

**30 MAY 2017****OMSENDBRIEF 07/2017****Geagte Ouers/Voogde****The future is open; we decide what's in it – Wolfgang Sonnenburg.****BOODSKAP VAN DIE HOOF**

Ons harte is seer met die afsterwe van een van ons leerders: Keletso Barnard Gr 7. Ons bid vir die gesin asook sy vriende wat hy agterlaat.

Junie is eksamentyd. Ons versoek dat leerders hulle goed sal voorberei vir die belangrike eksamen en seker maak dat hulle betyds by die skool is. Afwesigheid van die eksamen kan slegs geskied met 'n doktersbrief. Sterkte aan al ons leerders.

Ons versoek dat alle afspraak vir leerders na skool gemaak sal word. Leerders sal nie vroeër verskoon word nie.

**EKSAMENTYD:** Die eksamenrooster is uitgegee. Die busse vertrek 12:15 van die skool. Leerders moet 7:30 by die skool wees.

**DAMESTEE:**

Vir 160 dames het die oggend van 20 Mei definitief die belofte van “ 'n Oggend van inspirasie” gestand gedoen. Almal het dit geniet en 'n totaal van R6 500.00 is ingesamel ten bate van nuwe gordyne vir die saal.

'n Hartlike woord van dank aan alle ouers en onderwysers wat ons tee bygewoon het, asook vir alle donasies. Julle hulp en ondersteuning word werklik waardeer.

Dankie ook aan ons leerders: Tayla Hartslief, Olebogeng Moshugi en Demichee Kruger wat ons vermaak het en Mnr Johan Lombaard se dogter wat so pragtig gesing het.

**LANTERN LEERDERS PRESTEER:**

*Die volgende leerders het uitstekend presteer in hul onderskeie sportsoorte:*

- \* **Juanyse van Staden** (Gr 7) het deelgeneem aan die “South African National Equestrian School Association” (SANESA) se interskole kompetisie. Sy het twee brons en een goue medalje verwerf in 'n onlangse perdrykompetisie
- \* **Xavier Kramer** (Gr 5) is gekies om die Distrik te verteenwoordig in die onder 15 Nasionale Inter-Distrik Toernooi, as 'n junior rolbalspeler, in Bloemfontein in April vanjaar. Hy was een van byna 200 junior spelers (landwyd) en het nie net Distrik Junior Kleure verwerf nie, maar ook 'n silwer medalje verwerf.
- \* **Willem Viljoen** (Gr ) is gekies as deel van die SA JKA Gauteng span. (Japan Karate Assosiasie) Hy het Gauteng in die SA JKA Nasionale Kampioenskappe verteenwoordig wat onlangs in JHB gehou is.

Welgedaan, Lantern is trots op julle !!

## **RUGBY**

Lantern se eerste rugby span wen Prestasieskool vir die eerste keer in 13 jaar!!

Die telling was 24 -12

o/15 verloor met 5 punte.

Lantern vs WK du Plessis 1<sup>ste</sup> verloor 26-12

o/15 wen

Lantern vs Destinata 1ste span wen 28 – 10

o/15 verloor 41 – 10

o/15 speel Donderdag 1 Junie teen Prestasieskool in die semi-finaal en 1ste span speel in die finaal teen WK du Plessis.

**Baie geluk aan Mnr Jaco Mitton** wat verkies is tot die Goue Leeus BO Cravenweek se afrigter.

*Leeders wat verkies is tot dié span is:*

**Remi Carelse**

**Pieter Marias (Kaptein)**

**Ridwan Marince**

Mooi so, ouens!!

## **OUERS -MEDIKASIE**

Neem asb. kennis dat geen leerder toegelaat word om medikasie by hom/haar te hou nie. Ons het onlangs ernstige probleme ondervind met misbruik en uitruiling van medikasie onder die leerders.

Indien u kind aan 'n kroniese toestand ly, laat weet asb. die skool en laat die medikasie by die verpleegsuster ingehandig word vir kontrole en administratiewe doeleindes.

