



St Paulus Preprimary and Primary School NEWSLETTER

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Mrs M. Gorst-Allman

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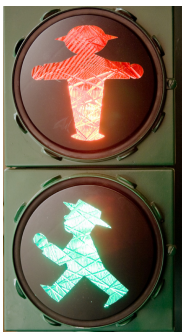
www.saschools.co.za/stpaulus

THE TUCKSHOP

A few years ago, with the assistance of Dr Paula Volschenk, a Dietitian, we completely changed our Tuckshop menu and moved to healthy, nutritional options. The menu chosen is ADD and ADHD-friendly and our Tuckshop Proprietor is required to ensure that what she sells to the children complies with this restriction, most especially to enhance concentration. We include certain deviations, for example Coca Cola, for specific reasons, and we do have "celebration days" upon which other items may be sold, such as our Grade Seven Valentine Fair, where items containing sugar, additives and colourants are permitted. Our long-term goal is to teach our children to choose healthy options most of the time, and to limit "treats," to maximize concentration. Please keep our approach in mind when packing lunch-boxes. We encourage children to eat healthy snacks with wholewheat bread, plenty of fruit, nuts, raw vegetables and cheese. Preferred drinks are fruit-juice and water. Children are encouraged to drink water regularly, and for this purpose they are permitted to have a water-bottle with them on their desks during the day.



PEDESTRIAN SAFETY



Parents have been asked not to enter the roads which circle the school and which run parallel with the Office Block. This rule is in place to safeguard our pedestrians – all children - who have right-of-way on the premises at all times. Last Thursday, when we had a sudden downpour there was complete chaos in these areas which seriously compromised our children's safety. Our driver brought the school bus up to the Hall area in order for the children to dis-embark undercover. A number of parents drove right up to the front entrance and, discovering that they could neither move forward nor backwards as more cars had come up behind them, put pressure on our driver to move the vehicle.

In the confusion, a child was knocked over and the vehicle's trailer drove over his leg. I have applied to the Board as a matter of urgency to erect booms at the entrances to these roads, which will only be accessible to the school bus, to staff entering the covered parking, and emergency vehicles. No cars may drive up to the Aftercare area, or across any of the playing areas. The only parking which is available to parents and visitors is in the designated parking areas. All roadways around the Hall and in front of the school are reserved exclusively for pedestrians. Please support this most necessary move in the interests of our children's safety.

AFTERNOON PROCEDURES AT OUR SCHOOL

We are well and truly into the Afternoon Programme and I would like to draw your attention to a few important procedures which will help us to keep our children safe:

- Children who stay at school after 16:00 have to be enrolled in Aftercare.
- Children in Aftercare need to wear the Aftercare shirt or Sports uniform. Registration Forms must be filled in and returned to Karen Warren in Aftercare.
- If a child is not enrolled in Aftercare, he/she needs to be in one of our scheduled sessions of Sport, or at Supervised Homework and may not sit under the Litchi Tree.
- After finishing one session of Homework, children may go to the Melican Media Centre, which is open until 16:30. Aftercare children must be sure that Teacher Karen has been informed.
- Only Aftercare children may sit at the benches under the Litchi Tree under the supervision of Aftercare staff. Those not in Aftercare, need to go to Supervised Homework, or Sport, or should be fetched by a parent.
- Before leaving the swimming pool area children are required to be fully clothed. They may not leave in their costumes – This also applies to "Learn-to-Swim" children.
- Children leaving the premises in full school uniform need to wear shoes and socks.
- The correct Sports uniforms need to be worn. Takkies have to be worn on the tennis courts and hats need to be worn on the court and sportsfields.

EARLY MORNING PROCEDURES AT OUR SCHOOL PRE-SCHOOL

There is a teacher on duty in the Pre-School enclosure from 07:00.

- Please do not drop Pre-School children off in the parking lot. They are too little to walk up on their own.
- An adult needs to accompany a Pre-School child to the Pre-School enclosure and ensure that there is adult supervision before leaving the child.
- The Class teachers will fetch the children from the Pre-School enclosure at 07:40 and take them to their classrooms.

GRADE ONE

There are a number of Grade One's who come early and who play, un-supervised, at the Aftercare Junglegym. They are also climbing trees, which is not permitted.

- If a Grade One child is dropped at the school by 07:00, he/she needs to be accompanied by an adult to the Melican Multi-Media Centre, which opens at 07:00. No Grade One's may be in the Litchi Tree area without supervision.

GRADE TWO –GRADE SEVEN

- Any children who are dropped off early need to come up to the quad. It is very important that children do not remain down in the parking area on the northern side of the school but that they can play in safety where an adult will hear if something is wrong. In the past, we have had to deal with many discipline issues where children were un-supervised in and around the tennis courts, on the northern side of the Hall and on the bottom fields.
- The Melican Multi-Media Centre is open from 07:00. Children are welcome to go there before school to read or play board-games. The Grade Seven's who are already wearing badges may spend time in the "Book 'n Bean Coffee Bar."

Please help us to keep children safe by adhering to these rules.

Children are great imitators. So give them something great to imitate.
Anonymous

PARENT SUPPORT GROUP

Pascal and Beatrice Oloo, who have four boys, three of whom have been through St Paulus, and one of whom is in Grade Six, would like to form a non-denominational Christian-based, Support Group for parents. The challenges of raising young people in the 21st Century will be discussed and ideas can be shared. Anyone who is interested can contact Mrs Oloo: (012) 803-3287 or 082-858-8906.

HAPPY BIRTHDAY, ST PAULUS!



We turned 48 years on 11 February! We can enjoy our St Valentine's Grade 7 Festivities in honour of our birthday.

May you have a restful weekend with your children! We look forward to seeing you at the Inter-House Fun Gala on 20 February!

THE WEEK AHEAD

Saturday, 13 February:

Mini-Cricket at Hatfield Christian School
07:30 – 09:00

Midmar Mile

Monday, 15 February:

C1 Boys v. Die Poort at Die Poort

D4 Boys v. Constantia at STP

D3 Girls v. Lynnwood Ridge at St Paulus

Tuesday, 16 February:

1st and 3rd Team Cricket v. WHPS at St Paulus

2nd Team Cricket v. WHPS at WHPS

Wednesday, 17 February:

U/11 A & B v. WHPS at WHPS

U/10 A & B v. WHPS at STP

Thursday, 18 February:

U/9 A v. WHPS at WHPS

U/9 B v. WHPS at STP

Friday, 19 February:

Gala:

A-Team at Hatfield Christian School

B-Team at Brooklyn

Friday, 20 Feb Gala at St Paulus

Sunday 21 February:

1st Team Cricket at St Albans

CORRECTION: The PTA Fun Day will take place on Saturday, 9 October and not 5 October, as indicated in the previous newsletter.