

happy  
Wednesday

# Randfontein Primary School Newsletter 28



122 Years of Excellence in Education (1902 - 2024)

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21 AUGUST 2024  
Week 28

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Dear Parents / Guardians



### GRADE 7 MARKET DAY

The grade 7 learners will have their Market Day on Friday, 30 August 2024. Please take note of the following:

The cost of hiring is R30 per stall. Learners to pay to their register teachers. Market Day will be held during first break on Friday, 30 August 2024.

All preparation for this day needs to be done at home. The tuckshop will be closed at first break.

Please support the Grade 7 learners.

Please note that in Grade 7 Market Day is a compulsory exercise and a part of the EMS assessment. Parents are advised to help learners with the pricing of goods and to discourage them from giving their goods away.



### SPRING DAY

We will be celebrating Spring Day on  
Monday, 2 September  
Civvies – R5



### GRADE 7 CAREER DAY

**WEDNESDAY, 4 SEPTEMBER 2024**

As part of the term 3 assessment, learners will be required to dress up for their future careers. The learners will be required to prepare a speech and presentation about their respective careers.



### DISCIPLINE BEGINS AT HOME

Studies consistently show that a positive home environment contributes to student success at school. That's why it's important for schools to share information about effective discipline with parents.

- A structured home life promotes school success. Regular schedules and routines, such as scheduled homework time, bedtime and meals, help children develop the independence and self-discipline they need to succeed in school.
- Discipline is about teaching. Punishment does not teach children what they should do; it merely attempts to stop negative behaviours. Effective discipline begins with establishing clear rules and consequences—and enforcing them consistently. It also helps to acknowledge and praise children's positive behaviour.
- Children perform better when they know what is expected of them. When parents set high, yet reasonable expectations, children are more likely to meet them.

### FOCUS ON STUDENT ATTITUDES FOR SCHOOL SUCCESS

A recent study of primary school students found that when students had positive attitudes toward maths, an important memory/learning centre in their brains functioned better, resulting in stronger maths performance. What's even more interesting is that student attitudes had as much of an impact on their maths achievement as their IQs did!

Researchers believe that teachers can maximize student learning capacities by nurturing positive attitudes in all subject areas. Encourage teachers to:

- Share their passion for the subjects they teach.
- Instill the belief in students that they can master any and every subject.
- Provide meaningful feedback with a focus on what students did right.

While a positive attitude doesn't guarantee achievement in a subject, it certainly opens the door!

## Know the Rules



# PARENT UNIVERSITY

## Can Children Really Suffer From Depression?

Yes. Childhood depression is different from the normal "blues" and everyday emotions that occur as a child develops. Just because a child seems sad doesn't necessarily mean he or she has significant depression. If the sadness becomes persistent, or interferes with normal social activities, interests, schoolwork, or family life, it may indicate that he or she has a depressive illness. Keep in mind that while depression is a serious illness, it is also a treatable one.

## How Can I Tell if My Child Is Depressed?

The symptoms of depression in children vary. It is often undiagnosed and untreated because they are passed off as normal emotional and psychological changes that occur during growth. Early medical studies focused on "masked" depression, where a child's depressed mood was evidenced by acting out or angry behaviour. While this does occur, particularly in younger children, many children display sadness or low mood similar to adults who are depressed. The primary symptoms of depression revolve around sadness, a feeling of hopelessness, and mood changes.

Signs and symptoms of depression in children include:

- Irritability or anger
- Continuous feelings of sadness and hopelessness
- Social withdrawal
- Increased sensitivity to rejection
- Changes in appetite -- either increased or decreased.
- Changes in sleep -- sleeplessness or excessive sleep
- Vocal outbursts or crying
- Difficulty concentrating
- Fatigue and low energy
- Physical complaints (such as stomach aches, headaches) that don't respond to treatment.
- Reduced ability to function during events and activities at home or with friends, in school, extra-curricular activities, and in other hobbies or interests.
- Feelings of worthlessness or guilt
- Impaired thinking or concentration
- Thoughts of death or suicide



Not all children have all these symptoms. In fact, most will display different symptoms at different times and in different settings. Although some children may continue to function reasonably well in structured environments, most kids with significant depression will suffer a noticeable change in social activities, loss of interest in school and poor academic performance, or a change in appearance. Children may also begin using drugs or alcohol, especially if they are over age 12.

Although relatively rare in youths under 12, young children do attempt suicide - and may do so impulsively when they are upset or angry. Girls are more likely to attempt suicide, but boys are more likely to actually kill themselves when they make an attempt. Children with a family history of violence, alcohol abuse, or physical or sexual abuse are at greater risk for suicide, as are those with depressive symptoms

**LEARNER SUPPORT CLASSES**  
MRS M BENSON  
083 242 6075

Does your child need support in:  
Grade 1 – 3  
English  
Afrikaans  
Mathematics?  
**LOOK NO FURTHER!!!**  
Retired teacher with more than  
40 years experience!

## EXTRA MURAL PRACTICES 13:00 – 14:00 (DURING SCHOOL HOURS)

SPORT	DAYS
Cricket	Monday and Wednesday
Mini-Cricket	Tuesday and Thursday
Hockey	Monday and Wednesday
Mini-Hockey	Tuesday and Thursday
Tennis	Monday and Wednesday
Mini - Tennis	Tuesday and Thursday
Choir	Monday and Wednesday
Cross Country (FP)	Tuesday and Thursday
Cross Country Gr. 4 – 7	Monday and Wednesday
Art (FP)	Tuesday and Thursday
Drama	Monday and Wednesday
Public Speaking	Monday and Wednesday

## SCHOOL FEES 2024 – GRADE 1 – 7

The amount of school fees to be charged per learner, for the 2024 academic year shall be R 8600 per year per learner.

- R 8600 per year per learner. The full amount is payable, but allowance is made to pay R 860 per month over 10 months = R 8600
- R 7740 once off payment payable by the 31<sup>st</sup> of March 2024 (10% discount = R 860)

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.



[Randfontein Primary](#)

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[www.randfonteinprimary.co.za](http://www.randfonteinprimary.co.za)

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FIBRE INTERNET

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*with God*

ALL THINGS ARE POSSIBLE... MATTHEW 19:26

But seek first his kingdom and his righteousness, and all these things will be given to you as well. –

Matthew 6:33

Mr. GC Boatard  
Principal