

Loyalty

always love, always obey, always respect, always show your love



Newsletter 10/2021

14 April 2021

Message from the Discipline Desk

Bryandale Primary prides itself on creating a safe, value -inspired community which allows children to develop, grow and flourish while learning. Thus, we believe that there are key elements to make this vision a success. A school can only succeed with the support of the parents.

To begin with, we believe that instilling routines and structures is the foundation within the process. This is not only to be done at school but at home as well. It can be from being consistent with supper time, bedtime etc. **What routines do you have in place?**

As parents, we know that there is no manual on how to be the best parent, but what we do have is our instincts, love for our children and the drive to do well in grooming independent and kind children that will become who they are meant to be one day. The most important aspect is building an open, loving, and supportive relationship with your child/ren. **See next page for a few tips when communicating with your children to build a positive relationship.**

At a school level, we often find that children who struggle to communicate their emotions tend to express it in an unhealthy manner. If this is not dealt with, it can transpire into something more challenging.

Thus, keeping the channels of communication between parents/guardians and their children as well as teacher and learner is fundamental to building emotionally intelligent children.

IMPORTANT TO NOTE!

Term 1 ends 23 April
Term 2 commences 3 May

Reports handed out on 23 April to learners – if learners are absent, they will be handed the reports on 3 May.

Staggered dismissal on 23 April – Please see detailed information elsewhere in the newsletter.

No Aftercare on 23 April.

Grade 6 Cake and Candy: 16 April

Civvies:
Formal Wear – Funky Hair

However, when children are faced with challenging situations of anxiety or stress, they are unable to communicate and express their emotions. [See suggestions below to support your child/ren.](#)

When you have built an open, loving, and nurturing environment and relationship with your child/ren, setting boundaries and rules in place is what comes next. As a parent, having a set of house rules are key to establishing what you expect from your children which you know they can deliver on.

In our classrooms, teachers need to have a set of rules which all learners need to be aware of to ensure that they are clear on acceptable behaviour and what is not. This will allow for maximum teaching and learning to occur. However, to support that rewards and consequences are in place. At Bryandale we work with a demerit and merit system.

What do you use at home?

Children learn best when they are aware of what they can do in an environment and the reasons thereof. As well as the consequences that follow when rules are not being followed. Children also then grow and become independent when given responsibilities in their household, so they feel as they are contributing to the household and are an important part of it.

In conclusion, for our school to be an exceptional place for all our learners to develop, our parents need to work with us in instilling the basic values, responsibilities, and support at home.

Mrs A.Halifa

Deputy Principal of Discipline



Peaceful and joyful wishes to our Bryandale families who are observing Ramadan Kareem. Everything of the best to you during this period.

How to Talk to Your Child at Every Age

0- 2 years

- Touch is the first form of communication.
- Use tone and body language to enhance what you say.
- Respond to baby talk with conversation.
- Talking to your child despite his comprehension encourages language skills .

3- 5 years

- Give your child your complete attention when possible
- Watch your tone and body language
- Help your child to put words to his emotions.
- Use the help strategy to develop emotional regulation skills
- Offer limited choices and simple explanations

6- 11 years

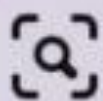
- Make time to talk
- Speak to your child in a respectful manner that presumes a level of maturity
- When trying to get information from your child ask specific questions and keep talking even if they won't talk back.
- Listen without contradicting and repeat what you you heard in a more mature manner.
- Allow your child to have some input in family rules.
- Laugh with your child and admit your mistakes.

12- 18 years

- Talk with your teen not at him
- Show respect for your teen's opinions.
- Find opportunities such as car rides and television commercials to talk with your teen.
- Respect your teen's privacy and keep their confidences.
- Showing that you trust your teen will in turn encourage them to confide in you.
- Be yourself. A teen is old enough to respect you as an individual.

