

1902 – 2020

118 Years of Excellence in Education

RANDFONTEIN PRIMARY SCHOOL

GRADE R

NEWSLETTER 8



School Tel. (011) 693 5333 / 4
Week 8

Fax: (011) 692 3325

Email: rem@randfonteinprimary.co.za
4 March 2020

Dear Parents / Guardians



STAFF BIRTHDAYS

Congratulations to the following staff members who celebrate their birthdays in March.

Miss Pieterse – 3 March	Mrs. Mashimbyi – 7 March
Mrs Lusie – 9 March	Miss E Kiewietz – 9 March
Miss Z Kiewietz – 13 March	Mrs I Dickens – 15 March

PHOTO'S

Individual and Sibling Photo's will be taken on Thursday, 5 March:

INDIVIDUAL PHOTO'S

- 1 X 15 X 20cm (A5) Enlargement (with print work)
 - 1 X 10 X 15cm (Jumbo)
 - 2 X 4 X 6cm photos
 - 1 X Bookmark
- Price: 100

(Please note that Sibling photos will be an extra set consisting of the same as an Individual set)

CLASS PHOTO'S

- 1 X 15 X 20cm (A5) Enlargement
- Price: R50

**ALL PHOTO MONEY TO BE PAID TO REGISTER TEACHERS.
FOR INDIVIDUAL PHOTOS ONLY LEARNERS WHO HAVE PAID
WILL BE PHOTOGRAPHED!**



TRAVELLING BOOK SHOP AWESOME BOOK SALE

DATE: THURSDAY, 19 MARCH 2020
 VENUE: RANDFONTEIN PRIMARY SCHOOL
 TIME: 10:00 - 19:00
 PRICE RANGE: R25 TO R250
 A huge variety of brand-new top-quality books at
 Amazing Discounts
 Contact Vinette 082 559 2574



SCHOOL TIMES

Please take note of the following school times.
07:30 – 14:00 (Monday to Thursday)
07:30 – 13:30 (Friday)
 Parents and drivers are not allowed to go the classrooms to drop off or collect learners.



THEME HEALTHY LIVING

Parents please assist your child by talking to them about how to live a healthy lifestyle. We are encouraging healthy eating at school as well as keeping ourselves clean. Please pack at least one fruit a day for your child, less sweets and **NO** fizzy drinks.

SHAPE



Rectangle

Please help your child with recognising a rectangle.

NUMBER OF THE WEEK

Please help your child with identifying and number formation of the number 5



COLOUR YELLOW

Please help your child with the sounds in the word yellow, they should also cut out pictures that have the colour yellow in it and bring it to school for show and tell.

SIGHT WORD AND SOUND

"You" and "Rr"

Please help your child with the sounds in the word "You" and assist with the sounding of the letter "Rr". Play around and assist your child in finding more words as it forms part of Morning Ring at school each day.

IMPORTANT NOTICE

Parents must please call the school to make an appointment to see the educators. **NO** parent will be allowed to see the educator without an appointment. Please call the Admin Office on 011 693 5333 to make your appointments with your child's educators. Appointments will only be made from 14:00 Monday to Thursday.

POWER UP YOUR PARENTING

Parent University

TEACHING RESPONSIBILITY TO YOUR CHILDREN.

WHAT IS RESPONSIBILITY?

When asked what traits parents would like their children to have now and as adults, one of the most common responses is "to be responsible." This is a broad term which means many different things, including:

- being dependable so people know they can count on you,
 - keeping one's word and agreements,
 - meeting one's commitments,
 - doing something to the best of one's ability,
 - being accountable for one's behaviour,
- accepting credit when you do things right and acknowledging mistakes,
- being a contributing member of one's family, community and society.
- being responsible is a key to children's success both in school and in the larger world when they grow up.

OBEDIENCE VS RESPONSIBILITY

Parents often confuse obedience with responsibility.

Most parents would love their children to do what the parent asks, to follow directions and to not question their authority – understandable and important goals when raising children. However, this is not responsibility!! These behaviours would be classified as obedience.

Over time, most parents want children to accept ownership for a task or chore – the children do it because it needs to be done and accept that it is their obligation to do it. Over time, they may even initiate doing a task "because it needs to be done" – not because they are being told to do it. This attitude would be called responsibility.

Parents may have to give up having things done exactly as they would like them to be done and on their exact timetable in order for a child to move from obedience to responsibility. But allowing a child to "do it his way" will encourage a feeling of pride in accomplishment and foster a sense of responsibility.

HOW INVOLVED SHOULD YOU BE?