Leerders wat akute medikasie gebruik, wat 3 keer per dag geneem moet word, behoort dit nie saam te bring skool toe nie, aangesien die volgende dosis eers 8 ure later geneem moet word, dus na skool ure.

Indien u kind enige medikasie behalwe Ritalin, Strattera en Concerta gebruik, versoek ons dat u asb. die inligting na die skool sal deurstuur. Hierdie inligting word benodig indien daar getoets moet word vir dwelms.

Die skool waardeer u samewerking hiermee en bedank u byvoorbaat.

Suster Lindiwe Nkosi

## **SUBSIDIES**

Die sluitingsdatum vir aansoek om vrystelling/gedeeltelike vrystelling van skoolfonds is 23 Junie 2017. Stuur asb. dringend u aansoek en/of enige uitstaande dokumentasie na Me Rina La Grange.

## **BUSVERVOER**

Eksamen sal daaglik in **twee sessies** geskryf word:

**Sessie 1:** 07:45 – 11:00

**Sessie 2:** 11:30 – 14:00

Die skoolbussies vertrek om **12:15** vanaf die skool. (Maandag tot Vrydag).

**Leerders wat tweede sessie skryf moet eie vervoer huistoe reël.**

## **7 geheime om met ADHD te studeer**

Nuwe navorsing toon dat studente nie meer tyd nodig het om te studeer nie, maar dat hulle wel 'anders' moet studeer.

### **Watter studietegniek werk die beste?**

Agt-en-tagtig persent van studente studeer deur die handboek weer te lees. Die probleem is dat herleeswerk die mees doeltreffendste manier van studeer vir 'n eksamen is. Lees is 'n uitdagende manier vir die ADHD brein om inligting te leer. Lees is passief. Dit is soos om te leer basketbal speel deur na jou afrigter te kyk.

Navorsing toon dat die nommer een manier om te studeer is om te probeer voorspel wat jou onderwyser in die eksamen mag vra. Kyk na jou studiegids, werk ou vraestelle uit, vind belangrike dele van jou aantekeninge, en vra ander in jou klas wat hulle dink belangrik is.

### **Op die nippertjie studeer werk nie**

Studeer vir drie ure oor vier dae, 45 minute per aand. Dit werk om twee redes. Die eerste is dat die kind 'n paar keer die materiaal hersien, en daarmee vertrou raak. Tweedens, en die belangrikste, hy/sy slaap dan daarop. Slaap help jou om te leer. Jou brein is meer aktief in die aand as gedurende die dag. Wanneer jy slaap, speel jy die dag se gebeure in jou kop af, en jy herleef die inligting wat jy geleer het.

*Hier is 'n paar ander navorsingsgebaseerde wenke wat 'n verskil vir jou kind met ADHD kan maak:*

**Oorsig Voor Slaaptyd:** Studies toon dat jy meer onthou as jy 10 tot 15 minute neem net voor jy gaan slaap om te hersien wat jy vroeër in die dag geleer het.

**Oefening verbeter fokus:** Dertig minute aërobie se oefening per dag, vier tot vyf dae per week, verbeter fokus- en uitvoerende funksionele vaardighede, veral by studente met ADHD bv. Hardloop, swem, loop, dans ens.

**Gebruik jou neus:** Jou reuksintuig is 'n kragtige studie-instrument. Navorsing toon dat as jy aan dieselfde reuk blootgestel word as jy studeer en slaap, kan jy meer onthou. Wanneer jou kind studeer, sit 'n klein bakkie reukolie in die omgewing; Pipperment is 'n goeie keuse omdat dit stres verlig. Plaas 'n klein bakkie van dieselfde reukolie by haar bed terwyl sy slaap. Studies dui daarop dat haar brein die geur sal assosieer met die materiaal wat sy vroeër studeer het.

**Slaap en studiebreuke:** Die meeste mense moet agt tot nege uur per nag slaap om inligting vas te lê en te behou, maar tieners het meer slaap nodig. 'n Dertig minute 'power nap' is goed in die middag. Maak seker dat hierdie slapie nie langer as 30 minute is nie, aangesien verlengde slabies in die dag met slaap in die nag kan inmeng. Gereelde studiebreuke help alle kinders om meer te leer, veral dié met ADHD. Studies toon dat studente meer onthou as hulle breek tussen studiegeleenthede in plaas daarvan om vir 'n lang tydperk te studeer.


