

27 Februarie 2013

Omsendbrief 3/2013

Geagte Ouers/Voogde

### 1. Boodskap van die Hoof

"Do something every day that you don't want to do; this is the golden rule for acquiring the habit of doing your duty without pain."  
Mark Twain

### 2. Belangrike datums vir Maart

Sondag	Maandag	Dinsdag	Woensdag	Donderdag	Vrydag	Saterdag
				28 Atletiek Prestige Pretoria	1 Kollekteer paaseiers	2
3	4	5	6	7 Rugby 1 <sup>ste</sup> span (7's) , 0/15 SGB Finansiële Komitee 18:00	8	9
10	11 SGB Algemene vergadering 18:00	12	13 Rugby Adelaar 1 <sup>ste</sup> span, 0/15	14	15 Graad 1-3 "Paws for people"	16
17	18	19 Rugby Pro-Practicum 1 <sup>ste</sup> span Paaseier kolleksie stop	20 Skool sluit 12:00	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5 Rugby & Netbal toer	6 Rugby & Netbal toer
7 Rugby & Netbal toer	8 Rugby & Netbal toer	9 Skool begin				

### 3. **Laatkommery**

Dankie aan al ons ouers wat 'n groot poging aanwend om te verseker dat hulle kinders betyds by die skool is. Die Departement van Onderwys vereis dat die skool 'n register het waarin die name van alle laatkommers aangeteken word. Lanternskool se gedragskode vereis dat leerders op 'n daaglikse basis betyds moet wees vir skool; dit voorkom ontwrigting in die klas en onderrig kan dadelik begin. Alhoewel ons bewus is van die verkeersvolume in die oggende, moedig ons ouers aan om te verseker dat hulle kinders betyds is vir skool. U samewerking in hierdie verband word waardeer.

### 4. **Selfone**

Daar is nog heelwat leerders wat weier om selfone by die kantoor vir veilige bewaring in te handig. Ons ervaar menige probleme met kinders wat hulle selfone skool toe bring en dit nie inhandig nie. Om sake van diefstal, verlore selfone of selfone met onwettige of ongewenste materiaal op te hanteer, neem onsettend baie van die personeel se tyd in beslag.

Indien 'n selfoon gedurende skoolure (klas of pouse) by 'n leerling gevind word, sal dit gekonfiskeer word. Leerlinge sal dit aan die **einde van die kwartaal** terugkry met 'n boete van R50.00 - volgens die gedragskode se selfoonbeleid, ondersteun deur die Departement van Onderwys.

### 5. **Inligtingsaande**

'n Hartlike dank aan al die ouers wat die inligtingsaande bygewoon het. Ek vertrou dat die aande van al die verskillende grade insiggewend was en dat ons 'n suksesvolle akademiese jaar sal hê.

### 6. **Gedragskode vir leerders**

Die skool se gedragskode moet deur alle leerders gehoorsaam word en dit is die ouers se verantwoordelikheid om toe te sien dat dit gebeur. Kopieë van die gedragskode is by die skool se sekretaresse beskikbaar.

### 7. **Opvoeding: Selfbeeld/gesondheid**

Kinders wat oorgewig is se risiko is groter om kardiovaskulêre siektes, been- en gewrigsprobleme, slaapapnee, 'n swak selfbeeld sowel as langtermyn gesondheidsprobleme as volwassenes te ontwikkel. Alhoewel oorgewig tydens die kinderjare nie altyd tot oorgewig tydens volwassenskap lei nie, is daar wel 'n verhoogde risiko. Die meerderheid kinders wat tydens hulle voorskoolse- en laerskooljare oorgewig is, is steeds as tieners oorgewig. Die meeste kinders ontgroeï nie die probleem nie. Om gewigsprobleme by kinders aan te spreek vereis 'n gesonde en gekoördineerde oefen- en eetprogram. Die behandeling van oorgewig tydens die kinderjare is nie gewigsverlies nie, behalwe as dit deur 'n mediese dokter aanbeveel word. Die doel is om gewigstoename te beperk of gewig stabiel te hou en jou kind daardeur toe te laat om sy ideale gewig te bereik.

