



Upcoming Events:

- * SACS Rugby Day: 15 April, compulsory for all U9 - U13 Rugby boys.
- * Mini Rugby 'Coaching the Coaches': 15 April, 09:00 - 11:00.
- * Grade R Discipline Talk: 19 April.

Reminders:

- * Please pack an extra 'sarmie' on Wednesdays for the Moravian School.
- * Glass recycling takes place every Tuesday.
- * Winter uniform to be worn by 2 May.

South African College Junior School

Headmaster's Circular 6/2023, 14 April 2023



Oliver Steynor



Deslie Acton

Dear Parents

I do hope you had a good break and enjoyed the opportunity to be together as a family and to rest after the busy first Term. We wish our Jewish families Chag Sameach as you celebrated the last day of Passover yesterday.

We welcome **Deslie Acton** and **Oliver Steynor** to the SACS family this term. Deslie has taken over the counselling role from Wonique Dreyer and Oliver joins us to take Mark Dudley's Grade 7 English till the end of the year. We wish both Deslie and Oli a very happy time at SACS Junior.

Unfortunately at the end of last term Izanne Kloppers resigned; as she embarks on a lifestyle change with a move to Greyton. Izanne is incredibly excited about her new adventure and we wish her all the very best. She will finish at the end of this term.

We are still eagerly awaiting confirmation from the WCED regarding our Deputy Principal position. We hope this will be confirmed very soon. In the meantime, Mr Reon Jacobs will act as Deputy Head; Mr Kirsten Marshall will take over the portfolio of Discipline; Mr Gavin McKinney will run the QMS appraisal process for staff and Mrs Tracey Mouton will manage WCED Administration. Many thanks to these staff for stepping out of their usual roles to support the school at this time of transition. We believe they will add great value in their respective roles.

As the winter term starts, please take note of the uniform changes listed below. We will change over to winter uniform on 2 May. The new tracksuits look very smart. Please contact the uniform shop if you are interested in ordering a tracksuit. A reminder that the old tracksuit can still be worn for 2023.

Many thanks to those who have RSVP'd to join us for the launch of the Grade N building project. Please note that this closes today. We are very excited that this project is taking shape.

We look forward to welcoming a fresh group of Grade 1 and 2 dads into the Mini Rugby Programme this weekend. Wishing you luck in surviving Mrs Lucas' induction! Please do remember that a number of roads will be closed for the Two Oceans Marathon on Saturday, please take this into account when plotting your route to school for the Rugby Day.

Finally please note that 27 April - 1 May will be a Family Weekend. School will close at 13.00 on Wednesday 26 April and there will be no extra murals that day, or that weekend.

Wishing you a happy and successful term ahead.

Regards
Gary

SCHOOL UNIFORM

Winter Uniform

Please note that all boys are to wear the following winter uniform from Tuesday 2 May:

- White long-sleeved shirt - compulsory for Winter (School & Leisure / any retailer)
- SACS tie (School & Leisure)
- SACS grey shorts with belt loops (School & Leisure)
- SACS belt (School & Leisure)
- SACS long grey socks (School & Leisure)
- Navy blue blazer with SACS badge - compulsory for Winter (School & Leisure)
- SACS grey jersey (long-sleeved / sleeveless, which must be worn under a blazer) (School & Leisure)
- Black lace-up regulation school shoes (School & Leisure / any retailer)

SPORT

Rugby

SACS RUGBY DAY (Compulsory for all U9 - U13 boys who play Rugby.)

Please note the following times and venues for the COMPULSORY SACS RUGBY DAY on Saturday 15th April:

- U9: 10:00am - 11:30 am - Atkinson Field
U10: 8:00am - 10:00am - Van Zyl Field
U11: 8:00am - 10:00am - Westall Field
U12: 10:00am - 12:00pm - Van Zyl Field
U13: 10:00am - 12:00pm - Westall Field

Rugby Match Information: Please note that team sheets and information will be uploaded on the Edana App by 12 o'clock on the Friday prior to the Saturday match.

ACHIEVEMENTS

Chess

Our very own **Matthew Shapiro** (Grade 6) has just been crowned the YOUNGEST Arena Fide Master from South Africa, as confirmed by the International Chess Federation!