40 POSITIVE THINGS TO SAY TO YOUR CHILD

1. I'm grateful for you.
2. I'm proud of you.
3. You have awesome ideas.
4. I love being your mom/dad.
5. You are loved.
6. You are important.
7. I believe in you.
8. You did a great job!
9. You were right.
10. I know you did your best.
11. You are helpful.
12. You are creative.
13. You make me happy!
14. I love spending time with you.
15. I love being around you.
16. You made the right choice.
17. You make me happy.
18. I love learning from you.
19. I appreciate you.
20. Being your mom/dad is my greatest job.
21. You are so great at that!
22. Thank you for being you.
23. You are smart.
24. You're a great son/daughter.
25. You are special.
26. You make my heart full.
27. I love listening to your stories.
28. I forgive you.
29. I understand why you did that.
30. I'm glad you tried that.
31. I trust you.
32. You make me smile.
33. Thanks for working so hard.
34. You give the best hugs.
35. That was such a kind thing to do.
36. I know you can do it.
37. You tried your best.
38. Thanks for working so hard.
39. You are capable of great things.
40. Our family wouldn't be the same without you.



How to nurture a child's mental health



Actively listen before offering your advice



Be patient



Share your feelings and validate theirs



Tell the truth



Model healthy behavior



Surround them with healthy adults



Be consistent and follow through with what you promise



Teach them how to be safe



Believe them and in them



Use open ended questions



Have scheduled family time



Limit electronic time for everyone



Reach out and hug them



Practice relaxation exercises together



Model forgiveness



Respond calmly when their emotions are elevated



View their behavior as a window to their needs and feelings



Make play and exercise a requirement



Recognize positive choices



Be present

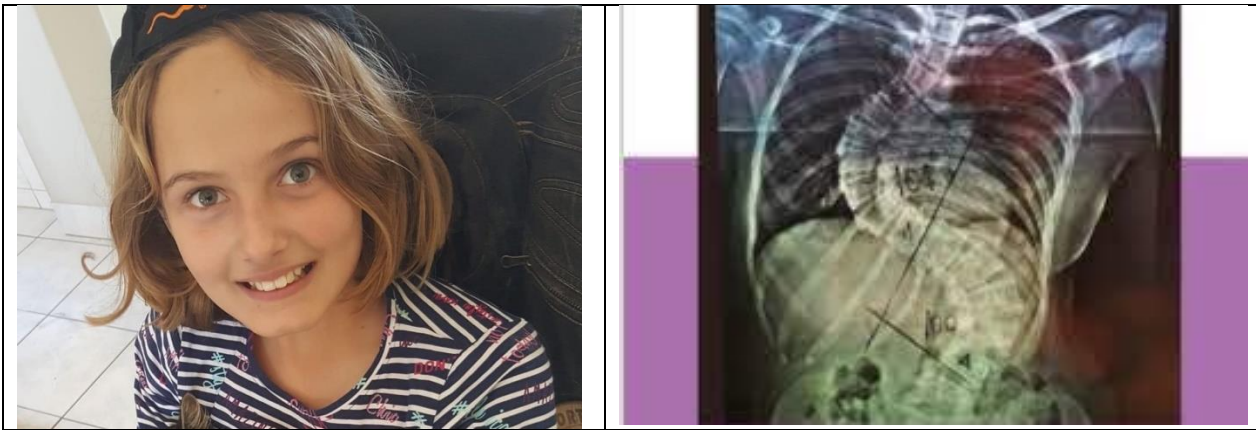


Set and respect boundaries



DEAR BRYANDALE FAMILY

Life-Saving Surgery for Bryandale Grade 7 Learner



Riley Nauschutz, a grade 7 learner at Bryandale, lives with pain and discomfort daily. Unable to sit or stand for long, she tires quickly as she has to traverse her way up several flights of stairs and long distances at school because of the COVID 19 regulations.

She walks with a gait as the severe scoliosis to the right side of her body increasingly compresses her heart and lungs – something that threatens to cause heart and respiratory failure.

