

**OMSENBRIEF 04/2017****1 MAART 2017****Geagte Ouers/Voogde****BOODSKAP VAN DIE HOOF**

"Anger is the enemy of non - violence and pride is a monster that swallows it up"-

Mahatma Gandhi

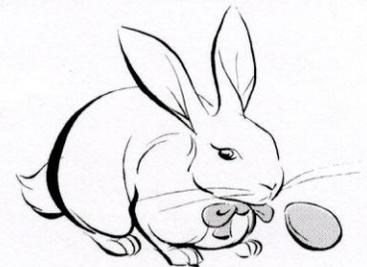
Maart - hierdie maand bring ons aan die einde van die eerste kwartaal.

Ons sal fokus op toetse in dié maand. Ons vertrou dat almal reeds sterk besig is met hulle werk. Kom ons moedig ons leerders aan om hard te werk om sodoende beloon te word.

**PAASEIERS**

Maartmaand word paaseiers ingesamel vir minderbevoorregte kinders en senior burgers in ons gemeenskap.

Ons vra dat elke leerder net 3 paaseiers skenk vir die minderbevoorregtes in ons omgewing, asseblief!

**SPELATHON**

Graad een tot ses gaan deelneem aan 'n spelathon op **Woensdag, 22 Maart** om fondse in te samel vir boeke en ten bate van die junior speelgrond. Meer inligting volg binnekort.

**BELANGRIKE DATUMS**

- 1 Maart Gr 4 Ouerbegeleiding (vir alle Gr 4 ouers)  
Paaseier- insameling begin.
- 2 Maart Intermediëre fase - graad 4 - 6 Toets: Wetenskap & Tegnologie
- 3 Maart Grondslagfase - "Cake and Candy sale"
- 7 Maart Intermediëre Fase - Graad 4 - 6 Toets - Geskiedenis
- 8 Maart Hoërskool fotodag
- 9 Maart Beheerliggaam: Finansiële vergadering  
Rugby 7's toernooi by Destinatskool
- 10 Maart Laerskool fotodag
- 13 Maart Beheerliggaam: Algemene vergadering
- 14 Maart Intermediëre Fase - Aardrykskunde
- 18 Maart Atletiek: SA LSEN skole: Sasolburg

- 21 Maart Menseregte dag
- 22 Maart Spelathon Gr 1 - 6
- 24 Maart Grondslagfase - Besoek van "Paws for people therapy dogs"
- 30 Maart Paaseiers verspreiding
- 31 Maart Skool sluit 11:00

### CowBoys4Ewan

Dankie aan almal wat 'n strikkie gekoop het. Lanternskool het R5 640 ingesamel om by te dra tot Ewan se mediese onkoste.



### MAAK 'N KIND GROOT WAT WIL SAAMWERK

**Glo in jou kind se toekoms:** Dit is nie maklik om te aanvaar dat daar iets "fout" is met jou kind nie, maar 'n kind wat vermoed sy ouers het 'n wrok en pessimisme oor sy diagnose, kan heelwaarskynlik 'n lae selfbeeld ontwikkel. Behandel jou kind asof hy reeds die persoon is wat jy wil hê hy moet wees. Dit sal hom motiveer om daardie persoon te word.

**Wees 'n goeie rolmodel:** Ouers is 'n kind se mees invloedryke rolmodel, so dink mooi oor jou eie gedrag. As jy nie in staat is om jouself te beheer nie, hoe kan jy verwag dat jou kind selfbeheersing uitoefen? Dit is heeltemal normaal om kwaad vir jou kind te voel van tyd tot tyd. Dit is nie aanvaarbaar om voortdurend op jou kind te skree nie. Jy skree en vloek nie op vriende of kollegas nie, so jy weet jy kan jou woede beheer as jy moet.

**Moet nie te vinnig nee sê:** Daar moet vir alle kinders 'nee' gesê word op een of ander tyd om te verhoed dat hulle iets gevaarliks doen. Baie ouers sê outomaties 'nee'. 'n Kind wat altyd nee hoor is geneig om te rebelleer en impulsief op te tree. Slim ouers weet wanneer om 'nee' te sê en wanneer dit meer sin maak om diep asem te haal en 'n nare konfrontasie te vermy.

**Gee aandag aan positiewe gedrag:** Baie ouers vergeet van al hul kind se positiewe eienskappe en gedrag. Die gevolglike negatiewe kan 'n sluier gooi oor die huishouding. Prys jou kind wanneer hy iets goeds nie. Deur wenslike gedrag te komplimenteer, leer jy hom van regte en verkeerde gedrag.

**Verwag Potensieel plofbare situasies:** Ouers spandeer baie tyd in reaktiewe gedrag in plaas van denke en beplanning oor 'n situasie wat moontlik plofbaar is. Wat jy ook al doen, wees konsekwent. 'n Laaste minuut verandering in 'n skedule of 'n onderbreking van bekende roetine kan verwoesting saai.

**Straf nooit vir onbedoelde wandade:** Jy vra jou kind om sy bed op te maak en minute later vind jy hom op sy bed sit en kaarte speel. Wat moet jy doen? Die beste benadering sou wees om jou kind te herinner wat jy wil hê hy moet doen. Straf is sinvol as dit duidelik is dat jou kind opstandig is en weier om sy bed te maak. Maar in baie gevalle het 'n kind wat aan ADHD ly, bloot versuim omdat sy aandag afgelei is deur iets anders.

