

OMSENBRIEF 02/2017**2 FEBRUARIE 2017**

**“It is strange that those we miss the most are those we take for granted”
Sir John Betjeman**

1. Boodskap van die hoof

Februarie is die maand van liefde. Mag u ook God se liefde elke dag ervaar.

Lief en leed

Dit is met hartseer in ons harte dat ons moes verneem van die dood van een van ons ouers, Me Van Broekhuizen tydens 'n ongeluk. Corlé (Gr 10) is in 'n ernstige toestand in die hospitaal. Ons bid God se genesing oor haar toe en ons gebede is met die gesin in hulle tyd van rou.

2. Belangrike datums

- 1 Februarie - Atletiek Speedfreak (Allen Glen)
- 8 Februarie - Atletiek Speedfreak (Florida Park)
- 8 Februarie - Buddy Reading Day
- 9 Februarie - SGB -Finansiële Vergadering 18:00
- 13 Februarie - SGB -Algemene vergadering
- 15 Februarie - Atletiek Speedfreak (Die Burger)
- 15 Februarie - Valentynsdans Gr 4 - 6 14:00 - 16:00
- 21 Februarie - Atletiek aandbyeenkoms - Tukkie - Top 10
- 22 Februarie - Atletiek Speedfreak (Hoërskool Roodepoort)
- 22 Februarie - Ouer opleiding - Fokus op Graad 4
- 24 Februarie - "Rare Disease Day"
- 28 Februarie - Atletiek - Noord/Suid (Sasolburg)
- 1 Maart - Paaseiers - insameling begin.

3. Selfoonbeleid

Ouers en leerders word aan die selfoonbeleid herinner. A.g.v. verskeie probleme en insidente met selfone by die skool, veral tydens klastyd, is die beleid saam met die Departement van Onderwys ontwikkel. Leerders moet hulle selfone by die skool inhandig gedurende skoolure. Die selfone word veilig bewaar tot die einde van die skooldag.

4. Op- en aflaai van Leerders

Ons versoek dat ouers nie hulle kinders binne die skoolterrein aflaai nie. Personeel moet inkom met hulle voertuie vir parkering. Parkering voor die skoolhek veroorsaak groot ontwirgting en moet asseblief vermy word.

Ouers moet asseblief gebruik maak van die systraat, Salignastraat, om kinders op en af te laai.

5. Foto's

Individuele en klasfoto's word op die volgende dae geneem:

8 Maart Gr 7 - 12

10 Maart: Gr 1 - 6

Individuele pakkette bestaan uit:

1 x A5 Vergroting

1 x Jumbo grootte

2 x ID grootte

1 X Boekmerk

Koste: R90.00

Klasfoto's word in A5 grootte gedruk.

Koste: R50.00

Individuele pakkette is vooraf betaalbaar. Leerders kan reeds die gelde by hulle registeronderwysers inbetaal.



Lantern groete

T GROENEWALD
HOOF

C VAN WYK
ADJUNK HOOF (H/S)

A NIEHAUS
ADJUNK HOOF (L/S)

Die Wonder van Konsekwente Roetine

Betroubare daaglikse skedules verskaf eksterne organisasie vir 'n kind met ADHD wat sukkel om te fokus. Baie kinders met ADHD sukkel ook met uitvoerende funksies wat beteken hulle sal sukkel om huiswerk en studiemateriaal te organiseer en te voltooi, die opstel van sperdatums en tydsbestuur. Die skep van 'n daaglikse roetine by die skool en by die huis, gee jou kind 'n voorsprong om op een taak op 'n slag te fokus en daarin te slaag om dit te voltooi.

1. Struktuur soggens: Skryf die oggendroetine in volgorde vir jou kind neer en plak dit êrens in die huis waar hy/sy dit kan sien. Gee 'n oorsig oor elke stap soos eet ontbyt, drink medikasie, borsel tandes ens. Vir jonger kinders kan daar van prentjies gebruik gemaak word in plaas van woorde.

2. Versterk skoolroetine: Vra jou kind vir sy / haar daaglikse skedule en hersien die skedule saam met jou kind vir die volgende dag. Sodoende versterk dit jou kind se begrip van wat hy/sy kan verwag en wat om te doen.

3. Onthou speelyd en oefening: Kinders verdien om vrye tyd en pret te hê. Skedules moet tyd insluit vir jou kind om sy/haar stokperdjies te beoefen, buite te speel en tyd saam met vriende te spandeer. Studies toon dat oefening en fisiese aktiwiteite aandag verhoog en impulsiwiteit verminder.

4. Maak struktuur roetine: Gebruik ander maniere om seker te maak jou gesin volg elke dag die roetine. Jy kan 'n kombuishorlosie gebruik om jou kind te help om op skedule te bly. Slimfone kan ook gebruik word en gedragskaarte is belangrik om jou kind te beloon vir konsekwente roetine. Onthou om goeie gedrag te beloon, is ook belangrik!

Hou die roetine so maklik en konsekwent as moontlik. Hersien die skedule en maak veranderinge indien dit nie werk nie.

CowBoys4Ewan

Hi!

My naam is **Ewan Griffioen**. In 2012 is ek met **Pompe se Siekte** gediagnoseer.

My liggaam vervaardig nie die 'acid alpha glucosidase' ensiem (GAA) wat help om die komplekse suikers (glukogeen) wat in die lisosome (miniatuur vullis verwyderaars in die selle) is, in eenvoudige, maklik verteerbare suikers (glukose) in die spiere te verander nie.

