

# SHELANTI PRIVATE SCHOOL

19 APRIL 2022  
WEEK 3 TERM 2



## ANNOUNCEMENTS

- **UNIFORM** - Full winter uniform to be worn from 2 May 2022.
- **UNIFORMS** - Reminder to please label your uniforms and items.
- **UNIFORMS** - Please note the uniform requirements for school takkies are to be white, and children are to use Shelanti school bags.
- **PARENT TRAINING WORKSHOP** - 25 April 2022  
19:00-21:00
- **MAGIC SHOW** - 19 April 2022
- **GOLF DAY** - SAVE THE DATE 10 June 2022, Bellville Golf Club.
- **FP SANDWICH DRIVE** - Begins on the 25 April 2022 as per the term planner.
- **DROP OFF AND GO** - Parents are requested to be sensitive to the neighbours and each other in the morning. A reminder to please be respectful of the traffic situation.
- **PARCELS AND DROP OFF ITEMS AT RECEPTION** - Parents are requested to please label items, money or parcels given to Alfred or left at reception via the learners, to ensure they get to the intended recipient or for the intended purpose. This will be most valued.

## SPORTSDAY ROUND UP



# PRINCIPAL'S MESSAGE

Dear Parents

We trust you had a peaceful Easter weekend.

We ended the week off with a fun-filled and very inspiring sports' day. Thank you to all the parents that volunteered on the day, but the big shout out goes to all our Shelanti heroes. I think it was a much needed day of fun, friendship and comradery for all of us.

Just a reminder to make yourself available to attend our 2nd Parent Training information on Monday 25 April from 19:00-21:00. You will receive a link to book your sessions with your class teachers during the course of the week, as well as the topics being discussed. We expect all our parents to attend these sessions, knowledge is power.

You will notice on your term planner that we have "Wordless Wednesday" every Wednesday of the week. This day, we focus on higher order thinking questions and encouraging our learners to apply deep thinking. During assembly the teacher on duty will display a picture with no words. The learners are asked 4 questions, these questions are based on Bloom's Taxonomy.

Bloom's Taxonomy consists of 6 major categories: Knowledge, Comprehension, Application, Analysis, Synthesis, and Evaluation. The 4 questions posed to the learners are:

I see ( A knowledge question)

I think (Application question)

I wonder (Analysis)

What if (Synthesis and Evaluation)

As a parent, you can create opportunities to develop these skills by asking some leading questions (e.g.) to give their opinion, asking them what they would do differently, do you agree or disagree and why?, if you were the president?, how would you react if you?...

In addition to this, it is also a day where we are intentional about using little or no verbal instructions. This fosters autonomy and independence in the learning environment. The educator will write the instructions on the board/give visual cues or rely on the routine of the day to allow the learners to take control of their own learning. You can support this by creating a visual chart for the morning routine of chores at home.

We continue our focus on reading. Please see my article on reading fluency in this newsletter.

I want to remind you again to please not keep your child home this term, unless you can provide a medical certificate.

Have a wonderful week.

DEIRDRE KEMPEN





## Dear Parents

**I hope you have been focusing on reading fluency for the past week. You will see your child's reading confidence grow in the following weeks when you are consistent in reading for 10-15 minutes a day.**

**I just want to remind you that when you apply the guidelines given last week, you are creating a love for reading. This in turn will reduce the fear and anxiety of reading. It is also important to mention that during the Foundation Phase years, learners "Learn to Read", in the Intermediate phase our learners "Read to Learn". This implies that reading becomes part of each lesson when entering the Intermediate phase, rather than having dedicated reading lessons.**

**Learners also start to read different content depending on the subject. During these years reading fluency and comprehension becomes the most important skill.**

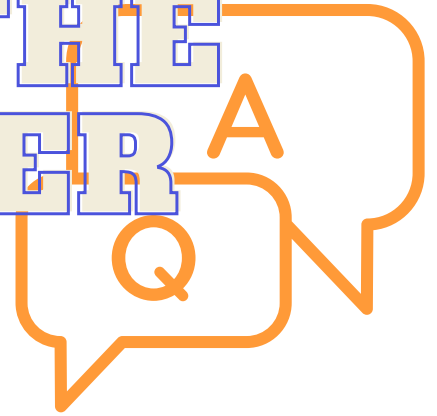
**Next week, I will focus on reading comprehension and how to develop this skill.**

The MORE  
that you read,  
the MORE things  
you will know.  
The MORE that you  
LEARN,  
the MORE places you'll go.





