



ST STITHIANS COLLEGE

A South African School Making a World of Difference



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***Saints Honour:
Honour God, Honour Others, Honour Self***

NEWSLETTER NO. 08 – 03 OCTOBER 2008

FROM THE DESK OF THE RECTOR

Dear One & All

SPRING FESTIVAL

The 4th Annual Spring Festival was held on Saturday, 27 September 2008, and what a wonderful success. I was amazed at how well it was timed: choosing the warmest day in between two of our coldest Spring days was quite inspirational on the part of the organisers! As usual, the stalls, food vendors, activities and music (both popular and classical) ensured that there was something for everyone on the day. It was also great to see the creativity of the girls in the various categories at the Flower Show – well done to all who participated. Even though this event is championed by the Girls' Prep & College, it was a joy to witness the co-ordinate model in action, with the involvement and participation of all the schools (in one way or another).

May I thank all involved for making the Spring Festival such a happy successful occasion; and in particular extend a warm vote of thanks to Mrs Deidre Penfold and her Organising Committee. Well done, One & All.

INTERNATIONAL TEACHERS' DAY – 05 OCTOBER 2008

This week, educators will be celebrated internationally on Sunday, 05 October 2008. I wrote to the staff this week reminding them of the lofty ideals that underpin our work in this profession. I am so conscious that we, as teachers, sometimes get bogged down in the petty inanities of everyday life; that we so often spend too much time on the small and, ultimately, inconsequential things we have to deal with in our profession; that we sometimes forget our greater purpose in the lives of those we work with on a day-to-day basis and especially the children in our care.

Perhaps we all need to pause from time to time and reflect on what our "game" is on this earth. What is our purpose? What does our teaching mean? Why do we do the things that we do? Why do I get up every morning and come to school to teach? And whilst we do that, we need to remember that we all have a purpose. Teachers touch eternity in their connections with their students; their value is seldom measured, understood and often not appreciated, but all the same the impact of teachers cannot be underestimated.

Rewards from the teaching profession

From Eleanor K. Sikes, a teacher in the US.

When I realized I wanted to be a teacher I was about 5 years old. I was not thinking about salary, workload, benefits, or rewards. All I was thinking about was how much I loved teaching. I was thinking about how much fun I was having sharing what I had learned with my "students" (my cousin and my

dolls). I was thinking about how much happier I was when “playing school” than when “playing office.”

Now that I have been teaching for 37 years, I realize that I became a teacher because of the intrinsic rewards that come from this profession. I am still teaching because of the opportunities for self-improvement and life-long learning. I am still teaching because I love sharing knowledge and ideas with like-minded individuals. I am still teaching because I am still learning. Someone once told me that “the only job to have is the one that makes you happy.” That job, for me, is teaching.

One of the most rewarding experiences a teacher can have is to encounter his or her former students experiencing happiness and success in their chosen careers. This has happened to me twice in the last few months, and each time I experienced a sense of accomplishment and happiness. I realized that, in some small way, I helped these two former students, and others, accomplish their goals. Therefore, I had also accomplished one of my purposes in being a teacher. They were happy and I was happy for my small part in shaping their lives ... the primary reason for choosing this career and for my remaining in it for so many years is for its intrinsic value, for the value it has added to my life.

COLLEGE CALENDAR 2009

When the College Executive reviewed the calendar for 2009, it did not take into account the fact that the Easter Rugby & Hockey Festival was due to commence on Thursday, 09 April 2009. Hence, we have had to amend the calendar for Term 1 (2009) and the term will now end a day earlier, i.e. on Wednesday, 08 April 2009. We apologise for any inconvenience caused by this error.

Parents are reminded that the Saints calendars for 2009 and 2010 are to be found on the College website (www.stithian.com).

USE OF THE SAINTS AQUATICS CENTRE

Given the use of this facility by a number of outsiders and some of the problems encountered at the Aquatics Centre, it has become necessary to draft a policy to cover specifically the use of this particular facility. This policy is attached for information and is to be found on the website (www.stithian.com under Campus/Policies).

QUESTIONS FOR THE RECTOR:

If there is anything you would like more information about, please do not hesitate to send your questions to me at rector@stithian.com. Learners as well as parents are quite welcome to send their questions.

SAINTS FAMILY NEWS

We wish to express our sincere condolences to the following members of the Saints Family on their loss of loved ones in recent weeks. Please keep these families in your thoughts and prayers.

