



**No 11**  
**1 June 2017**

Firstly, I would like to share the Fun Day letter written by Georgie Bowden, Chairperson of our PTA.

"Fun Day is definitely one of the highlights of the Craighall calendar. Traditionally, planning begins months in advance and this year was no exception. From early March, little huddles of parents began to form in the passages and at pick-up time, and the What'sApp groups started going crazy. Requests for creative ideas, second-hand material of all kinds, edible goodies and, of course, the donation of time started to fly through the air as preparation for this year's Fun Day with the theme "**This Time for Africa**" had begun.

Each grade created a stall representing a country in Africa and, once again, impressed us with their creativity and wonderful ideas; we indeed felt as though we had visited the countries of Kenya, Namibia, Nigeria, Lesotho, Madagascar, Morocco and Victoria Falls during the course of the day.

This year, a stall was added, run by the PTA - our very own white elephant stall which was a resounding success and has definitely secured its place as part of Fun Days to come.

Our wonderful MC was Craig Urbani, who kindly donated his time to us for the day, guided proceedings and made sure that everyone knew exactly what was happening and when, and ensured that maximum fun was had by all.

In true Fun Day tradition, we had a few competitions during the day and, once again, it was extremely difficult to choose a winner, as the standard was so incredibly high, and everyone had put so much effort and time into their preparation. However, after much consideration, the winners were as follows:

Best Dressed – Nicole Muchabaiwa and Kea Thulo  
Best Grade Stall – Grade 5 with Madagascar  
Most profitable stall (based on takings for the day) – Grade 2

In total, Fun Day brought in a massive **R213, 794.60**. This really is something to be proud of and is testament to the hard work and dedication of the parents and staff of our incredible school. Our profit is just under R100, 000.00 which will be used to upgrade our Science lab, a project that all our children will benefit from, and will be a much-needed and valued upgrade for our school.

I would like to thank Mrs Essop (Vice Chairperson of the PTA) and the other dedicated and extremely hardworking PTA committee members for their commitment and work ethic that made organising this year's Fun Day so easy and colourful. Appreciation and gratitude go to, of course, Mrs. Prout-Jones and all the staff for their hard work leading up to and on the day. Everyone was involved in some way, to ensure that the day was such an incredible success.

My heart was especially touched by the children who came to say "thank you" during the course of the day. They didn't stop having fun from morning till afternoon, enjoying the rides and visiting the various stalls – more than a few times. However, they still took the time to express their thanks, which once again embodies part of what our school stands for.

We can very happily say that Fun Day 2017 was a great success due primarily to super team work. We can now look forward to our 2018 Centenary edition of Fun Day next year. Watch this space!"

The above letter reinforces what we, as a school, can and should be. Once again, thank you from all of us at CPS.

A few weeks ago 'fidgets' were brought to my attention by a parent. The discussion revolved around how amazing this tool is for children who have ADHD; it certainly sounded beneficial. However, over a very short period of time, this educational tool has become a toy which, rather than curb hyperactivity, adds to disruption in the class. Furthermore, some children have used this opportunity to make money and have even sold them for R200 each to naive children. Once consensus was reached by all teachers that the fidgets are in fact a problem and not a solution, the decision was made that they MAY NOT be brought to school. A blog by Victoria Prooday, to me, makes a great deal of sense when looking at the society we live in today. She shared the following:

"The brain has the magical ability to rewire itself. We live in the world that offers our brains instant gratification, which works just like a drug. The more instant gratification we offer our brains, the more our brains crave it. With the best of intentions, we have rewired the brains of this entire generation of children to expect instant gratification, by offering them I- Pads, video games, etc. and depriving their brains of opportunities for boredom, responsibilities, and limits. Children come to school emotionally unavailable to learn. Their brains are unable to function under lower

levels of stimulation and expect special effects at all times. Unfortunately, real life can't provide their brains what is promised by the stimulation offered by the screens; real life is boring. Life requires the brain to work through boredom, which these children can't tolerate so they become fidgety the moment their brains perceive even small degrees of 'boredom'.

With the invention of the spinner fidgets, their brains are taken to the next level of instant gratification. Moreover, again and again, we buy our children what they want, the moment they want it, without thinking if it is truly what they need. Now, they are bringing the spinners into the classroom; continuing to stimulate their brains all day long with high levels of spinning stimulation. The more they stimulate their brains, the more they will crave for it, the less delayed gratification they will have, the less emotionally available for learning they will be. (read more about it here).

