling and teasing
- Threats
- Extortion (taking things away)
- Damaging property and belongings
- Spreading horrible rumours and stories
- Deliberately leaving learners out of games and activities

**Bullying has three elements:**

- A desire to hurt
- The perpetration of hurtful behaviour (physical, verbal or relational) in a situation where there is an imbalance of power which favours the perpetrator(s)
- The action is regarded as unjustified, typically repeated and experienced by the target as oppressive.

Most bullying takes the form of name-calling. Being hit or threatened is the next most frequent form of bullying. Boys are more likely to be physically hit and threatened than girls, whereas girls are more likely to experience indirect forms of bullying such as having no one to talk to them (social exclusion) or having rumours spread about them.

*Source: Beat Bullying. A practical guide for schools by Mark Potterton*



Dear Parent

Please buy a ribbon for R10 in support of 'Jeans 4 Genes' on the 28<sup>th</sup> of February 2014. When you buy a ribbon your child can wear his/her jeans and school shirt to school on this day. The class that sells the most ribbons wins a HUGE surprise!

For each ribbon that is sold a donation goes towards Ewan Griffioen. He is 3 years old and was diagnosed with a rare genetic disorder called **POMPE DISEASE** in 2012. What this means, in short, is that his body does not produce the acid alpha glucosidase enzyme (GAA). This enzyme helps to break down the complex sugars into easy to digest sugar

(glucose) in the muscles. Therefore, his muscles do not work as they should and he cannot walk. The disease was picked up early enough so that it did not affect his heart or lungs, as is the case in many other Pompe patients. There is no cure for the disease, but there is medicine on the market to replace the GAA enzyme. The medicine is administered via an IV drip every 14 days. The drip takes approximately 6 hours to administer.

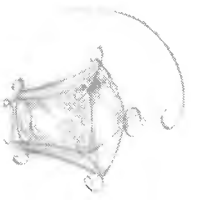
Please support this good cause.

**Regards**

**T Groenewald  
Principal**

**J Nourse  
Deputy Principal**

**A Niehaus  
Deputy Principal**



# LAMPPIES

## TUCK SHOP / SNOEPJE

☞ Most items are prepared fresh and take time, therefore we request orders be placed before school to avoid disappointment ☞  
 ☞ **Thereafter first come first served.** ☞  
**NO ORDERS WILL BE ACCEPTED AFTER 08h30**

Days / Dae	Week: 3 <sup>rd</sup> Mar to 7 <sup>th</sup> Mar 2014	Week: 10 <sup>th</sup> Mar to 14 <sup>th</sup> Mar 2014	Week: 17 <sup>th</sup> Mar to 21 <sup>st</sup> Mar 2014	Week: 24 <sup>th</sup> Mar to 28 <sup>th</sup> Mar 2014	Week: 31 <sup>st</sup> Mar to 4 <sup>th</sup> Apr 2014
Monday Maandag	Chips – R11 Toasted Cheese – R8 Russian Dog – R14 Ham & Cheese – R11	Chips – R11 Hot Dog – R9 Ham & Cheese – R11	Chips – R11 Toasted Cheese – R8 Russian Dog – R14 Ham & Cheese – R11	Chips – R11 Hot Dog – R9 Ham & Cheese – R11	Chips – R11 Toasted Cheese – R8 Russian Dog – R14 Ham & Cheese – R11
Dinsdag Tuesday	Hot Dog – R9 Toast: Bacon & Cheese – R13 Ham & Cheese – R11	Toast: Chicken Mayo – R13 Toasted Cheese – R8 Ham & Cheese – R11	Hot Dog – R9 Toast: Bacon & Cheese – R13 Ham & Cheese – R11	Toast: Chicken Mayo – R13 Toasted Cheese – R8 Ham & Cheese – R11	Hot Dog – R9 Toast: Bacon & Cheese – R13 Ham & Cheese – R11
Wednesday Woensdag	Chips – R11 Toasted Cheese – R8 Toast: Mince & Cheese – R14 Ham & Cheese – R11	Chips – R11 Russian Dog – R14 Toast: Cheese & Tomato – R10 Ham & Cheese – R11	Chips – R11 Toasted Cheese – R8 Toast: Mince & Cheese – R14 Ham & Cheese – R11	Chips – R11 Russian Dog – R14 Toast: Cheese & Tomato – R10 Ham & Cheese – R11	Chips – R11 Toasted Cheese – R8 Toast: Mince & Cheese – R14 Ham & Cheese – R11
Donderdag Thursday	Toast: Chicken Mayo – R13 Russian Dog – R14 Pizza – R9 Ham & Cheese – R11	Ham & Cheese – R11 Toasted Cheese – R8 <u>VEITKOEK</u> - R12 Mince Chicken Mayo Bacon & Cheese:	Toast: Chicken Mayo – R13 Russian Dog – R14 Pizza – R9 Ham & Cheese – R11	Ham & Cheese – R11 Toasted Cheese – R8 <u>VEITKOEK</u> - R12 Mince Chicken Mayo Bacon & Cheese:	Toast: Chicken Mayo – R13 Russian Dog – R14 Pizza – R9 Ham & Cheese – R11
Friday Vrydag	Chip & Dip – R13 Hamburger – R13 Cheese Burger – R15 Toasted Cheese – R8 Ham & Cheese – R11	Chip & Dip – R13 Rb Burger – R17 Toast: Bacon & Cheese – R13 Ham & Cheese – R11	<b>Human Rights Day</b>	Chip & Dip – R13 Burny – R12 Hamburger – R13 Cheese Burger – R15 Ham & Cheese – R11	Chip & Dip – R13 Toasted Cheese – R8 Rb Burger – R17 Toast: Bacon & Cheese – R13 Ham & Cheese – R11
			<b>Menseregtedag</b>		

Pies served Daily (PLEASE ORDER) – PIEMANS & DINO'S PIES – R15 Chelsey Buns – R8 MUFFINS – R8  
 Items on the menu may change from time to time, please check for changes on the message board at the tuck shop.

# WEST RAND STUDY CENTRE

*Where Homework is Our Priority!*

Mondays to Fridays, 13:00 - 18:00  
Morning Care & Transport to school  
Grade 0 - Grade 10  
Homework & Study assistance  
Preparations for Exams  
Extra maths & Reading classes offered  
Balanced lunch & snacks  
Holiday outings  
Shuttle Service  
CCTV Cameras  
Linked with Community Armed Response

<i>Witpoortjie</i>	<i>Hester</i>	<i>011 025 5729</i>
<i>Roodekrans I</i>	<i>Naomi</i>	<i>011 764 6344</i>
<i>Roodekrans II</i>	<i>Berineez</i>	<i>011 764 5879</i>