**Suiker Koeldrank:** 'n Koeldrank wat suiker bevat, help met huiswerkverrigting. Suikerige koeldrank bevat glukose, wat die primêre bron van brandstof vir die brein is. As jou glukose laag is, sal jy nie kan fokus of goed presteer nie. Appelsap lewer glukose, sonder om 'n kind se stelsel met suiker te oorlaai. Jy moet egter stadig daaraan drink.

## Waarde 3 - AANSPREEKLIKHEID

Die Gautengse Departement van Onderwys se visie is om *te verseker dat elke leerder die skool sal verlaat met goeie waardes, kennis, vaardighede en kwalifikasies wat vir elkeen die beste kans op sukses in haar of sy volwasse lewe sal gee.*

Om hierdie visie te vervul, moet ons positiewe waardes vaslê by al ons leerders.

Elke tweede maand sal die klem gelê word op 'n ander waarde. Die siklus sal met ouers gekommunikeer word. Ondersteun ons asseblief in ons poging om 'n toekoms en samelewing te ontwikkel wat ons kinders kan geniet!

<b>Siklus</b>	<b>3</b>
<b>Waarde</b>	<b>AANSPREEKLIKHEID</b>
<b>Mensereg</b>	Die reg om in 'n veilige omgewing te leef.
<b>Verantwoordelikheid</b>	<ul style="list-style-type: none"> <li>• Die verantwoordelikheid om trots op jouself en jou land te wees.</li> <li>• Die verantwoordelikheid om die plek waar jy leef en werk skoon en netjies te hou.</li> </ul>
<b>Voorbeelde</b>	<ul style="list-style-type: none"> <li>✓ Gebruik water spaarsamig.</li> <li>✓ Herwinning (recycle)</li> <li>✓ Moenie rommel strooi</li> <li>✓ Pas fauna (dierelwe) en flora (plantelewe) op</li> <li>✓ Neem verantwoordelikheid vir jou eie optrede</li> </ul>
<b>Toepassingswenke</b>    <b>VOORBEELD VIR JOU KIND!</b>	<ul style="list-style-type: none"> <li>➤ Leer jou kind dat elke daad 'n gevolg het, bv. <ul style="list-style-type: none"> <li>○ Die mors van water lei tot waterskaarste en waterbeperkings.</li> <li>○ Om nooit Rommel te strooi nie 'n skoon omgewing tot gevolg sal hê waarop jy trots kan wees en waar mens en dier goed kan leef.</li> <li>○ Herwinning verhoed dat hulpbronne uitgeput raak.</li> </ul> </li> <li>➤ Verduidelik dat as elkeen sy deel doen dit 'n impak sal hê eerder as om te verwag iemand anders moet dit doen</li> <li>➤ Raak betrokke saam met jou kind in 'n herwinningsprojek: <ul style="list-style-type: none"> <li>○ Begin om tuis te herwin</li> <li>○ Help dierebeskermingsorganisasies met skenkings of kos</li> <li>○ Onderneem 'n uitstappie in jou straat of parkie en tel rommel op</li> </ul> </li> </ul>



Lantern-groete

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**T GROENEWALD  
HOOF**

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**C VAN WYK  
ADJUNKHOOF (H/S)**

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**A NIEHAUS  
ADJUNKHOOF (L/S)**

31 MAY 2017

CIRCULAR 07/2017

Dear Parents/Guardians

**The future is open; we decide what's in it – Wolfgang Sonnenburg****MESSAGE FROM THE PRINCIPAL**

We are very sad about the passing of one of our learners, Keletso Barnard, Gr 7. We pray for the family, as well as the friends he left behind.

June is exam time. We ask that learners will be well prepared for this important exam and ensure that you are at school on time. Absenteeism can only be accepted if a doctor's letter is provided. All the best to all our learners.

We request that all appointments are made for learners after school hours. Learners will not be excused earlier.