Dus werk my spiere nie soos wat hulle moet nie. Dis meestal my onderste ledemate wat beïnvloed word en daarom sukkel ek om te loop.



Kom deel in my reis deur op die **24^{ste} Feb 2017** 'n CowBoy te wees. Koop 'n strikkie teen R10 en sit 'n foto van jouself met jou uitrusting, en jou strikkie, op FB (#EwanJourney) – daar sal 'n prys wees vir die beste cowboy.

Fondse word aangewend vir terapie, doktersbesoeke en hulptoestelle.

Vir donasies:

CIRCULAR 02/2017**2 FEBRUARY 2017**

“It is strange that those we miss the most are those we take for granted”
Sir John Betjeman

1. Message from the Principal

February is the month of love. May you also experience God's love every day.

Condolences

It is with great sadness that we heard of the passing of one of our parents, Ms van Broekhuizen, in a motor vehicle accident. Corlé her daughter Gr 10 is in a serious condition in hospital. We pray for God's healing for her and our thoughts are with the family in this time of bereavement.

2. Important dates

- 1 February - Athletics Speedfreak (Allen Glen)
- 8 February - Athletics Speedfreak (Florida Park)
- 8 February - Buddy Reading Day
- 9 February - SGB Financial meeting 18:00
- 13 February - SGB General meeting
- 15 February - Athletics Speedfreak (Die Burger)
- 15 February - Valentine's dance Gr 4 - 6 14:00 - 16:00
- 21 February - Athletics Evening - Tukkie - Top 10
- 22 February - Athletics Speedfreak (Hoërskool Roodepoort)
- 22 February - Parent Training- Focus on Grade 4
- 24 February - "Rare Disease Day"
- 28 February - Athletics - North/South (Sasolburg)
- 1 March - Easter Eggs - start collection

3. Cell phone Policy

Parents and learners are reminded of the cell phone policy. Due to several problems and incidents with cell phones at school, especially during class time, this policy has been developed in co-operation with the Department. The cell phones are safely stored until the end of the school day.

4. Dropping off, and picking up learners

We request that parents do not drop off learners inside the school grounds. Staff have to enter with their vehicles for parking. Parents must please make use of the side street - Saligna Road - to drop off learners. Parking in front of the school gate causes many problems and must please be avoided.

5. Photos

Individual and class photos will be taken on the following days:

8 March: Gr 7 - 12

10 March: Gr 1 - 6

Individual packages comprise the following:

1 x A5 Enlargement 1 x Jumbo size

2 x ID size 1 X Book mark

Price: R90.00

Class photos are an A5 enlargement - **Price: R50.00**

Individual packages have to be paid in advance. Learners may pay for these photos at their register teachers.



Lantern greetings

T GROENEWALD
PRINCIPAL

C VAN WYK
DEPUTY PRINCIPAL (H/S)

A NIEHAUS
DEPUTY PRINCIPAL (P/S)

The Magic of a Consistent Routine

Reliable daily schedules provide external organisation that a child with ADHD needs to focus. Many children with ADHD also exhibit executive function deficits. This means they have a hard time organizing materials to complete homework/projects, setting deadlines and time management. Creating a daily routine at school and at home, gives your child the chance to focus on one task at a time, stay focussed and succeed.

- 1. Structure the Mornings:** Write down a morning schedule, beginning with waking up. Outline every step, such as eating breakfast, taking medication, brushing teeth etc. Put all steps on a checklist your child can follow each morning. For younger children pictures can be used instead of words. Laminate the routine and paste it where your child can see it.
- 2. Reinforce School Routine:** Ask your child for his/her daily schedule and review the schedule with your child each day to help reinforce it. This will help your child to know what is expected and what to do.
- 3. Remember Fun and Exercise:** Kids deserve to have free time and fun. Schedules should include time for your children to explore their interests, play outside and spend time with friends. Studies show that exercise and physical activity increase attention and reduce impulsivity.
- 4. Making Structure Routine:** Use other tools to make sure your family follows the routine each day. You can use a kitchen timer to help your child stay on schedule. Calendars on smartphones can be used and behaviour charts to reward your child for following the schedule. Remember to praise good behaviour!

Keep the routine as simple and consistent as possible. Review the schedule and make adjustments if it doesn't work.

CowBoys4Ewan

Hi!

My name is **Ewan Griffioen**. I was diagnosed with **Pompe Disease** in 2012.

My body does not produce the acid alpha glycosidase enzyme (GAA) that helps break down the complex sugars (glycogen) that is in the liposome's (tiny garbage collectors in the cells), into simple, easy to digest sugar (glucose) in the muscle. Therefore, my muscles do not work as they should. I'm mostly affected at my lower limbs and struggle to walk.

Join me on my Journey by being a CowBoy on the **24th of Feb 2017**. Purchase a ribbon for R10 and post a photo of you in your cowboy outfit, with your ribbon on FB (#EwanJourney) – there will be a prize for the best dressed cowboy.

Funds raised go towards my therapy sessions, doctors' visits and any aids necessary to assist me in my everyday life.

For Donations:

Ewan se Journey	
FNB Cheque account nr 624 409 800 10 Branch code 250 655	
Proof of payment to: marietjie@scip.co.za	