**Maak jou kind, "nie medikasie verantwoordelik":** Daar is geen twyfel dat die regte medikasie 'n groot verskil maak in gedrag vir baie kinders met ADHD. Medikasie is geensins die enigste oplossing wat 'n verskil sal maak nie. Om daaroor te praat asof dit die enigste oplossing is, sal die kind laat voel dat goeie gedrag buite sy beheer is. Indien jou kind iets doen wat jy haar herhaaldelik gevra het om nie te doen, veg teen die drang om te vra, "Het jy vergeet om jou medikasie te neem vanoggend?"

Lantern-groete

  
T GROENEWALD

  
C VAN WYK

  
A NIEHAUS

**CIRCULAR 04/2017****1 MARCH 2017**

Dear parents &amp; Guardians

**MESSAGE FROM THE PRINCIPAL**

"Anger is the enemy of non - violence and pride is a monster that swallows it up"-

Mahatma Gandhi

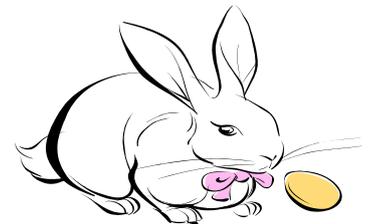
March - this month will bring us to the end of the first quarter.

This month we will focus on tests. We trust that everyone is already hard at work.

Let's encourage our learners to work hard to reap the rewards.

**EASTER EGGS**

For the whole month of March we will be collecting Easter eggs for the less fortunate children and senior citizens in our community.



We ask that every learner donates only 3 Easter eggs for the less fortunate in our community!

**SPELATHON**Grades one to six will be taking part in a spelathon on **Wednesday 22nd of March**. The raised funds will be used for books and towards the junior playgrounds. More details to follow.**CowBoys4Ewan**

Thank you to everyone who contributed towards this noble cause. Lantern School raised R5 640.

**IMPORTANT DATES**

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|----------|---|
| 1 March  | Gr 4 Parents guidance for all Gr 4 parents                    |
| 1 March  | Easter eggs collection begins.                                |
| 2 March  | Intermediate Phase- grades 4 - 6 Test: Science and Technology |
| 3 March  | Foundation Phase - "Cake and Candy sale"                      |
| 7 March  | Intermediate Phase- Grade 4 - 6 Test - Geography              |
| 8 March  | High School photo day   |
| 9 March  | SGB: Financial meeting  |
| 9 March  | Rugby 7's tournament at Destinata School                      |
| 10 March | Primary School - photo day                                    |
| 13 March | SGB: General meeting  |
| 14 March | Intermediate Phase Geography                                  |
| 18 March | Athletics: SA LSEN schools: Sasolburg                         |
| 20 March | School holiday  |
| 21 March | Human Rights day  |

22 March Spelathon Gr 1 - 6  
24 March Foundation Phase - Visit from "Paws for people therapy dogs"  
30 March Easter Egg distribution  
31 March School closes at 11:00

## **Raising a Child Who Wants to Behave**

**Believe in Your Child's Future:** It's not easy to accept that there's something not quite "normal" about your child. But a child who senses his parents' resentment—and their pessimism about his prospects—is unlikely to develop the self-esteem and can-do spirit he'll need in order to become a well-adjusted adult. Treat your kid as if he were *already* the person you would like him to be. That will help him become that person.

**Be a Good Role Model:** Parents are a child's most influential role model, so think carefully about your own behaviour. If you're unable to control yourself, how can you expect your child to exercise self-control? It's perfectly normal to feel angry at your child from time to time. It's not OK to continually shout at him/her. You wouldn't dream of screaming and swearing at friends or co-workers, so you *know* you can control your anger if you must.

**Don't Be Too Quick to Say No:** All children need to be told "no" at certain times—to keep them from doing something dangerous. But many parents say "no" reflexively. And a kid who hears "no" a lot is apt to rebel—especially if he/she's impulsive to begin with. Smart parents know when to say "no," and when it makes more sense to take a deep breath and answer in the affirmative—and avoid a nasty confrontation.

**Pay Attention to Positive Behaviour:** Many parents overlook all the positive ways in which their child behaves. The resulting negativity can cast a pall over the household that affects every aspect of life. "Catch your child being good or doing something well, and praise him/her. By praising desirable behaviour, you teach her what you want—not what you don't want.

**Anticipate Potentially Explosive Situations:** Parents spend a lot of time in reactive mode instead of thinking and planning ahead. A simple plan is all it takes to keep a positive experience from turning negative for all concerned. Whatever you do, be consistent. A last-minute change in schedule or an interruption of a familiar routine can wreak havoc with a child who already feels like he/she spends most of his/her time off-balance.

**Never Punish for Unintentional Misdeeds:** Imagine telling your child to make his bed. Now imagine finding him, minutes later, lying on his unmade bed playing cards. What should you do? The best approach might be to remind your child what you want him to do. Punishment makes sense if it's clear that your child is being defiant—if he refuses to make the bed. But, in many cases an ADHD fails to comply simply because he/she became distracted.

**Make Your Child—Not Meds—Responsible:** There's no doubt that, for many children with ADD, the right meds make a huge difference in behaviour. But by no means are meds the only thing that makes a difference, and talking about it as if it were, will leave the child feeling that good behaviour has little to do with her own efforts. When you catch your child doing something you've repeatedly asked her not to do, fight the urge to ask, "Did you forget to take your medication this morning?"

Lantern greetings

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**T GROENEWALD**  
PRINCIPAL

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**C VAN WYK**  
DEPUTY PRINCIPAL (H/S)

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**A NIEHAUS**  
DEPUTY PRINCIPAL (P/S)