

THE Yellow PAGES



PICTURED: This morning "Group 5" of our uHambo girls - the Grade R Eaglets - began preparing early for their three-week uHambo journey, which will be taking place in 2027! Scroll down to find out more about the activities that our "Group 5" girls enjoyed this morning as they trekked around the school!

MESSAGE FROM Management



Mrs Trish Beetar
Junior Primary H.O.D.

Whilst preparing this piece for *The Yellow Pages*, in which I wanted to emphasise the importance of the Foundation Phase in the education system, I came across an audio file of Nikki Bush, a parenting expert to whom we had the privilege of listening last year at St John's D.S.G. Much of what follows below has been extracted from her interview on Radio 702, "Why is the Foundation Phase important in a child's life?", in which she discusses the importance of developmental needs in a child's first six years, in view of employment prospects in the future.

changing so quickly and children need to learn flexibility. 3. Life-long learning: It is important to stimulate curiosity and a love of learning so that children will remain committed. 4. Failure: A willingness to experiment and an understanding that it is okay to fail is essential. In today's world, leaders are encouraging experimenting and failure. 5. People skills: It is important to be able to network with others. 6. Coping mechanisms: in a world that is changing rapidly and nothing seems to be permanent, the ability to cope is crucial.

we should celebrate this and make as many opportunities as possible for our children to play outdoors.

Children underpin the next generation of talent who will enter the work force one day. They are the key to our Country – both intellectually and economically – and our success as a nation depends on their grounding. In the Foundation Phase we do not focus on the content of learning subjects, but rather we work on developing life skills, to lay the ground work for future schooling and success. Nikki Bush identifies six talents that she believes are necessary for children to succeed in today's world:

How do we, in the Foundation Phase, prepare children for the world described above? Nikki Bush identifies six key needs that are imperative to prepare our children's brains, bodies and emotions for later life.

- We have to balance the real with the virtual. Screens can add value to our lives, but in the Foundation Phase, children need concrete learning experiences. They need contact with real people, as this is how they learn to socialise.
- Children need to learn healthy eating habits from us.
- Routines, boundaries and predictability are all crucial for children.
- Sleep is essential for development. It is necessary for physical growth and for a strong immune system. The brain needs time at night to process and consolidate what has happened during the day. Unfortunately, many children do not get enough rest.

1. Tolerance of difference: Children will be working in a diverse world - they need to learn how to cope with this.
2. Adaptability: The world is

- Children need the freedom to explore, move and play. This is fundamental and foundational to a child's development. The more they move, the more they wire their brains to stimulate academic learning. All types of movement should be encouraged, as by doing this children are working out their position in space and the control they have within their environment.
- Play is the language of childhood. Playfulness and play in all forms should be encouraged. Exploration through play hits the curiosity button and curiosity is what fuels learning for life. In South Africa, we are fortunate to have space to play –

THIS WEEK'S news

sincere condolences ♥

Sister Mary Evelyn, SSJD, sadly passed away yesterday (23 August, 2018.)

Sister Mary Evelyn had a long association with our School, having been a Gym and Games teacher at St John's D.S.G. from 1948 – 1950. After leaving the School, she Professed on 18 October, 1958. Her involvement with the School continued, with her becoming a Board Member in 1975 and serving in this capacity for over 40 years.



Sister Mary Evelyn's passion for and loyalty to St John's D.S.G. was unwavering and she thoroughly enjoyed her visits to the school and interaction with the girls, young and old.



We extend our heartfelt sympathy to her family and friends and, in particular, to Sister Hilary, SSJD. She will be sorely missed by the St John's Community.

A COOLER THEATRE

This week the St John's D.S.G. Theatre was fitted with air-conditioning. This will be a huge relief to most parents, who swelter during end-of-year events, such as Prize-Givings, Nativity concerts and our annual Carol Service! The Junior and Senior School girls will also benefit, especially at assemblies and events during the summer months.