### 8. **Voedingskema**

Lanternskool het ongeveer 15 jaar gelede begin om toevoerings te voorsien aan leerders wat soggens (weens omstandighede by die huis) by die skool arriveer sonder dat hulle ontbyt geëet het. Op hierdie stadium voorsien 5 onderwyseresse op 'n daaglikse basis toevoerings aan 11 – 22 leerders. Ons probeer om die program gebalanseerd te hou deur somtyds 'n vrug of yoghurt saam met die toevoerings te voorsien.

As u dus weer aan die begin van die maand u inkopies doen, onthou Lanternskool se voedingskema en pak 'n ekstra brood, toevoeringsmeel, marmite, kaasmeel, botter of yoghurt in u trolle! Dit sal baie waardeer word. Alle donasies kan aan me Rolien Hunter of me René Calder gestuur word.

## 9. Paaseiers : 1 Maart tot 19 Maart

As deel van Lanternskool se uitreik na die minderbevoorregtes in die gemeenskap, wil ons weer hierdie jaar paaseiers vir die kinders en bejaardes insamel. Gedurende 2012 het ons 2100 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.



## 10. Atletiek

Op Saterdag, 26 Januarie het die laerskool hulle interhuisbyeenkoms gehou. Nie net het ons gehardloop nie, maar ook baie pret met boeresport gehad. Oud en jonk het die dag baie geniet. Op 29 Januarie en 8 Februarie - met ons finale span gekies - gaan neem ons deel by Herman Immelmanstadion in Germiston. Halfses reeds op die bus, bloedig warm in die son, maar niks keer ons atlete. In die 2 byeenkomste wen ons 30 goue-, 3 silwer- en 23 bronsmedaljes. 30 atlete word gekies vir Suid-Gautengspan om op 28 Februarie by Pilditch Stadion in Pretoria te gaan deelneem. Doen julle bes! Ons is trots op julle.



## 11. Mnr & Mej Lantern

Mnr & Mej Lantern is uitgestel vanaf 14 Maart tot Vrydag 19 April 2013.

## 12. Graad 12 ekstra klasse

Graad12 ekstra klasse stop op Vrydag 1 Maart 2013 as gevolg van die toetsreeks wat begin. Ekstra klasse sal hervat word in die nuwe termyn.

Vriendelike Groete

T Groenewald  
Hoof



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Weeklikse klasse word aangebied om konsentrasie, persepsie, geheue, logiese denke, leespoed en spelvermoë te verbeter.

Kontak Nicolene by 072-378-9683 vir 'n wetenskaplike evaluasie en verskeie 'n plek by die resultaatgedrewe kliniek.

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Beperkte plek beskikbaar.


Kursus is : 3 – 5 April 2013

Kontak Nicolene 0723789683 / 011 954 3867

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Hester 082 723 3598  
Roodekrans:  
Berincez 011 764 6344



27 February 2013

Circular 3/2013

Dear Parents/Guardians

### 1. Message from the Principal

“Do something every day that you don’t want to do; this is the golden rule for acquiring the habit of doing your duty without pain.”  
Mark Twain

### 2. Important dates for March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				28 Athletics Prestige Pretoria	1 Collection of Easter eggs	2
3	4	5	6	7 Rugby 1 <sup>st</sup> team (7's) , 0/15 SGB Financial Committee 18:00	8	9
10	11 SGB General Meeting 18:00	12	13 Rugby Adelaar 1 <sup>st</sup> team, 0/15	14	15 Grade 1-3 "Paws for people"	16
17	18	19 Rugby Pro- Practicum 1 <sup>st</sup> team Easter egg collection ends	20 School closes 12:00	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5 Rugby & Netball tour	6 Rugby & Netball tour
7 Rugby & Netball tour	8 Rugby & Netball tour	9 School begins				

### **3. Late coming**

Thank you to all parents who put in great effort to bring learners to school on time. It is a GDE requirement that we have a "late comers" register in which we record the name of learners arriving late. Our Code of Conduct states that learners should be punctual on a daily basis in order to avoid disruptions in class as teaching starts immediately. However we are fully aware of the traffic volumes in the morning, I urge parents to make a concerted effort to get children to school on time. Your co-operation in this regard will be greatly appreciated.