# MEET THE TEACHER



## PLEASE INTRODUCE YOURSELF

Ratidzai Samanther Chikovo, Grade facilitator and Aftercare Teacher

## ARE YOU A LEFT- OR RIGHT BRAINER?

Right

## WHAT IS YOUR FAVOURITE FOOD?

Any Pasta Dish

## WHAT IS YOUR FAVOURITE COLOUR AND WHY?

Blue , it has such a calming effect on me

## WHAT IS YOUR FAVOURITE MOVIE AND WHY?

**Me before you.** It teaches me that life is like a rose, as beautiful as it might be, it has thorns that will prick you.

## IF YOU CAN GRAB ONE THING IN THE EVENT OF A FIRE WHAT WOULD IT BE? AND WHY?

My passport ,that one document holds the key to my life and whatever I might want to achieve .

## IF YOU COULD BE AN ACTOR/ACTRESS FOR ONE DAY WHO WOULD IT BE AND WHY?

Lupita Nyongolo she conforms to each and every character she has played in most of her movies.

## IF YOU WERE TO CHOSE TO SPEND A DAY WITH SOMEONE WHO WOULD IT BE AND WHY?

Oprah Winfrey, just to get advise on how to survive no matter what life throws at you. How to start from Zero to being a Hero.

## WHAT DO YOU LIKE MOST ABOUT BEING A TEACHER/WORKING WITH CHILDREN?

Seeing the kids happy, knowing each day spent with them I am being given the opportunity to plant a positive seed in their lives and shape their future.

## WHAT WAS THE BEST ADVICE YOUR PARENTS GAVE YOU?

Think before you act.



# SCHOOL LUNCHES

Daily Delivery to school

# SHELANTI

# NOTICEBOARD

# 2022

18-21 April 2022

### Mon 18 April...FAMILY DAY

#### Tue 19 April... Cheese & Chicken Quesadilla R35

a wholewheat wrap folded in half & filled with shredded chicken and cheese & toasted, then cut into triangles. Served with carrot sticks & Lucky Break sour cream.

#### Wed 20 April... Lucky Break Mac & Cheese R35

creamy macaroni topped with cheese, tomato sauce & cucumber sticks served on the side.

#### Thu 21 April...Chicken Strips with Nibbles & Bits R35

crumbed chicken strips served with 4 toasted pita triangles, sweet tomato sauce dip, cheese cubes & cucumber sticks.

## AVAILABLE EVERYDAY

- |                              |     |
|------------------------------|-----|
| Pretzels (50g)               | R11 |
| Salted Popcorn (30g)         | R6  |
| Biltong (30g)                | R20 |
| Seasonal Fruit & Yoghurt Cup | R20 |
| Toasted Caprese Pita Bread   | R35 |



Any queries?  
Contact Christine on 079 167 1678

# SHELANTI NOTICEBOARD

# 2022

WIN your share of R230 000

# SWIPE IT UP

**SCHOOLS** to WIN a share of R230 000  
**SUPPORTERS** to WIN a share of R200 000

MySchool



# panda



we care about your mental health

in the panda app, you will be able to anonymously access



**The Bamboo Forest** - you can anonymously join & engage in live sessions with peers for support & with mental health experts to better understand mental health topics.



**Chat Support and/or Connect with an Expert** - connect with a registered counsellor over text who can provide you with personalised support or a psychologist or psychiatrist via the expert functionality.



**Life Skills** - watch videos & complete assignments that will equip you with skills that will help you live a more fulfilled life.