**EXAM TIMES:**

The exam time table has been handed out. Buses will leave school at **12:15**. Learners must be at school by 7:30.

**LADIES TEA:**

For 160 ladies, the morning of the 20<sup>th</sup> May certainly delivered as promised. A morning of inspiration was enjoyed by all and a total of R6 500 was raised which will go towards new curtains for the hall.

A very big thank you to all the parents and teachers who attended our tea as well as the donations. Your help and support is really appreciated.

Thank you to our learners Tayla Hartslief, Olebogeng Moshugi and Demichee Kruger who entertained us; and Mr Johan Lombard's daughter – who sang so beautifully.

**LANTERN LEARNERS ACHIEVE**

*The following learners achieved exceptionally during their sporting events respectively:*

- \* **Juanyse van Staden** (Gr 7) participated in the South African National Equestrian School Association's (SANESA) interschool competition. She was awarded two bronze and one gold medal in a recent horse riding competition.
- \* **Xavier Kramer** (Gr 5) was chosen to represent the District in the u/15 National Inter District Tournament, as a junior bowler in Bloemfontein in April this year. He was one of nearly 200 junior bowlers (country wide) and not only did he gain his District Junior Colours, he also won a silver medal.
- \* **Willem Viljoen** (Gr 11) was selected as part of the SA JKA Gauteng team. (Japan Karate Association)  
He represented Gauteng at the SA JKA National Championships held recently in Johannesburg.

Well done! We are proud of you!

## **RUGBY**

Lantern's First rugby team beat School of Achievement for the first time in 13 years!!

The score was 24 – 12

U/15 lost by 5 points.

Lantern vs WK du Plessis 1<sup>st</sup> team won 28 – 10

U/15 won

Lantern vs Destinata 1<sup>st</sup> won 28 -10

o/15 lost 41 -10

U/15 team are playing in the semi-final, 1<sup>st</sup> June against School of Achievement.

1<sup>st</sup> team are playing in the final against WK du Plessis.

**Congratulations to Mr Jaco Mitton** who was chosen to be the coach of the Golden Lions LSEN Craven week.

*Learners included in the team are:*

**Remi Carelse,**

**Pieter Marais (Captain)**

**Ridwaan Marince.**

Well done guys!

## **PARENTS - MEDICATION**

Kindly be informed that no learner is allowed to keep medication with him/her. We have recently experienced serious problems with abuse and exchange of medication amongst learners. Should your child suffer any chronic condition, kindly hand in the medication to the Nursing sister at school for control and administration.

Learners on acute medication which has to be taken 3 times a day, should not bring medication to school because their next dosage will be 8 hours later, being after school.

You are requested to inform the school if your child is on any medication other than Ritalin, Strattera and Concerta. This is very important in case of drug testing.

The school appreciates your co-operation in this regard and thanks you in advance.

Sr Lindiwe Ngozi

## **EXEMPTIONS**

The closing date for applications for exemption of school fees is 23 June 2017. Please send your application and/or any outstanding documents to Ms Rina La Grange urgently.

## **BUS TRANSPORT**

Exams will be written in two sessions, daily.

**Session 1:** 07:45 – 11:00

**Session 2:** 11:30 – 14:00

The school busses will depart at **12:15** from school. (Monday to Friday)

**Learners writing the afternoon session, have to arrange their own transport home.**

## **7 Secrets to Studying with ADHD**

New research shows that students might not need to spend more time studying, but [need to study differently](#).

### **Which Study Technique Works Best?**

Eighty-four percent of students study by rereading the textbook. The problem is that rereading is the most ineffective way of studying for an exam. Reading is a challenging way for the ADHD brain to learn information. Reading is passive. It's like learning to play basketball by watching your coach play.

Research shows that the number-one way to study is to make a practice test. Try to predict what your teacher may ask on the exam. Look over your study guide, pull out old quizzes, find important parts of your notes, and ask others in your class what they think is important.