- The Brodie Family (Nicholas, Grade 12 and Toni Jo, Grade 11) on the tragic death of Mr Doug Brodie (Matric Class of 1968), as a result of a motorbike accident.
- The Du Toit Family on the tragic death of Daniel du Toit (Matric Class of 2005), as a result of a motor car accident.

Congratulations to:

- Cynthia & Piet van Tonder (Staff, Boys' College) on the birth of their first granddaughter (Amy)
- Claire & Graeme Spring (Staff, Boys' College) on the birth of their son (Matthew Allan Spring) on Heritage Day.

GOOD NEWS COLUMN

It is always gratifying to receive letters of praise and congratulations about our staff and learners. May I share the following e-mail with you:

Dear Mr Stewart

I requested Mr Sibanda to give me your email address, as for weeks I have been wanting to write and tell you how the marimba band set an absolute international benchmark at the ISME conference in Bologna. I have been involved in a variety of capacities with ISME, over more than 20 years, and myself largely organised the biennial conference that was held in Pretoria in 1998. I think it was at that point that more than ever before we began to realise that we did not have to suffer in comparison with the rest of the world. Now, in Bologna, and with the skill and team spirit and enthusiasm of your boys' performance, the whole conference was talking about "the groups from South Africa" – did you hear them? Etc.

There were some other good South African performing groups, including from Pridwin and from the Western and Eastern Cape, but I heard much praise for your school as the "bestest of the best". It was also noted by many delegates that although there was a technically stunning concert from a Russian group, for example, it just did not have the joie de vivre of your group's programme. I do hope that some such good reports have reached your ears, and particularly for Michael, to whom a great deal of credit must go in terms of really putting you on the international map, in this context. But it was not only the question of credit to St Stithians – it was also to the credit of the whole country, as people remarked on what a wonderful example it was of the results of developments in SA/what a truly intercultural experience it was for those who were amazed to notice that there was no way you could tell between the boys of different races, as regards their musicality and sense of rhythm, especially. MAZELTOV – we all felt positively bursting with pride as we sat in the audience in Bologna.

Congratulations to all concerned!

Caroline van Niekerk (Professor of Music Education)

Should you wish to contribute any Good News, please send the details to: rector@stithian.com.

With kind regards.

STEPHEN LOWRY
RECTOR

GENERAL NOTICES

REMINDER: DOGS ON CAMPUS

All members of the Saints Family, who walk their dogs on the College estate, both in the mornings and evenings, are reminded to please ensure that their pets are kept on leads at all times. People walking dogs on the property are also requested to clean up after their animals and to carry 'pooper-scoopers' for this purpose. It has reached the point that if these rules are not strictly adhered to by all, we will have to seriously consider banning "visiting" dogs from the campus.



ST STITHIANS COLLEGE CALENDAR FOR 2009

(APPROVED BY THE COLLEGE EXECUTIVE - 26 NOVEMBER 2007
AMENDED - 22 SEPTEMBER 2008)

TERM 1 (59 days)

Staff Development Days:	Monday, 12 & Tuesday, 13 January 2009
School Commences:	Wednesday, 14 January 2009
Ends:	Wednesday, 08 April 2009
Saints school holiday (for learners & academic staff)	Thursday, 09 April 2009 <i>(due to Easter Festival commencing on 09/04/2009)</i>
Half Term:	12:00 on Thursday, 26 February 2009 to 07:00 Tuesday, 03 March 2009
Public Holiday/s:	Saturday, 21 March 2009 (Human Rights Day) Friday, 10 April 2009 (Good Friday) Monday, 13 April 2009 (Easter Monday)

TERM 2 (57 days)

Staff Development Day:	Monday, 04 May 2009
School Commences:	Tuesday, 05 May 2009
Ends:	Friday, 31 July 2009
Half Term:	12:00 Friday, 26 June 2009 to 07:00 on Monday, 06 July 2009
Public Holiday/s:	Tuesday, 16 June 2009 (Youth Day)

TERM 3 (66 days)

Staff Development Day:	Monday, 31 August 2009
School Commences:	Tuesday, 01 September 2009
Ends:	Thursday, 03 December 2009
Half Term:	12:00 on Thursday, 15 October 2009 to 07:00 on Tuesday, 20 October 2009
Public Holiday/s:	Thursday, 24 September 2009 (Heritage Day)
IEB Marking:	05-09 December 2009

