



## Penryn College Preparatory School



**SMS** your comments, concerns, suggestions to 0739268215  
(please note that this is for sms' **only** – phone calls will not be responded to)

Dear Parents,

Included in this newsletter please find:

- St Stithian's Tour
- Foundation Phase Mini World Cup
- Founder's Day and Soccer tournament
- Grade 3 Outing
- Mother's Day tea
- Article from educational journal
- The Over-Protective parent article
- From the Sports Office
- General Knowledge Quiz

### From the Headmaster:

Another busy week has come and gone and there is much to look back on with contentment and pride. Our annual trip to **St Stithian's** was once again a highlight, as we were well received by our hosts and I know that our children enjoyed not only the sporting contact but also the time spent with the Saints families.

This morning the **Foundation Phase** got into the spirit of the World Cup by holding our own **mini World Cup** tournament. All the children arrived in colour-coded clothing and carried the flags of their chosen countries. The football itself was interesting to say the least but a huge amount of fun was had by all on a perfect Autumn morning.



While on the topic of football, the PPA is arranging a very **exciting soccer day** for the last Saturday of term, which will coincide with the **Founders' Day service**. The service will begin at 09h00 and will follow a different format this year, to be over by 10h30, after which the football will begin. The whole day will be over by 14h00 and all children from Grade 1 to 7 are expected to take part – teams will be mixed ability and each will have its own identity. More information will follow. The whole focus will be on great fun for all and we would encourage all parents to get into the spirit of the day.

The **Grade 3** classes had an enjoyable outing to Mattafin farm where they learned all about horses and even managed to have a ride.



Another fun event took place to remember our moms and Mother's Day, so the little people in the Foundation Phase made special personalized bags for their moms which were handed over at a **Mother's Day tea** on Friday.



I found this extract in an **educational journal** I read recently, and on the back of the recent Mother's Day I thought it made for interesting reading. The article examined what made for efficient education and flourishing children:

"This is because parental love, more than any other quality, explains the success of parental involvement," he says. "Building loving bonds with children is an irreplaceable means of creating a foundation of love, which is pivotal to the success of young people in school and in life... [A]cademic involvement practices themselves, unless accompanied by love, may have limited impact on children's academic achievement and well-being."

Have a pleasant weekend!

**Neil Malherbe**

[prephm@penryn.co.za](mailto:prephm@penryn.co.za)

#### **From the Deputy Head:**

Childhood is full of opportunities for success and failure, and to be well-adjusted, our children need to experience both. Though parents can create a soft place to fall, depriving your child of these experiences by protecting them from challenges and shielding them from the natural consequences of their actions can cause a lifetime of hardship.

It is important for parents to assist their children in becoming self-sufficient. **Meghan Vivo** wrote a very interesting article on this matter which reinforces salient points and I share some of these thoughts with you.

#### **The Over-protective Parent - Warning Signs**

Overprotective parents don't like to see their kids hurting and instantly go into "fix-it" mode. Rather than letting their child experience the consequences of their decisions, these parents step in to defend the child and alleviate any discomfort they may feel.

There is a fine line between responsible parenting and overprotective parenting. No one would tell a parent not to protect their child – just don't over-protect. Parental involvement is essential for a child's healthy emotional, social and academic development, but when your love and concern manifest in the following behaviours, you may have overstepped their bounds.

- \* A willingness to do anything to see your child succeed
- \* Stepping in immediately when your child is in distress
- \* Striving to make your child happy all of the time
- \* Needing to be liked or viewed as your child's friend rather than a parent
- \* Giving in to your child's every demand
- \* Blaming others for your child's problems (especially the school!)
- \* Minimizing or justifying your child's behaviour

\* Making demands of teachers, friends, coaches and others because the child can't or won't resolve their own problem

\* Getting involved in every aspect of your child's life, including academics, dating and friends

\* Using cell phones, e-mail and instant messaging to stay in constant contact and hover around your child at all times

\* Doing anything to make sure your child doesn't experience hardship, sadness, disappointment, anger or other difficult emotions

## What's Your Motivation?

In most cases, overprotective parents' primary motivation is to protect their child from harm, but they may also be motivated by other less admirable intentions. For example, parents may be partially motivated by a desire to look good in front of other parents by having their child reflect positively on them.