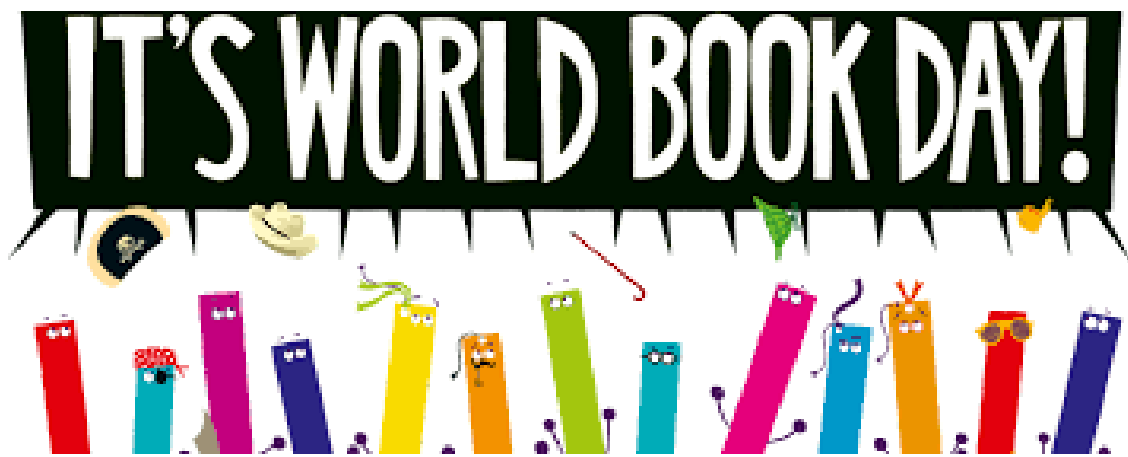
Click the link below to read more about this brave girl's fight and how a small gesture can make a big difference in her fight for her life.

<https://hopetoheal.org.za/2021/03/03/fund-raising-for-riley>

23 APRIL 2021

23 April 2021 Staggered and Early Dismissal

- + Grade **1 & 2** and their **siblings** only will be dismissed at **10h30** via **Stirling Gate**.
- + Grade **3** and their **siblings** only will be dismissed at **10h45** via the **Field Gate on Stirling**.
- + Grade **4 to 7** will be dismissed at **11h00** via their **designated** gates.
- + Please be prompt with pick up and inform your respective transport providers.



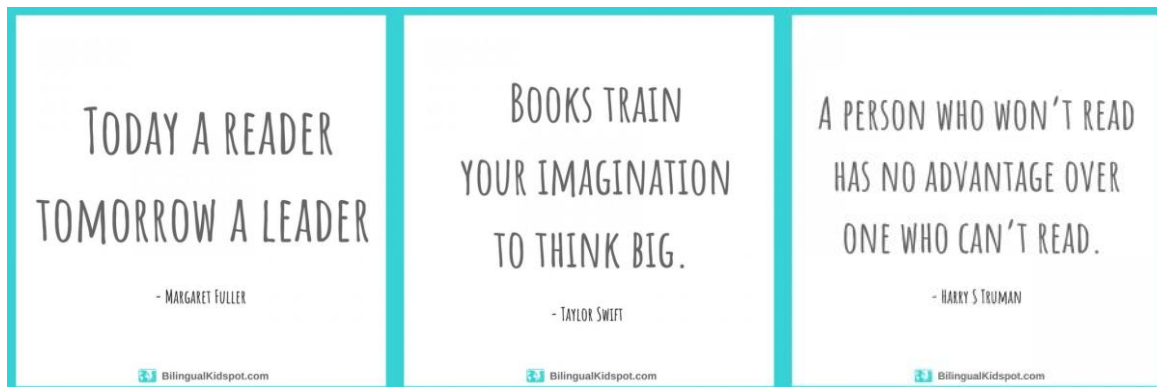
Bryandale Celebrates World Book Day on 23 April 2021

Bryandalians are looking forward to celebrating **World Book Day** on the last day of this term. Learners may dress up as their favourite story-book characters (and they may do so for free!)

In addition, every Intersen learner will be given an opportunity to read to a Foundation Phase reading buddy in a controlled environment during the morning.

Please look around at home for an appropriate book or encourage your child to take one out from the library. Help them prepare to read the book with pride for their young reading buddy.

A love of reading is one of the greatest gifts we can give our children. We therefore hope that this can become one of our annual traditions at Bryandale.



Should you wish to donate any preloved children's books - in a good condition - to our library, it will be much appreciated.

Looking for a Tutor?

" Knowledge
builds
confidence"



Do you have concerns about your child's school progress or report card from last term?

Why not start this term differently and call **Edu Core Solutions**.

We are a mobile tutoring company and the lessons are done in the comfort of your home.

We will work around your child's busy school schedule to find a suitable day and time that works for all.

For more information, please contact Janine: **083 650 2938** or Janine@educoreresolutions.co.za