### **4. Cellphones**

Many learners still refuse to hand in their cell phones for safekeeping. We are experiencing many problems with learners who bring their cell phones to school and do not hand them in. For staff to handle cases of theft, loss of cell phones or cell phones with illegal or unsavoury material, wastes a lot of unnecessary time.

Should a learner be found using a cellphone (during class time or at breaks) it will be confiscated. Learners will only get it back at the end of the term after paying a fine of R50– this is in accordance with Code of Conduct and Cell Phone Policy, supported by the Education Department.

### **5. Information evenings**

A sincere thanks to all parents who attended the information evenings. We sincerely hope that all evenings across the grades were informative and that we are going to experience a successful year.

### **6. School Code of Conduct**

Learners are to abide by the provisions of the Code of Conduct and it is the parents responsibility to ensure compliance. Copies of the Code are available from the school secretary.

### **7. Education : Self Esteem/Health**

Children who are overweight or obese are at greater risk for cardiovascular disease, bone and joint problems, sleep apnoea and poor self esteem, as well as long term health problems in adulthood. While childhood obesity doesn't always lead to obesity in adulthood, it does raise the risk dramatically. The majority of children who are overweight during preschool and Primary School are still overweight as they enter their teens. Most kids do not outgrow the problem. Addressing weight problems in children requires a co-ordinated plan of physical activity and healthy nutrition. Unless directed by your child's doctor though, the treatment for childhood obesity is not weight loss. The goal should be to slow or halt weigh gain, thereby allowing your child to grow into his or her ideal weight.

### **8. Easter Egg Collection 1 March to 19 March**

As part of Lantern school's outreach to the community during the first term, we want to collect Easter eggs for the less fortunate children and senior citizens. Last year we collected over 2100 eggs! This year we hope to better that figure. If each learner donates 3 marshmallow Easter eggs, we can reach our target. Please support us!



### **9. The Lantern Feeding Scheme**

About 15 years ago we began making sandwiches for the learners that arrived at school with empty stomachs due to circumstances at home. Currently, 5 teachers feed from 11 to 22 learners on a daily basis. We try to feed the learners a balanced snack by providing a fruit or a yogurt with a sandwich.

So, when you are buying groceries at the beginning of a month, please remember our feeding scheme and add an extra loaf of bread, a sandwich spread, marmite, cheese spread,

margarine or yogurt to your trolley! It would be so appreciated. Any donations of food can be sent to Mrs Hunter or Mrs Calder.

## 10. Athletics 2013

On Saturday 26 January, we had the primary school interhouse meeting. Not only did we run but also had lots of fun with Boeresport. Old and young enjoyed the day. On 29 January and 8 February with the final team chosen we participated at Herman Immelmanstadion in Germiston. 5h30 already on the bus, the sun very hot, but nothing stops our athletes. At these meetings we won 30 gold, 23 silver and 23 bronze medals. 30 athletes were chosen for the South Gauteng Team that will participate at the Pilditch Stadium in Pretoria on the 28 February. Do your best! We are proud of you.



## 11. Mr & Miss Lantern

Mr & Miss Lantern has been postponed from 14 March until Friday 19 April 2013.

## 12. Grade 12 Extra classes

Due to the test series the grade 12 extra classes will stop on Friday 1 March 2013. Extra classes will start again in the new term.

Yours faithfully

**T GROENEWALD**  
**PRINCIPAL**



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