For example, a parent may intervene at school and do their child's homework assignments so that he can be 'top of the class.' Although their primary goal may be to provide the brightest possible future for their child, they may also be acting out of a desire to look like "good/successful" parents.

Some parents are also driven by a desire to feel good about themselves. Parents may view their family's happiness as a measure of their own success.

## Parenting Tips

Overprotective parents tend to produce children who are fearful, anxious and lack confidence in their own abilities. Even though the parents are undoubtedly acting out of love, their actions are often based on their own worries, fears and feelings, not necessarily what's in the best interest of the child. If children aren't given the opportunity to face and overcome challenges, they never learn that they are capable of doing so.

Here are a few ways parents can begin to 'let go' and help their child blossom into a healthy adult:

**Trust Yourself.** You've spent many years teaching your child important lessons and grooming them for adulthood. Adolescence is the time to put what they've learned to the test. Trust that you've raised your child well enough to make sound decisions and be there to offer advice when solicited.

**Take a Time-Out.** Before intervening to fix a problem for your child, step aside for a while and let the situation play out. Ask yourself how your child's needs would best be served.

By allowing your child the time and space to resolve an issue and experience the full spectrum of emotions that come with a success or failure, you help your child learn how to manage difficult emotions without escaping. Give them a chance to realize on their own that everything will be okay. This will help them develop important coping skills.

**Learn New Communication Skills.** Instead of telling your child what to do, resolving their problems for them or protecting them from the consequences of their choices: practice active listening. While parents can give suggestions, adolescents in particular are old enough to make their own decisions and deal with the consequences.

**Evaluate the Worst-Case Scenario.** When your adolescent child is facing a difficult situation, ask yourself, "What is the worst that could happen?" If the worst-case scenario is hurt feelings, disappointment, anger or any other emotion that people regularly face, let your child resolve the problem themselves. Try to intervene only if your teen is in physical danger or is at risk of severe emotional harm.

**Let Your Child Make Decisions.** From a young age, kids shout with glee when they discover they can do something by themselves. Whether walking, getting an 'A' for a test or winning a game; children have a natural desire for independence. Nurture your child's growing desire for independence by letting them make their own decisions.

Children who aren't encouraged to make their own decisions grow accustomed to having their parents make decisions for them. As a result, they never develop valuable problem-solving skills or the confidence that comes

from making good choices. While you can be there to offer guidance and advice when needed, your child is capable of finding answers on their own.

**Let your child 'Fix Their Own Mistakes.'** What follows naturally from letting your child make their own decisions is letting them experience the consequences of those decisions. If you want your child to be resourceful and self-reliant, you have to let them work through issues on their own. For example, if your child hurts a friend's feelings, it isn't **your** job to apologize and mend the relationship. Let your son realize the need for an apology and take action to repair the damage on their own.

**Learn to Say "No!"** It is unrealistic to expect your child to be happy all of the time. If you're going to great lengths to satisfy their every desire, you risk raising a spoiled child with a sense of entitlement. Your child may become accustomed to having things done for them, assuming the rest of the world will do the same, which they will eventually learn isn't true. They should earn the things they're given, both material goods and privileges, and should be encouraged to get involved in volunteering and thinking outside of themselves.

**Teach Your Child Self-Advocacy.** When your child was an infant, you were their strongest advocate. As they grow into an adolescent, they should gradually become **their own** advocate. Teach your child how to work through problems and encourage them to state their needs at school and in relationships, without needing you to do their work for them.

**Get Help.** An overprotective parenting style may be deeply ingrained by the time a child reaches adolescence. The family may be struggling with co-dependency and other unhealthy attachments. In these situations, professional help may be needed to teach parents healthier parenting styles and improve the child's ability to cope and make decisions.

**Smile Awhile! Since we are nearing the world cup... we should give tourists tips about traveling on our roads....(tongue buried in cheek!)**

#### **RULES FOR DRIVING IN SOUTH AFRICA**

1. Never indicate - this will give away your next move. A real South African driver never uses indicators.
2. Under no circumstance should you leave a safe distance between you and the car in front of you, this space will be filled by at least 2 taxis and a BMW, putting you in an even more dangerous situation.
3. The faster you drive through a red light, the smaller the chance you have of getting hit.
4. Never, ever come to a complete stop at a stop sign. No one expects it and it will only result in you being rear-ended.
5. Braking is to be done as hard and late as possible to ensure that your ABS kicks in, giving you a nice, relaxing foot massage as the brake pedal pulsates. For those of you without ABS, it's a chance to stretch your legs.
6. Never pass on the right when you can pass on the left. It's a good way to check if the people entering the highway are awake.
7. Speed limits are arbitrary figures, given only as a guideline. They are especially not applicable in South Africa during rush hour. That's why it's called 'rush hour....'