2010: School commences – Wednesday, 13 January 2010



ST STITHIANS COLLEGE USE OF THE AQUATICS CENTRE

Rules for the use of the Centre

1. The Centre may only be used for training purposes. Residents and employees of the College may use it for limited recreational purposes.
2. Rowdy, boisterous, or otherwise, dangerous behaviour will not be tolerated under any circumstances.
3. The paddling pool may only be used for toddlers under six years of age or beginners learning to swim, when necessary.
4. The diving boards, trampoline and dryboard facilities may only be used by authorised athletes with a coach present.
5. Users may only use the Centre according to the published times.
6. The First Aid room is to be used for First Aid purposes only. Only staff members and coaches will be allowed access.
7. Special events (these include the Rugby and Spring Festivals, and any special aquatic events):
 - 7.1. Those organising such events will ensure a life guard is present for any period of time that the Centre is open.
 - 7.2. If any other gates other than the designated gate are required to be open for any event, a written request in this regard, must be submitted to the Director of Operations at least one week before the event. Arrangements will then be made for the relevant gates to be opened, monitored / guarded while open, and locked after the event. If there are any costs associated with such request (for example, extra guards), these will be for the account of those organizing the event.
8. Any losses or damages incurred will be for the account of the user.
9. No-one may tamper with any equipment installed to control or monitor access to the Centre.
10. If found to be in breach of the rules:
 - 10.1. Learners of the College will be dealt with in terms of the applicable school rules.
 - 10.2. Employees may face disciplinary action in accordance with the Contract of Employment.
 - 10.3. Outside users may have their access to the Centre revoked for any period of time, including permanently.
 - 10.4. If appropriate, criminal charges will be pressed.

Access to the Centre

11. No-one under the age of 18 (and anyone over the age of 18 who is still registered as a learner at St Stithians College) may enter the Aquatics Centre unless accompanied by an authorised user as defined in this policy.
12. Teachers and coaches have to be physically present within the perimeter of the Centre with any College learners or any users under the age of 18 (including their own children).
13. The Centre is not a public facility and is therefore not available for use by members of the public.
14. All authorised users (requiring the use of the Centre for regular use) will be issued with an Access Card. The Card is to be available for inspection by any school official on request.
15. Applying for an Access Card:

- 15.1. Cards are issued by the Operations Department.
 - 15.2. Application must be made on the prescribed booking form obtainable from the Operations Department and lodged with the Operations Department at least one week prior to access being required.
 - 15.3. The application form will constitute a contract between the user and the College.
 - 15.4. All requests shall be reviewed and approved by the Operations Director (in consultation with the Rector and coordinator of the Centre if necessary).
 - 15.5. Cards will be valid for one calendar year.
16. Procedure for applying to use the Centre for a single event:
 - 16.1. Application must be made on the prescribed booking form obtainable from the Operations Department and lodged with the Operations Department at least one week prior to access being required.
 - 16.2. The application form will constitute a contract between the user and the College.
 - 16.3. All requests shall be reviewed and approved by the Operations Director (in consultation with the Rector and coordinator of the Centre if necessary).
 17. Price and costs:
 - 17.1. Will be determined by the prescribed tariff list approved by the College Executive.
 - 17.2. Payment shall be made on application.
 - 17.3. Lost cards will be replaced at a fee to be determined annually by the Director of Operations.

Authorised Users

18. The following may apply for an Access Card:
 - 18.1. Immediate family members of registered St Stithians College Learners. In addition to the procedures above, the application must be approved by the relevant school Sports Director.
 - 18.2. St Stithians College Alumni. In addition to the procedures above, the alumnus:
 - 18.2.1. Must be a paid up member of the Old Stithian Association.
 - 18.2.2. Must have their application approved by the Secretary of the Old Stithian Association.
 - 18.3. Employees of St Stithians College.
19. External Club / Agency: Such club / agency may apply to use the Centre either regularly or for a single event. In addition to any conditions stipulated above:
 - 19.1. The application form will be signed by a duly authorised official of the Club / Agency.
 - 19.2. The authorised official will be responsible for the use of the facilities and will ensure that all members of the Club / Agency will use the facilities according to this Policy.

Disclaimer

20. Any injury incurred, loss of property, damage to property or death will not be the responsibility of St Stithians College or any of its employees.