**Progress** - complete assessments to help measure how you are feeling.

## ABOUT PANDA:

Panda is built around our mission and belief that everyone should have access to the right mental health support & resources at the right time, to maintain a healthy mind. Panda can be the entry point for users to learn more about mental health and importantly, use data to help them find the right care at the right time.

The founders (Alon Lits and Allan Sweidan) have brought together complementary skill-sets (Alon built Uber in Sub-saharan Africa and Allan was the founder of Akeso Hospital Group, SA's largest mental health hospital group, which was sold to Netcare) in order to tackle the huge challenge that is mental health. Using their backgrounds and experience, we really believe that Panda has been built to be a game changer in giving people the right care, at the right time.

See below the links to download the app and get a feel for the Panda experience:

- iOS - <https://apps.apple.com/za/app/join-panda/id1573239587>
- android - <https://play.google.com/store/apps/details?id=com.joinpanda.panda>
- Huawei - <https://appgallery.huawei.com/app/C105427361>
- Guidance on how to register and set up your profile (it also gives you an idea of the look and feel of the app): <https://www.youtube.com/watch?v=YXRm6tCFVyE>



## **PANDA OFFERS 5 UNIQUE IN-APP FEATURES GUIDED TO AID YOU ON YOUR MENTAL HEALTH JOURNEY:**

**The Forest:** Panda users can connect anonymously with communities and professionals in audio-only, free sessions. These are available 7 days a week from 10am-10pm.

**Life Skills Content:** Panda has a library of micro-skills where Users can engage with videos, exercises and other activities to improve their day to day mental wellbeing.

**Assessments:** Panda is curating and providing a library of assessment and screening tools which can assist Users and providers to gain an objective measure of the areas of focus for any input or intervention. Some of the available screening tools include assessments for depression, anxiety, trauma, alcohol abuse, social media use, anger, and more.

**Synchronous, text-based Chat Support (ST-BCS):** This is a first-line, primary care offering provided by accredited or registered counselors. Users can purchase either once-off support sessions, or a series of 6-7 sessions over a short period of usually 14 to 21 days. These sessions are text-only and are currently available between 9am-1pm and 6pm-10pm 7 days a week.

**Connect with an expert:** Here users can connect with an expert (we will have a wide range from psychologists to psychiatrists to GPs to life coaches and more), directly through the app. Functionality exists for Users to book for and pay for the upcoming session.

## **PANDA SERIES - PANDA RUNS WEEKLY SERIES IN THE FOREST TARGETED AS SPECIFIC GROUPS OF PEOPLE:**

Our Work-life balance series runs weekly on Mondays at 20:00, covering aspects relating to professional life, finding the ideal balance, coping skills for burnout, the importance of representation and inclusion in the workplace, employee wellness, finding your niche in career, and more.

Our Real-talk: for women, by women series: is highlighting the need for community and safe spaces for women to learn, share and build together. Join the series on Tuesdays at 20:00 hosted by experts and peers to listen to topics covering women and mental health, women and business, fertility, relationships, motherhood, how to love yourself authentically, trauma, and more.

Our Parenting series: two years into the Covid-19 pandemic has resulted in unprecedented challenges and changes, impacting parents and children's mental health. Now more than ever, parents have a great need for support, resources and a sense of community. We can only care so much for others without taking care of our own mental health . We run weekly (Wednesdays at 20:00) sessions hosted by experts in the field and others who are knowledgeable on all things related to parenting. Sessions cover aspects of parenting children of all ages (infancy through to adulthood), including a focus on parenting children with special needs. As with all series and all sessions in the Forest, users are welcome to suggest topics they might find useful by clicking the plus (+) button on the top left corner of Panda's Forest tab.

Our Man-cave series was created in response to the high rates of depression & suicide of men. The series is hosted weekly on Thursdays at 20:00 by men only, with the aim of creating a safe (anonymous) community where men from all walks of life can gather weekly to share experiences, ask questions, and start to break the stigma of mental health and illness.