**Grant Nel**

[gnel@penryn.co.za](mailto:gnel@penryn.co.za)

## From the Sports Office:

The extra mural programme has been a very busy one this term and will continue in this vein until the end of term. The teachers have been hard at work ensuring your child receives the best coaching they have at their disposal. I feel it important to note that our coaches are primarily educators and as such at times may not necessarily produce the competition parents would like. However, one needs to keep in mind that often the thought behind team selection goes a lot further than merely winning and a particular team may have been selected for reasons of a developmental nature. I must stress that parents are there to encourage those who find it easy to perform well as well as those who consistently try their best. It is our philosophy that all Penryn children play sport and enjoy this participation!

While on this note, the teachers have been involved in taking many teams to various matches this term. Please ensure that either you or your child makes contact with the relevant coach prior to your departure from an event to ensure the coach is aware of who your child is leaving with and when they leave. I have been left more often than not wondering who and when a child left a particular event.

Over the long weekend of the 28/4/2010, 3 tennis players from Penryn were chosen to play in an Interprovincial tennis tournament representing Mpumalanga in Pretoria. Only 4 players for Mpumalanga were represented by players in the Lowveld and three of them attend Penryn. This is quite an achievement and is particularly due to the enthusiasm of tennis coach, Tombie Pappas.

The Penryn Tennis players were:

Chris Gaupner - Penryn College  
Connor Fletcher - Penryn Prep  
Callan Kenyon - Penryn Prep

The girls tennis championships continue being played with the girls producing some pleasing results. Girls will receive notification when they will be playing and who they will be playing against.

We enjoyed a good trip to St Stithian's this past weekend with both the netball and soccer teams playing well and achieving pleasing results.

Sport arrangements for next week:

Wednesday Penryn vs Summerhill and St Peter's soccer and netball

Thursday Penryn vs Uplands Netball

U/8 to Open A & B

A number of our children have achieved wonderful results with their extra gymnastics. Congratulations to Kaylee Gibb, Kayla Shefferman, Sage de Bruno Austin and Ashleigh Kellar. We wish you the best of luck with your forthcoming competitions.

Also, we have some young horse riders participating in a competition this coming weekend. Good luck to you all - we eagerly await your results.

Some past results:

Soccer vs Victory Park

U/9 Drew 1-1

U/10 Won 6-1

U/11 A Lost 1-3

U/11 B Lost 0-6

U/12 Lost 1-4

Open Lost 1-3

Netball vs Hazyview

U/10 Lost 0-4

U/11 Won 5-3

U/12 Won 11-4

Open Won 17-12

Riverview Festival

U/8 Soccer Drew 1 Lost 1

U/8 Netball Lost 1 Won 1

Some photos of the soccer boys showing their skills!



#### Soccer vs Uplands

U8 A Lost 0-2

U/8 B Lost 0-1

U/9 A Lost 1-2

U/9 B Lost 1-2

U/10 Drew 2-2

U/11 A Won 5-0

U/11 B Lost 1-3

Open D Won 5-0

Open C Won 4-1

Open B Lost 0-1

Open A Won 2-0

#### Netball vs St Peter's A

U/8 Won 4 - 1

U/9 Lost 5 - 7

U/10 Won 3 - 0

U/11 B Lost 1 - 5

U/12 A Won 14 - 10

U/12 B Won 6 - 5

Open B Drew 5 - 5

Should any children be interested in a rock-climbing camp, which will be run by a private operator during the June holidays, feel free to contact Gavin Wingrave on 0824990436. The cost is R900-00 per course.

#### Allison Williams

[allisonw@penryn.co.za](mailto:allisonw@penryn.co.za)

#### General Knowledge:

##### This week's questions:

What do the following falconry terms mean?

1. Falcon.
2. Canceleer.
3. Cere.
4. Intermewed.
5. Lanneret.
6. Tiercel.

##### Answers from 7 May:

1. Curtis Jackson
2. Jennifer Aniston
3. Iron and nickel
4. Doctor John Pemberton
5. 2012