His incredible dedication, tireless hard work, and passion for the game have propelled him to new heights, surpassing his previous goals of National Champion for his age group and one of the most gifted fast players in the country!

Matthew's awe-inspiring journey is a testament to the power of perseverance, determination, and the pursuit of excellence. His achievement serves as an inspiration to all aspiring chess players!

Heartfelt CONGRATULATIONS to Matthew for this outstanding accomplishment! We couldn't be prouder!



Surf Lifesaving Championships

During the school holidays, many SACS boys competed in the South African Surf and Stillwater Lifesaving Championships at Kings Beach, Gqeberha.

Gold medals went to **Marc Vickers** (1 medal) and **Boyd Skordis** (4 medals). Silver Medals were awarded to **Jude Kantor** and **Boyd Skordis** each won a silver medal, and **Elliot Bernsden** was awarded a bronze medal.

Congratulations too to **Kyle Vickers** (U13), **Zach Hafner** (U13), **Oliver Champion** (U12), **Blake Mundy** (U12), **Judd Skordis** (U11) and **Trey Austin** (U10) for competing in all individual events over the gruelling 3 days.

Both Boyd Skordis and Elliot Bernsden were awarded runner-up Victor Ludorum for their respective age groups.

Congratulations to all of you!



NEW TERM - FRESH START!

1. Aim for Early Arrival

A surefire way to start off the school day on the *wrong* foot is to be rushing or late. Regardless of how old your children are, school-day mornings are probably at least a bit chaotic. Padding your schedule by just 15 minutes can make a tremendous difference in everyone's anxiety level!

Proceed as if that time is actually 15 minutes earlier. (If you normally wake your child at 6:45 AM so you can get them to school by the first bell at 7:50 AM, wake them up at 6:30 AM, and proceed as if the first bell actually rings at 7:35 AM. (You'll probably arrive at precisely the right time!)

2. Feed Their Hunger for Success

Food is fuel! Without a healthy breakfast, lunch, and dinner, your kids will not be running on all cylinders. Set them up for success by planning ahead. Hard-boiled eggs, bananas, and yogurt make nutritious grab-and-go breakfasts. Healthy lunches (that will be eaten) should include items you and your kids agree on. A bit of meal prep on the weekends helps you avoid falling into the convenience and unhealthy meal trap.

3. Don't Weigh Them Down

Make sure your child's backpack isn't too heavy. It shouldn't weigh more than 20 percent of his or her body weight (otherwise it can cause muscle pain and bad posture.) Only pack what is required - planning ahead can assist with this. If your child must carry a heavy load, consider a rolling backpack.

4. Establish Cell Phone Guidelines

If your kids have their own cell phones, you may have relaxed the rules over the holiday and let them text, play games, and take selfies as often as they want. If you haven't already, now is the time to set limits. Depending on your kids' ages and schedules, establish "phone-free" times so they'll focus on their homework and go to bed at a reasonable hour. This time can also be used for invaluable communication and interaction with your kids. Some studies conclude that smartphones may be causing problems for today's youth, so reducing their smartphone use may help.

5. Create a Homework Zone

Few kids look forward to doing their homework. You can make the prospect more tolerable by setting up an inspiring workspace for them. All you need is a quiet corner or place. Enlist your kids' help decorating the space with artwork; a cozy bean bag, floor pillow, or hammock for reading; a small table or desk; a lamp; a basket of school supplies; and even healthy snacks. They may begin to look forward to homework!

6. Plan ahead to avoid panic and unnecessary drop-offs

By planning ahead - which books to pack; what snacks to pack; correct sports kit to pack, anxiety can be reduced and unnecessary drop-offs avoided. Encourage your kids to write up a roster of requirements for each week day, based on sport commitments and school subjects, and pack accordingly before going to bed.

7. Implement a Five-Minute Chat

Build in time for a quick one-to-one check-in every day. Commit to spending at least five uninterrupted minutes with each child every day (before bedtime, perhaps). Simply ask them to share a few highlights (or low-lights) of their day. Focus on their words *and* on their demeanor and body language. If your child is having a problem, you'll be more likely to identify it and help them resolve it before it becomes more serious.

The early weeks set the tone for the new school term. Before the novelty of back-to-school fades, consider these tips as a starting point for making changes that will have a domino effect of positivity and success!

Source: Learningliftoff.com

Good luck to all running the Two Oceans!