APPROVED BY THE COLLEGE EXECUTIVE COMMITTEE: 22 SEPTEMBER 2008

Parenting Tips

Distributed by AHISA
No. 71 - September 2008
Source: www.community.wa.gov.au/fcs

Helping at Home

Contributing to the smooth running of the family can teach children:

- to value their own and other people's belongings
- to look after things and other people
- responsibility within a family
- skills for living
- independence
- self control.

Helpers need:

- a warning that it is time to change activities, e.g. 'Two minutes and then we have to pack up'
- time to pack up so that packing up is also 'fun'
- time as children often take longer to do a task
- time limits for when the job should be done (by dinner time, before school)
- your help to 'finish' the job
- to know what standard is expected
- someone to notice their efforts
- someone to show them how to help
- a partner rather than a sergeant
- help to make the task more fun - singing, reading, talking helps to 'move the job along'.
- thanks
- a statement of appreciation
- praise
- a share in decision making and making rules
- good role models.

Household chores

Expectations vary between families and cultures. You must decide the responsibilities your children will assume. Don't expect too much too early - but remember young children love helping. By encouraging this you are building up good habits for later on.

At about 18 months, children love to put things in other things. Make use of this instead of putting things in rubbish bins and toilets, encourage them to put toys, clothes and plastic containers in drawers or cupboards. They can have fun and begin helping. Don't be surprised if they tip everything out and want to do it all over again.

From age three to four years children will enjoy tidying up if they have a place to put away their belongings. Open shelves will help them see where things belong and makes it easier to put them things away. Children at this age like to do things 'like mum' or 'like dad' or other special people like grandparents, but are easily distracted and may forget what they are doing half way through a task.

From age five or six, children can help make sandwiches, dress themselves and are more successful at finishing jobs.

Seven, eight and nine year olds are thoughtful and understand reasons for asking them to do things. They may also give reasons why they shouldn't! Asking rather than demanding is the key.

Seven, eight and nine year olds can do most simple tasks like:

- washing and drying dishes,
- putting clothes away, hanging out clothes and
- sweeping floors.

Children enjoy your help too! A task like cleaning a bedroom is enormous for a child. You can help by making the task smaller, eg: getting them to first pick up all the animals or all the blocks. Matching and sorting is important learning. Talk with them while the job is being done. Give incentives such as time, activities, as encouragement to finish the job.

By 10, 11 and 12 years, children enjoy 'earning' money for small jobs and love the buying power money gives!

Getting children to help

A good way to enlist help from children is to start small and gradually build up as they and their confidence and abilities grow.

What jobs are appropriate will vary between families and cultures.

Including your child in part of the decision making usually means they are more likely to finish the job.

Ideas which may help include the following:

- Try to live by the rule 'Don't put it down, put it away.'
- Make a 'cleaning time' each day or each week or according to your family's needs. Knowing it is coming can help you all put up with the mess at other times.
- Have a place for dirty clothes in each bedroom or bathroom, preferably wherever the children are when taking off their clothes.
- Have everyone in the family make a list of what jobs need to be done each day or each week. Change jobs from time to time - rotate jobs that aren't popular. A roster might help.
- When possible give your children a choice of jobs to do.
- Boys and girls can do the same number of jobs.
- When children do a task, it is done. Don't do the job over again or it will make them feel bad.
- Allow children to do a job their way. It won't hurt if they make patterns with the creme cleanser before cleaning the bath.
- Give each child only as many jobs as they can handle.

- Choose times when they are happy and not busy with their own things to ask them to help. None of us like doing chores when tired or doing something fun.
- Try not to 'remind' them too much.
- Write notes to remind children about jobs. Make them silly sometimes like writing a note saying 'Help! I'm lost!' and putting it on to a jacket which has been left on the floor.
- Children are more likely to remember jobs if there is a good reason why they need to be done, eg clothes not put in the laundry don't get washed.
- Call to give a warning if jobs are to be done by a set time and you are coming home earlier than expected.
- Try hiding a surprise in the bottom of a pile of laundry or at the bottom of a box of toys to be put away.
- Don't give your children too many chores.
- Set an example by occasionally offering to help your children. For example 'Can I help you tidy your room, it looks like a lot of work today' shows that helping and caring for each other is part of a normal family.

When children do chores they are learning about consequences. For instance if their dirty clothes are not put in the dirty laundry basket they won't have anything clean to wear to school.