### **Cramming Doesn't Work**

Studying for three hours over four days, 45 minutes per night. This works for two reasons. The first is that the child reviews the material several times, gaining familiarity with it. Second, and most important, he/she sleeps on it. [Sleep helps you learn](#). Your brain is more active at night than during the day. During sleep, you replay the day's events in your head and you rehash the information you have learned.

*Here are some other research-based tips that can make a difference for your child with ADHD:*

**Review Before Bed:** Studies show that you remember more when you take 10 to 15 minutes just before you go to sleep to review what you have studied or learned earlier in the day. Reviewing what he has studied allows a child to process the information as he sleeps.

**Exercise Sharpens Focus:** Thirty minutes of aerobic exercise a day, four to five days a week, improves focus and executive functioning skills, especially in students with ADHD e.g. running, swimming, walking, dancing etc.

**Use Your Nose:** Smell is a powerful study tool. Research shows that if you are exposed to the same smell when you study and sleep, you may remember more. When your child studies, put a small dish of essential oil nearby; peppermint is a good choice because it relieves stress. Place a small dish of the same scent by her bed while she sleeps. Studies suggest that her brain will associate the scent with the material she has studied earlier.

**Napping, Breaks and Memory:** Most people need to sleep eight to nine hours a night to retain memories, but teenagers need more. Thirty-minute afternoon naps can help. Be sure these siestas aren't longer than 30 minutes, since extended naps can interfere with sleep at night. Taking a break helps all kids learn more, especially those with ADHD. Studies show that students remember more when they take breaks between study sessions instead of studying straight through for an extended period.

**Sip a Sugary Drink:** A drink that contains some sugar helps homework performance. Sugary drinks provide glucose, which is the primary source of fuel to the brain. If you're low on glucose, you won't be able to focus or perform well. Apple juice delivers glucose, without overloading a child's system with sugar.

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# Lantern School Values Programme

## Value 3 - ACCOUNTABILITY

The Gauteng Department of Education's vision is to "ensure that every learner does well at school and leaves our institutions with values knowledge, skills and qualifications that will give them the best chance of success in adult life."

In order to fulfil this vision we need to instil positive values amongst all our learners [at Lantern School. By doing this we will not only contribute to creating a better South Africa but also generate a school environment conducive to learning and growing.](#)

Every 2 months a new value will be discussed and emphasised in Lantern School. [To ensure that each learner adapts these values as their own, we appeal to you as parents/guardians to reinforce them at home.](#) The focus value of each cycle will be communicated to you as parents [through the newsletters and school communicator.](#) We [will make suggestions on how to highlight each value at home and would also welcome your suggestions and feedback.](#)

[We are extremely excited about this programme and are looking forward to enjoy many benefits from our joint effort very soon.](#) Please assist us in creating the future and environment that our children can enjoy!

<b>Cycle</b>	3
<b>Value</b>	ACCOUNTABILITY
<b>Bill of Rights</b>	<ul style="list-style-type: none"><li>• The right to live in a safe environment</li></ul>
<b>Bill of Responsibilities</b>	<ul style="list-style-type: none"><li>• Promote sustainable development through a clean environment</li></ul>
<b>Examples</b>	<ul style="list-style-type: none"><li>• Using water wisely</li><li>• Recycling</li><li>• Not littering</li><li>• Looking after our fauna and flora</li><li>• Taking responsibility for your own actions</li></ul>
<b>Application Suggestions</b>	<ul style="list-style-type: none"><li>• Teach your child that all actions have consequences.<ul style="list-style-type: none"><li>○ E.g. Wasting water results in water shortages and sanctions on water usage.</li><li>○ Not littering creates an environment we can be proud of and prevents harm to animals</li><li>○ Recycling allows for resources to not become depleted</li></ul></li><li>• Explain that if each person does their share it will make an impact, rather than expecting others to.</li><li>• Engage with your child in a conservation effort:<ul style="list-style-type: none"><li>○ Start recycling</li><li>○ Donate money or food to an animal shelter</li><li>○ Go on a "Litter Walk" to pick up litter in your local park or street</li></ul></li></ul>



Friendly greetings

**T GROENEWALD**  
PRINCIPAL

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

**A NIEHAUS**  
Deputy Principal (P/School)