



# NEWSLETTER

16 AUGUST 2010  
UNDERBERG SCHOOL

Warm Underberg greetings!

I truly hope you are all "dosed-up" against all the bugs around at the moment? The cold then hot then cold snaps don't do our immune systems any good, that's for sure!

I was most impressed with the inter - house sports held on Wednesday and Friday last week, and thank Mrs Wiggill and her team of helpers for a well run event. I was extremely pleased to see that the skills taught to the staff on our coaching course were evident in the children as they took part. Thank you staff for imparting your knowledge so well to them.

With the "threat" of strikes looming, Titan Security kindly ensured their managers were on duty in the morning, and were on stand by in case of emergency, and I thank Ginger and Steve for so willingly assisting us. The school went on total "shut - down" and we had an emergency drill to ensure all was on track. Some schools have been closed since last week and there have been some signs of intimidation in the bigger towns, but we are still proceeding as per normal. This includes tomorrows Southern Drakensberg Athletics meeting. **A reminder that Non - participants in the Senior Primary are to stay at home except for ALL Grade 7's.**

Parents please can I ask you to ensure the following:

1. That your child comes to school correctly dressed, and this **includes** their cap!
2. That their hair is combed and washed regularly!!

3. That they are not wearing anything that is not regulation school items, eg incorrect earrings for girls, bangles etc etc.
4. Cell phones are not permitted at school and should be handed in to the secretary in the mornings as per policy.

We start our summer routine again soon, so be prepared for the change. Our summer routine will resume on **Monday the 6<sup>th</sup> September.**

**HAVE YOU SEEN THE NEW POOL?? WOW**, perhaps now "young" Master Tod Collins will learn to swim??

I remain,

**MR. M. CORLETT**  
Proud Headmaster

## REMINDER - HOMEWORK CLUB :



We would like to start a **Homework Club** on **Tuesdays and Thursdays** for the Grade 1 and 2 children. (The children will be chosen by the teacher). We need parents to volunteer. Who would be prepared to come for an hour and do homework with these children?

**13:30 to 14:30** would be the recommended time,  
*Thank you. Grade 1 + 2 Teachers*

## EMOTIONAL INTELLIGENCE PROGRAMME

At the moment all our children are preparing for the Speech and Drama week. They have had some training about introducing themselves in a confident manner and we need to continue creating opportunities for them to practise this skill.

You may remember yourself getting ready to walk to the front of the classroom to give a speech only to realise that your body refuses to cooperate and you stand there staring at the audience, unable to utter a single word. We certainly want our children to enjoy a more pleasant experience.



**Here are a few things you can do at home to prepare your child for the day:**

- Make sure they know the words of their item.
- Let them practice walking up and standing correctly.
- It helps to stand in front of a mirror.
- Remind them to breathe deeply and speak to themselves. "I am going to be fine. This is going to go so well."
- Speak slowly and clearly.
- Look at the audience.
- Watch for any nervous habit, like swaying or fidgeting with clothing. Please point them out gently.
- Discuss a variety of options should they make a mistake. Example, "Please may I start again?"
- Perhaps you could learn and recite a poem for your children and they can tell you what you are doing well and where you need some more practice.
- Let your child practise ending off and exiting.



- Include even your youngest child so that everyone gets a turn to participate and gain confidence in front of an audience.
- Once you think your child is ready, invite the neighbours or family over to watch. Please do not stop them to correct them in front of guests. Rather chat to them about areas they need to work on afterwards.
- Allow your child to visualise themselves on the day, from walking to the front, completing their entry, to walking away. They need to see that they will be fine.
- They may not be perfect this year. That's okay. The skill they acquire now is more valuable than perfection.
- **Throughout the process ENCOURAGE, ENCOURAGE and ENCOURAGE some more.**

Our children know that if we believe in them, they will be okay. So spend this precious time with them and drink a cup of tea while you listen to their beautiful little voices.

**Enjoy being with your children.**

*Jacqueline Horn* 



## July 2010 - Reminders

Mon, 16 <sup>th</sup>	Tennis (HSC) U13 Athlone / U11 TWC (1)
Wed, 18 <sup>th</sup>	Southern Drakensberg Athletics At UPS
Thu, 19 <sup>th</sup>	19 <sup>th</sup> -21 <sup>st</sup> - Grade 6 - Babanango Trip
Fri, 20 <sup>th</sup>	JP Interhouse Athletics Grade 1 and 2
Tue, 24 <sup>th</sup>	Speech and Drama SP Evening @ 18:00

## BOYS HOCKEY - NORTHERN PARK U11 - 14<sup>TH</sup> AUG

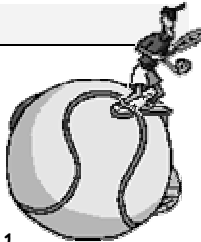


5 Matches were played. The results:

Richmond 2-1	Wartburg 1 - 1	Athlone B 2 - 1	Howick B 2 - 1
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## TENNIS RESULTS

**Saturday, 14<sup>th</sup> August 2010** : Rebecca Collins and Katelyn Corfe played at Epworth in a Tournament (B Section). They won all their games and came top of their section.



**Monday, 16<sup>th</sup> August 2010** : U13 played Athlone. U11 played TWC. Overall they were beaten but they won some of their games and their playing is improving. Keep it up!