Considering the shift from obedience to responsibility raises the issue of how involved you should be in helping your children to meet their commitments and complete tasks.

Not wanting our children to fail can lead parents to do too much for their children; when this happens, the children don't learn to take on the responsibility themselves.

On the other hand, there are times when children do need guidance, support or information so that they can learn how to be responsible.

FINDING THE BALANCE BETWEEN OVER-MANAGING AND UNDER-PARENTING IS AN ART.

Deciding when it is appropriate to step in and when it is more effective to let go and give the child space to do it his way will depend on the child's maturity, past behaviour with responsibility in general and with this task in particular, the developmental task the child is working on, the child's temperament, and many other considerations.

Instilling the attitudes and traits that make children responsible occurs over years and involves many different pieces that make up the parenting puzzle.

Download the Randfontein Primary School mobile App

Our new mobile app offers the following features:

- School photos and videos
- Easy access to important school information (Newsletters).
- Easy access to our extended school calendar.
- School notifications.
- Get access to our school's preferred providers.
- Read the latest school news in your area.
- See what is happening when at Events.
- Especially for all sports followers – read the latest sports news!



Steps to download app:

1. Open Google Play and Apple Store.
2. Search for AWSUM App for Schools.
3. Click on Install.
4. When the app is done installing, click on Open.
5. Register with your email address and password.
6. Select Randfontein Primary School from the list of schools.
7. Click on Save.
8. Remember to personalise your app at Settings.
9. Enjoy the app.



HOW TO FILL YOUR CHILD'S PLATE AND LUNCH BOX WITH HEALTHY FOOD

Although it's easy to pack a child's lunch box, it can become quite a challenge to fill it with the healthy and nutritious goodness your children need to give their best.

According to Marijke Pienaar, a local registered dietitian, it is important to maintain a balanced diet at home and at school. To maintain the perfect diet you start with breakfast, which is much needed for brainpower. This can vary from cereal to toast and eggs among other things and should be paired with a fruit. If children don't want to eat their fruit with their breakfast, they can eat it during first break. During second break, they can enjoy a nutritious snack, such as peanuts, dried fruit, nuts, Provitas with cheese, and more fruit among other things. It is important to send water, juice concentrate or flavoured milk such as Super M with them to ensure they stay hydrated.

For lunch they can enjoy a Low GI or 'Best of both' sandwich with peanut butter, cheese, jam, chicken mayonnaise, or anything similar as a spread, with some nuts and fruit.

For dinner there is a handy nutritional equation that helps parents to provide the nutrition children need. Marijke explained the equation as follows: 1/4 meat, 1/4 starch and 1/2 vegetables. She also added that, where possible, children should be rewarded with toys instead of unhealthy food.

Article from *The Randfontein Herald*



IMPORTANT! PLEASE READ

Please send old magazines and ice-cream sticks to school with your child. We use these items are essential for classwork.

SCHOOL FEES FOR 2020

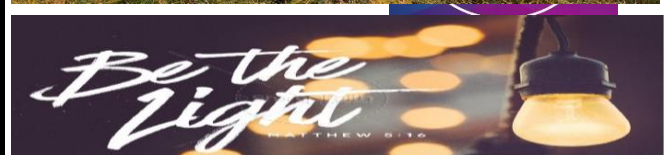
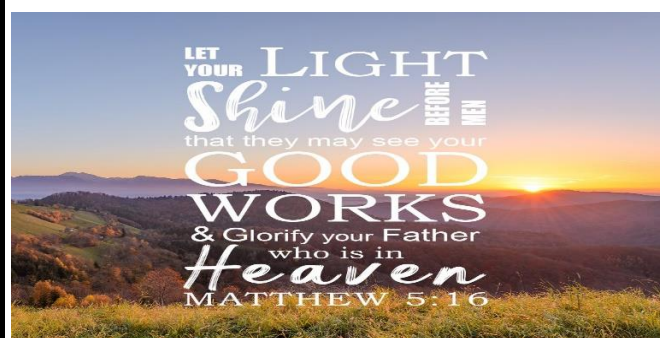
R9 900 per year. The full amount is payable but an allowance is made to pay R900 per month over 11 months.

We urge parents to pay school fees promptly and to budget accordingly to alleviate any financial burden. Payment can be made in CASH, CHEQUE or DIRECT PAYMENT into the school account.

SCHOOL BANKING DETAILS:

NEDBANK:	RANDFONTEIN
ACC NO:	19 89 06 03 31
BRANCH CODE:	198 941
FAX NO:	086 515 3219

Please include your child's reference number, name and surname on your deposit slip each time payment is made.



Mr. GC Boatard
Principal