



# PREP

NEWS | 20 March 2018



ST ANDREW'S PREPARATORY SCHOOL



Dear Parents

Occasionally I come across articles that are worthwhile sharing with you – and today is one of those days. The Independent Schools do quite a bit of work with Graeme Codrington of TomorrowToday and this week's newsletter comes courtesy of a post Graeme wrote recently:

When our team at TomorrowToday talks about the future of work, one of the first questions we're often asked is "what should my child study"? Parents obviously have a particular set of concerns about the future related to their children, but there is a danger that overachieving (or anxious) parents can put too much stress on their children.

The evidence of this is seen everywhere in the world's schooling systems, as more young people than ever before are taking antidepressants and going to therapy. I came across a superb article in Fast Company magazine a while back that every parent should read: How overachieving parents can avoid pressuring their kids.

It suggests four things for parents to consider:

1. Recognise that achievement might not look like what you expect. Our definitions of success include looking at the grades, marks and awards handed out by a traditional schooling system. We should look at a much wider range of activities, lifestyle choices and attitudes as well.
2. Don't expect your children to replicate or compensate for your ambitions.
3. Be aware of other sources of stress, and actively work to help reframe these for your child.
4. Identify, measure, reward and celebrate the process, and not just the outcomes. Our children need to be praised for the effort, diligence, passion and love of what they do, and not just on being "top of the tree" or achieving a specific grade in a test.

It's fine to have ambitions for our children, and to teach them to have ambition for themselves too. But let's not forget that childhood should also be about play, having fun, developing nurturing relationships and exploring the world.

Our future – and the future of our children – depends on them being a lot more resilient, flexible, open to ongoing learning, more adaptable to change and more creative than we were ever required to be. The way to develop these character traits is not the way our core skills were developed. Parents need to change their view of what their focus should be, and be open to new approaches to raising their children.

The timing of the article could not have been better as we discuss awards at Prep and how we define and recognise success.

Mr B

## EASTER TERM CALENDAR: MARCH

Wed 21 (B)	Human Rights Day 07h30 JP Music Concert (Fairlawn Hall) 13h45 SP Interhouse Gala 17h30 Squash Albany League (SAC)
Thu 22 (B)	SP ERT and HAST Spelling 14h00 JP Assessment Meeting (Fairlawn Meeting Room)
Fri 23 (B)	Duty: Mr Paul 14h00 Senior Rugby Trials
Sat 24	08h30 Kingswood Hockey Festival (KW)
Sun 25	Palm Sunday 18h30 Easter Service (Memory Hall)
Mon 26 (A)	PAT Chats (PP, JP & SP)
Tue 27 (A)	PAT Chats (PP, JP & SP) 10h45 Colts Rugby Trials
Wed 28 (A)	PAT Chats (PP, JP & SP) 12h30 SP Final Assembly (Memory Hall)
Thu 29 (A)	13h00 Prep Term Ends Travel Day PAT Chats (PP, JP & SP)

## PLEASE BE ADVISED OF THE FOLLOWING DATES

Wed	21 March	07h30 JP Music Concert 13h45 SP Interhouse Gala
Mon	26 March	07h30 Grade 6/7 Music Concert 07h30 PAT Chats (PP, JP and SP)
Fri	23 March	SPCA Civvies Day
Sun	25 March	18h30 Combined Easter Service (DSG & Prep)
Tues	27 March	07h30 PAT Chats (PP, JP and SP)
Wed	28 March	07h30 PAT Chats (PP, JP and SP)
Thurs	29 March	07h30 PAT Chats (PP, JP and SP)





# Keeping you up to date



## HORSE RIDING

Results this past weekend

SANESA Core League Eastern Cape Qualifier, Grahamstown Riding Club 17-18 March results:

Josh Furtner with Quillette Legend, representing St Andrew's Prep in the Primary School division, won Show-jumping 80cm, won Level 2 Dressage, came 2nd in Working Hunter 70cm.

Bella Cuyler (Grade 2) competed in her first SANESA show representing Prep. She rode Madonna on Lead Rein and placed third in Performance Riding, second in Dressage and a placement for Equitation (Poles on Ground).

## HIGHLAND DANCING

Kate Rose-Innes in Grade 3 participated in the East Coast Highland Dancing Festival this past weekend and did extremely well. She danced in the Beginners section and was placed as follows: three 1st places, three 2nd places, overall winner in the Highland section and tied winner in the National section.

The Aloe awards were also held in East London. These awards are for accumulated points from the Eastern Cape Highland Dancing competitions in 2017. Kate was awarded as the runner-up in the Beginner section as well as a prize for consistent participation from a beginner.

## TENNIS

This weekend Prep hosted their annual U10 & U12 Tennis Tournament with Thiar Tennis Academy. Despite all the rain on Friday and Sunday all the teams managed to play a full day of tennis on Saturday. The format for the tournament was singles and doubles and the games were counted at the end to determine a winner. The most important rule was to have fun and enjoy all the matches. Schools that entered were Graeme, Cradock, Port Alfred, Kingswood, Baika's Team from Fort Beaufort and the TTA invitation side.