A big "thank you" to our Parents' Association (P.A.) for fundraising for these units to be installed. Mr Mark Zartmann, Chairman of our P.A. says, "Installing air-conditioning in the Theatre has been a long-term goal for the School and we would like to thank the St John's D.S.G. community for their continued support of the fundraising efforts that make these types of improvements possible."

junior SCHOOL



LOOK OUT, HOLLYWOOD! ♥

Our Junior School girls put their whole hearts into their performances of *Something's Afoot* last week. Performing in the morning for their grandparents and the evening for their parents, our starlets sang, danced and acted with confidence and enthusiasm. After the morning's performance, grandparents were treated to a delightful tea on the Chapel Lawn and had the opportunity to visit their granddaughters' classrooms too. Congratulations to Mrs Lucy Usher, our Junior School Drama teacher, for yet another fantastic show and a big "thank you" to our Catering Department for the delicious teas provided for the morning and the evening shows.



UHAMBO GROUP 5!

"Group 5" of our uHambo girls departed this morning for their trip - except this time, it was our Grade R girls departing for a leisurely walk, and bike ride, around the school grounds!

With their school bags on their backs "just like the big girls", this enthusiastic bunch were armed with maps of the school and were most excited to hike some "mountains", walk through some "forests" (the ride field) their bicycles through some "tough terrain" (the top Hockey field!) They also decided, due to the "snowy" weather, that they would definitely not be washing in the "dam" (the swimming pool) as Mrs Schirge jokingly suggested! To finish off their uHambo experience, our little hikers braai'd some marshmallows (which they thoroughly enjoyed eating), read some post which they received from the Grade 10s and some girls even learnt to ride their bikes without training wheels!

Well done, Grade Rs and a big "thank you" to their uHambo leaders, Miss Wiesinger, Mrs Fourie and Mrs Schirge (or Mrs Sugar as the Grade Rs call her). Here's to uHambo 2027!

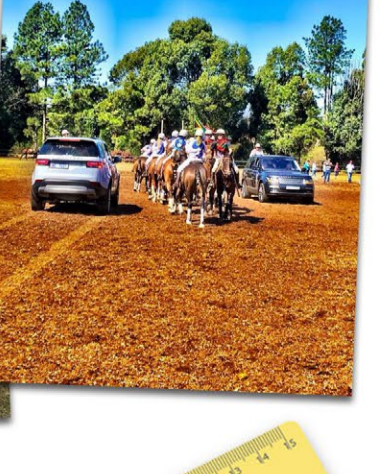


our national polo champ



Lauren (on the left) with her team mates.

Last weekend, Lauren Heynes (Grade 6), at the age of just 11, played for the u14 South African Polo team against a mixed Barbarian team, which included players from Australia, Zambia, England and South Africa. The series was held at the Shongweni Club from Friday, 17 August to Sunday, 19 August. The South African team played three games in total and won two, taking the series win. Congratulations to Lauren, who was not only the youngest player in the side, but who also took away the trophy for Best Ladies Player in the series. Lauren's mother, Mrs Sam Heynes, says, "We are very proud of her achievement and can't wait to see how she performs when she's older."



senior SCHOOL



A BUSY WEEK AHEAD ♥

The third term is always our "tour term" - a time for our Senior School girls to take a break from the classroom and extend their learning in outdoor environments. We also host various fun-filled events for the girls, including a Grade 8 Spring Day, and some workshops for our Grade 11s. The next week is, therefore, going to be a busy one for our Senior School girls. While our Grade 9s are still making their way up the challenging Sani Pass, our Grade 10s will be leaving for Babanango on Monday and our Grade 8s will be travelling to Twinstreams on Tuesday. Our Grade 11s can look forward to a World of Work Day on Thursday and a Relationship Workshop on Friday. We trust that they will be able to glean some valuable insight and advice on both these days, as they prepare to make some big life decisions about their studies, careers and lives after school in the near future. We wish all our Senior School girls well for this next week, and we also continue to think of our Matric girls as they write their Trial examinations.