

St Pat's Newsdesk

Headmaster's Newsletter No 02/2012 (2 February 2012)

WHAT'S IN THE NEWS?

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- *FROM THE PRO...*





FROM THE HEADMASTER

I would like to pay tribute to the large number of parents who arrived for our first consultation evenings last week. By attending these meetings and keeping up with your child's progress at school, you not only show them that you care, but also affirm and encourage their efforts. Michelle Macaulay and Mary Stanford gave the following speech at the Pre-Prep and Prep Parents' Evenings. The Prep school has declared 2012 as "The Year of the Parent" and this communication is a fine way to set the tone...

Parenting is all about leadership!

What we expect of Parents: This is the year of **The Parent** in the Prep School. We have been fortunate enough to have attended talks and to have read interesting books which we would like to share with you so, during 2012 we plan to bring speakers to help us all grow and understand parenthood. At the outset we owe a lot of what we are going to share with you to Robin Sharma; he just says it like we would like you to hear it! This is what we expect of Parents.

Parenting is all about leadership. It is about being the CEO without the salary or the perks. It is about being a CEO who has no job description, who has no limit as to hours or conditions of service but has the responsibility of educating and guiding the next generation of human beings.

We are enormously proud of the fact that you have chosen St Pats as your service provider for education and for us to provide the excellence you and your child require the following "Terms and Conditions" apply:

1. Please make sure your video is in sync with your audio. What your children see and hear must be consistent with your values and those of the school. To quote Robin Sharma: "*Money influence and position are nothing compared with brains, principles, energy and perseverance.*" Thus, homework is important. It must be done to achieve mastery. Mastery is for everybody; it means getting to be the best you can be. Affirm your child by giving her/him the time to do homework. Affirm your child by signing the Homework Book. If you treat homework with the same disdain you treat an irritating rash - it's there itchy and awful - then homework will become itchy and awful for your child. Treat it with respect, as quality time, as a quiet time, as together time as an opportunity for discussion and for planning for the day ahead. Don't do everything for your child; let him struggle a little, plan and organize so he can be responsible and accountable. Remember hard runs make better skiers. He must learn to lean into change and that new conditions call for different techniques. As leaders, remember that small daily improvements will, over time, lead to stunning results. Daily ripples of superior performance add up to, over time, a tidal wave of outrageous success!

Sport is part of a balanced lifestyle. Treat it as a privilege and not as a nuisance. Participate with your children and not through your children. We were so impressed by the families who rode with their children in the recent EG Tractors Cycle challenge. To see mums and dads in the rain, pushing and peddling with their children, was terrific. The benefits of Saturday afternoon will be far reaching and was a great **video** for those children. In some cases Sport appears to be the parent's game. It is not, it is there for your child's physical, emotional and social development. Tim Noakes says a Springbok is created around 21 years of age provided they have not been

burnt out by then. We need to be careful of too much pressure on young children to avoid burnout.

2. The second of the T's and C's are to use the Language of Leaders. Leaders do not gossip, complain, condemn or swear; they are impeccable with the words they use. By using the Language of Leadership you will strengthen what you speak about. Through impeccable choice of words leaders must try to use words daily that inspire, engage and elevate. The deeper your relationships, the stronger your leadership. You can say whatever you want to say as long as you say it with respect. Be an example of how to respond to a situation and not just react. Reactive leaders become part of the problem. People who respond lead to the solution. Empower your child to respond to bullies and not to just react to them so that they become the solution to the problem. Make your child aware of both local and international news and discuss relevant topics with them, asking for their opinion.

3. Speak less and listen more. You honour someone by giving them great listening. Listening is not a soft skill; it takes a big person to master it. Never before have there been so many useless distractions available to human beings. It all clutters our minds and consumes our energy. This makes attention such a profoundly scarce and premium commodity. One of the deepest of all human hungers is the hunger to be understood. Trust, respect and appreciation soar and are the rewards of a good listener. If your child complains of headaches or tummy aches, which is normal, we all did - do you medicate immediately? Check yourself? Maybe your child needs water, food, or is crying out for attention and quality time with you. Do not make the mistake of using medicine as a comfort. Research has shown that children who turn to medicine for comfort are the first to turn to drugs in their teenage years as they do not know how else to comfort themselves. Do not establish a dependency on headache or tummy "muti"

4. Nurture and be Nice. Being nice is not a weakness. Do not confuse kindness with weakness. Balance compassion with courage, being friendly with being firm, being sincere with being strong. Be tender and tough at the same time. A strong leader/parent smiles, is positive and is caring. Your relationship is a one on one with your child. Ours is a one on many with your child, but we can assure you that we grow to love your children and what we have said regarding being nice and nurturing, balancing compassion with courage, balancing friendly and firm balancing sincere and strong balancing tender and tough is what guides us in our daily interaction with your children. There will be times when you question us but trust us to be professional and/or come in for a chat.

5. Cell phones, to be blunt, are not needed at school. If your child brings a cell phone to school it must be switched off on arrival and may only be switched on at the end of the day. Children do not need to listen to music during breaks – school is a social environment. Teachers are not responsible for lost or stolen phones. Your children know the policy on cell phones. Cell phones are not allowed on school trips but are allowed on some sports trips if a long journey is involved. Children know they can contact you through the office or the teacher (if on a trip) if they need to speak to you.

As Parents and Teachers " ...we were not delivered into this world into defeat. Failure does not course our veins. We are not sheep waiting to be prodded by our shepherd. We are a lion and we refuse to talk, walk and sleep with the sheep. We will persist until we succeed."

LIFE IS TOO BIG TO PLAY IT SMALL!!!

Again we repeat: with apologies to Robin Sharma and his book "Leader with no Title." Thank you for listening and thank you for the interest you show in your children by being here tonight.

100 Club

Congratulations to the following parents:

3RD TERM 2011 1st Prize: Aviwe Cingo (CING001)
 2nd Prize: Hitchins (HITC001)
 3rd Prize: Mpako (MPAK001)

4TH TERM 2011 1st Prize: Ndakisa (NDA004)
 2nd Prize: Hackland (HACK001)
 3rd Prize: Jam-Jam (JAM002)

Recycling

We are still going ahead with the recycling for 2012. Please bring the following:

- Paper (printing paper, coloured paper, magazines & newspaper) and cardboard (cereal boxes etc)
- Tins (please rinse)
- PET bottles (only clear, blue or green NO brown)

Unfortunately no milk bottles will be collected anymore. Also no glass bottles for now.

Pool

To all after hours pool users: please leave the creepy crawly in the pool at all times. Under no circumstances should it be taken out of the pool or switched off during your training session.

It would appear that "The Year of the Parent" is off to a good start. I encourage all parents to heed the advice given in this newsletter as we all "Strive for the Highest" for our children this year.

Best Wishes