The results were as follows:

U10 Boys Team: Steffan Eksteen, Liam Painter, Nicholas Smailes, Likho Kayula

1st	2nd	3rd	4th	5th
Port Alfred	Graeme	Prep	Kingswood	Cradock

U12A Boys Team: Ababalwe Zingela, Zenande Nkosa, Ethan Bradfield, Matthew Ladds (Unfortunately Ethan and Matthew did not get an opportunity to play for this team due to the rain and cricket fixtures.)

U12B Boys Team: Divan Eksteen, John Megone, Thomas Bussiahn, Thomas Janser

1st	2nd	3rd	4th	5th
Kingswood	TTA Invitation	Prep (A)	Graeme	Prep (B)

Congratulations to Liam Painter for being awarded the Sportsmanship medal.



**CRICKET**

Cricket Results				
DATE	TEAM	OPPOSITION	FORMAT	MATCH ANALYSIS
17 March	Pups A	Clarendon Park	25 overs	Graeme 154/4. Prep 86/4 (S Bussiahn 30*). Prep lost by 72 runs.
17 March	Colts B	Clarendon Park	30 overs	Clarendon 117 all out. Prep 60 all out. Prep lost by 57 runs.
17 March	2nd XI	Clarendon Park	40 overs	Clarendon 140 all out. Prep 141/7 (R le Roux 41, R van Zyl 21). Prep won by 3 wickets.



**INTERHOUSE WATER POLO**

Last week Wednesday, St Andrew's Prep hosted their first interhouse Waterpolo at the SAC pool. It was a nail biting evening full of action, spirit and heart.

Griffin House won the Juniors and Tigers won the Seniors

Well done to all of the houses and competitors who all showed impeccable sportsmanship and wore their house shirts with pride.



**BASKETBALL**

Last week the Colts A and U13A were involved in the highly entertaining Basketball matches played against PE Comets from Motherwell at Mullins Hall, Rhodes University. The results were as follows:

Prep Colts A 16 – PE Comets U11A 2  
Prep U13A 17 – PE Comets 13A 11

Well done to all basketballers!

**SWIMMING**

The Top 8 Gala was held on Saturday in Port Elizabeth. The Top 8 swimmers are comprised of the fastest top 8 swimmers per age group per stroke in the Eastern Cape schools and the Prep swimmers were Christopher Pretorius, Lucy Holderness and Phillipa Huxtable.

Christopher Pretorius - 50 Butterfly was placed 6th with a time of 45.53

Lucy Holderness - 50 Breast Stroke was placed 6th with a time of 1.00.20

Phillipa Huxtable - 50 Breast Stroke was placed 8th with a time of 1.01.18

Congratulations to our three swimmers.

**GRADE 4 & 5 MUSIC CONCERT**

On Monday we started off our week by being treated to a lovely music concert by the Grade 4 and 5 boys. They performed with great gusto and showed the audience how hard they had been working during the term. Well done to all the boys who performed, keep up the hard work!



## COMMUNITY ENGAGEMENT

ArtReach has been running at Prep since Term 3 of 2016 when the first group of Good Shepherd Grade 4s started spending Friday afternoons in the CCL, exploring different media and being inspired by a variety of subjects. This is a Prep and Children's Arts Festival initiative.

In 2017, the group of boys and girls, now in Grade 5, were joined by a new group of Grade 4s. Next term, a third group of Grade 4s will be joining these two groups of children and ArtReach will include Grades 4, 5 and 6 learners. A favourite medium has been clay and the children have made leaf bowls, painted mugs and last week made planters. In 2017, the group went to Shamwari for a day and then spent the next weeks making wildlife inspired creations. They also spent time at the Childrens Arts Festival, a real highlight of the year for them few.



In a joint venture with the Foundation Office, Prep helped host a 67 minutes for Mandela Day Art and Sport morning for Grade 3 Whistle Stop School children in the CCL and on the Astro.

Part of Prep's Grade 7 leadership programme involves committee groups. Two of these include the Eco and the Outreach committees. Tamsyn Thomas oversees the Eco and Lynn Cordell the Outreach boys. These committees are each made up of five boys. Last year the Outreach committee went most weeks in the Third Term to walk dogs at the SPCA, they raised funds for food for the SPCA and took spinach grown by the Grade 5s along to feed the donkeys. The boys were involved in taking paintings to help decorate the Somerset Place Frail Care lounge. This year some more art will be selected to send so that the paintings are updated every year. The committee welcomed, helped walk and seat, served tea and then danced with the Etembeni Old Age pensioners who were treated to a morning of tea and Prep music. This year's team are looking forward to this event. The 2017 team raised funds and made up six boxes of food and useful items for the Santa Cause for Paws, including items for the hardworking SPCA staff and wrapped up gifts for the GPN Christmas Gift collection.

This year's committee has plans to continue working with the SPCA, doing both fundraisers as well as regular visits once the Grade 7 Production is over and they have more free time. The committee planned a fun afternoon teaching the ArtReach children how to skateboard just before half term. Josh, the chair, ran this fun afternoon. The boys will be involved in taking textbooks and sports equipment to Good Shepherd and looking out for other opportunities to engage with our wider community.

