



Newsletter 7/2021

24 March 2021

Message from the Principal

Dear Parents

Helping your Child Prepare for a Test



It is test season again and it is totally understandable that, as parents, we sometimes struggle to find the best way to help prepare our children adequately for their forthcoming tests. Listed below are a few ideas.

1.

Identifying the Learning Style of your Child

Your child is a visual learner if they like to make notes and summaries of key points. They generally love using post-its, highlighters, and a myriad of papers/pens that will help them organise their thoughts and ideas. Their study notes will look attractive and pleasing to the eye. They love to watch videos or PowerPoints and make notes on what they have watched. Be careful that they don't spend too much time on the aesthetics rather than the revision.

Your child is an auditory learner if they love listening and/or talking out aloud when revising. It is the best way for them to absorb and retain information. Ask your child questions and discuss key points with them. Some children find that reciting the key points out loud to themselves is a helpful way to process and store information; especially information which needs to be memorised. They can record themselves whilst reading their notes and play it at a later stage when revising.

Your child is a tactile learner if they love using their hands as they need to experience and learn by doing or making something. Using building blocks or tactile materials to understand concepts works well, as does performing an experiment as opposed to reading or discussing it.

IMPORTANT TO NOTE!

Term 1 ends	23 April
Term 2 commences	3 May
Public holidays	2 April
	5 April
2 nd SGB Elections	25 March

Cycle Test Days

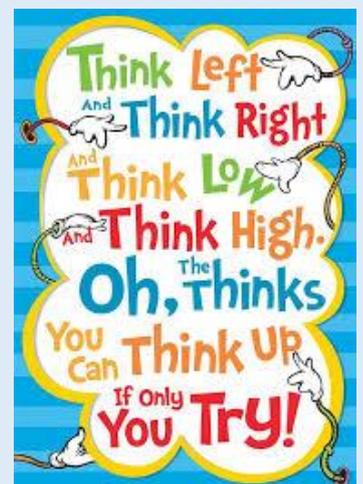
FP (Gr. 1 to 3):

Continuous Assessment from
1 March till 1 April

Intermediate Phase (Gr. 4-6):
24 March till 31 March

Senior Phase (Grade 7):
23 March to 1 April

Extra Murals is optional
during test week.



2.
**Acquiring their
own space**



Set aside a space for your child to study in. It should be a place just for them. Ideally, it should have some wall space to hang up inspirational quotes and timetables. Make sure it is quiet, away from the noisy areas in your house, has adequate light and far from the tv and other devices which might distract them.

3.
Get Organised

Discuss what sort of stationery supplies your child feels they need. Make a list of pencils, paper clips, post it notes, folders and anything else they require. Go together to the stationery store to purchase them.

4.
**Create a Study
Timetable**

Go over the test timetable with them and discuss how to fit in all the subjects as per the days of the tests. Print/Draw the timetable out and put it up in their study area, give them stickers and markers to help tick off as they go along.

5.
**Create Fun Testing
Ways**

Look for common test questions, develop fun quizzes, create your own revision games by having mock tests, and have teacher role plays to make learning fun.

6.
**Practice Completion
Times**



Give your child a stopwatch, or a timer. Ask them to work out how much time they should be spending on each section and get them used to completing similar questions and under test "time" conditions. Your children will naturally learn to pace themselves for the actual test.

7.
Take Breaks

No-one can work non-stop, and studying is even more tiring than the work most of us do on a day-to-day basis. Let your child take regular breaks. Stretch! Build in some exercise time. Take them out for a movie, ice cream or a special treat. It helps to break the tedium of studying and will help them to unwind and de-stress.

8.
**Exercise, Sleep and
Eat Well**



The brain is also a muscle, and if it doesn't get enough rest, nutrition, and oxygen, it will tire and break down too. So, make sure your child eats regular and healthy meals and sleep at least 8 to 10 hours a night. Exercise – it takes lots of oxygen to the brain!

9.
**On the Day of the
Test**

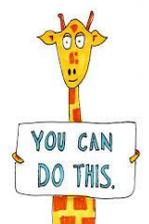
Be Early - Let your child go to bed early so that they can wake up early. Nothing creates more stress than being late for school on the day of the test.

Eat a Good Breakfast - Make sure your child eats a good breakfast. Prepare foods which will give them not only energy but are also easily digested and are substantial enough to ward off hunger pangs until the test is over.

Pack Bags the Night before - Your child needs to pack everything needed for the test the night before. This will minimize the chances of them leaving important items like calculators, pencils and erasers behind.

Finally, reassure your child with love and the belief in their ability to always do their best.

**Yours in Education
Mrs T. Suklal**





The district has granted the school permission to dismiss learners and staff at **11h00 on Thursday, 1 April** and **Friday, 23 April**. Please note that there will be no extra murals and aftercare on these days. All learners will be dismissed at 11h00 on both the days.

FOR YOUR INFORMATION:

Bryandale Learning Centre Therapists

Educational Psychologist

Julie-Anne Roberts 083 528 9632

Occupational Therapist

Meg Allen 084 693 2337

Remedial Therapists

Shanette Stevenson 082 332 1371

Irene El Naddaf 076 920 5735

Speech Therapist

Stephanie Jardine 078 162 4257



From the Extra Mural Desk

It has been wonderful to see so many of our learners taking part in extra murals again! Thank you to all our learners for their enthusiasm. A special thank you to those parents who have been patient and understanding of the restrictions under which we currently have to operate.

We started this term with cricket, tennis and swimming in the hope that we would be able to participate in matches and galas. Unfortunately, this was not the case. We also realised once we started, that there was a large gap in skills and fitness due to the fact that many of our learners did no sport at all during lockdown. As a result, we kept all learners who attended practices for cricket and netball, without choosing teams, so that everyone could develop their skills and benefit from the practices. The swimming groups were cut down due to the group restrictions. We have loved being out there with your children again, despite all the new challenges!

Due to the fact that there will now definitely be no cricket or swimming season for now, we will be starting soccer and netball after returning from the Easter weekend. We will run trials in that week, before the end of term, in the hope that when we come back, we can play matches. All current extra murals will come to an end next week Wednesday. There will be no extra murals on Thursday due to the long weekend and early closing.

The new timetable for extra murals is being finalised and will go onto D6 early next week.

Due to the restricted numbers allowed, all extra murals for a specific age group will be held on the same day. Learners will have to choose which one they would like to do.

All learners are invited to attend Cross Country on a Monday afternoon at the Bryanston Country Club. We meet in the parking lot at 14h30 and go from there. As we are not permitted to transport learners yet, it is the responsibility of parents to transport their children to and from Cross Country. The run takes around half an hour to complete and parents are welcome to wait for their children. As soon as they have finished running, they can sign out and leave. The Bryanston Country Club is a safe environment for your children to participate. Cross Country has been well supported this term and it is an excellent opportunity to develop fitness, you do not need to be a gold medal athlete to participate and we encourage everyone to join in.



Montrose Night Series

If all goes according to plan, the Montrose Night Series for the Under 13 Netball and Cricket Open Team will take place on 7, 14, 21 and 28 May. The Montrose Cricket and Netball squads are already hard at work practicing and will continue, even though cricket season is coming to an end.



Active Ed

Learners follow an Active Ed programme during school, focussing on movement and fitness. During the first term we focussed on fitness. For next term, we will be developing and learning soccer and netball skills. Please note that Active Ed is an official part of our prescribed curriculum and learners are required to participate. They are assessed at the end of each term on the skills learnt during the term. Please encourage your children to participate in the programme. Should your child be injured or not be able to participate, a note is required from you explaining why.



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