There are a few children who do require fidgets. However, even for these children, the fidgets are just a quick fix. These children require a much deeper approach to help them concentrate. In many cases, if a child needs a fidget, it means that his/her brain is overly-stimulated and he/she actually needs help calming his/her brain down rather than further stimulating it. Here are some suggestions that will minimise your child's need for fidgeting:

Teach children that 'boredom' is a normal human emotion. Help children to recognize the signs of boredom and help them develop functional strategies to deal with it. Don't take on the responsibility of constantly providing entertainment for your kids, as they need to learn to self-regulate through boredom. Put in a conscious effort to train your child's delayed gratification skills. Avoid using technological babysitters in cars and restaurants and train his/her ability to just sit and wait. Teach your child to sit at a table until everyone finishes eating. Limit snacking between meals. Limit your child's access to technology. In addition, unplug from your phone and share quality time with your child. Offer your child opportunities to spend time outdoors, especially in green spaces. Provide regular opportunities for high intensity, high duration exercises such as biking, hiking, etc. Bring calmness into their lives by listening to soothing music, sitting around a fireplace, having a relaxing bath, reading a book, drawing, or playing board games. Offer plenty of sleep in technology-free bedrooms. Train your child's ability to complete monotonous work, such as helping with cooking, setting a table, making his/her bed, or folding clothes. If your child truly needs a fidget, provide him/her with a low stimulation fidget, such as a stress ball.

Parents, we are failing our children! Their future is in our hands. Provide children with what is truly and deeply good for them, instead of highly stimulating quick fixes."

This brings us to the next educational aspect, EXAMS. By now all the Grade 4-7 children should have completed summaries, study notes and studied for the upcoming exams. As you know, exams commence on Monday 5 June and will be finished on Friday 9 June. The Grade 6 pupils are writing the Maths common exam, a paper compiled by the Department of Basic Education and written nationally on Monday 12 June, and NS/Tech on Wednesday 14 June. All Grade 6 pupils must ensure that they are at school on these days, except if he/she is ill and brings a doctor's note.

**Staff**

Happy upcoming birthday to Miss Mizen (Grade 6) – 10 June and to Mr Mabaso (Grounds staff) – 12 June.

**Measles Campaign**

'The Emergency Measles Outbreak Campaign' continues and the date set for our school is 13 June commencing at 09h00.

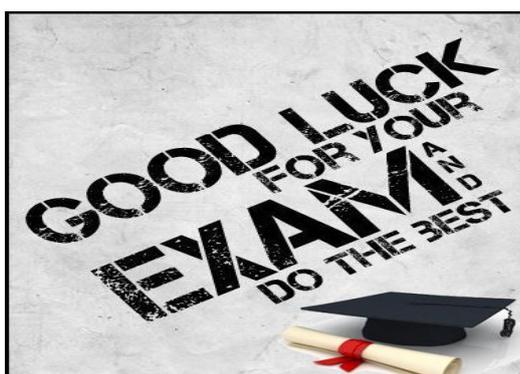
**Mondi Recycling**

We are currently ranked in 2<sup>nd</sup> place with the paper recycling, so please bring in all your waste paper as we could win. The parents who are currently running the collection on Tuesday are desperate for assistance, so if you have time, please volunteer.

No.	VENDOR/CUSTOMER NAME	FEB QTY	MAR QTY	APR QTY	MAY QTY	TOTAL
2	CRAIGHALL PRIMARY SCHOOL	2.905	1.609	0.570	1.627	6.711

Kind regards

A Prout-Jones  
Principal



## SPORTS FIXTURES

Friday	02 June	<b>Girls Soccer</b> Craighall vs Montrose	U11 & U14	Home
Wednesday	07 June	<b>Soccer</b> Craighall		<b>Bye</b>
Thursday	08 June	<b>U7/8 Soccer</b> Crawford (Lonehill) vs Craighall		Away
Friday	09 June	<b>Girls Soccer</b> Crawford (Fourways) vs Craighall	U11 & U14	Away
<b>Wednesday</b>	13 June	<b>Girls Soccer</b> Craighall vs Summerhill	U11 & U14	Home
Wednesday	14 June	<b>Soccer</b> Craighall vs Fairways	U9 A & B U10 A & B U11 A & B U12 A & B U14 A & B	Home Home Home Away Away

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In the fast paced world that is Johannesburg, we realise how hard it is for parents to juggle work, schedules, daily meetings and routines whilst also ensuring that their children receive the best possible care and attention. Jozi Cares Au Pairs has partnered up with Old School Cool to assist in providing the most efficient service possible for our clients looking for au pairs, babysitters, tutors and nannies. Our aim is to assist families by taking the stress out of finding a suitable, reliable and compatible candidate to assist in all of your children's daily routines and needs. We offer meticulously screened au pairs, babysitters, tutors and nannies who are matched to families according to the family's needs and personalities with the use of psychometric testing. Jozi Cares and Old School pride their selves in providing an excellent service as well as the most thoroughly screened carers in Johannesburg. For more information please contact us:

Email: [shaun@jozicare.co.za](mailto:shaun@jozicare.co.za) [info@oldschoolcool.co.za](mailto:info@oldschoolcool.co.za), Tel: 011 262 2511 071 613 8960

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