



Wellington Preparatory School

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Newsletter 14 of 2009
21 August 2009

Dear Parents and Friends

Welcome

A warm Wellington Prep welcome to John Peter McKay (Grade 5), Crawford Booth (Grade 1) and Farris Booth (Grade 3) who joined us recently.

Condolences

Our thoughts and prayers go out to Ethersia Thomas whose father, Eddie, passed away last week. Eddie was also an important part of the school as he has done all of our electrical work. Eddie was one of the most willing, helpful, humble and friendly persons you could ever meet. He will be sorely missed by everyone who had the privilege of knowing him.

Congratulations

There has been a baby boom at the school! Congratulations to Fatgia and Yusuf Pietersen on the birth of their son, Yasha, a brother for Uthmaan and Nur and Maika and Volker Goetze on the birth of Marlene, a little sister for Felix and Amelie.

Concert

Our concert is just around the corner, please take note of the following:

1. Letters and envelopes for booking tickets were sent home last Friday. It is on a first come, first served basis, so the sooner you return your envelope and money, the better chance there is of getting the day of your choice. Our hall is very small; we can only accommodate a certain number of people per performance.
2. There will be a full dress rehearsal on Thursday 27 August at 10h00. We have invited the Wellington Community Centre and some of the local pre-schools to attend. All children should be at school at the normal time and the pre-school children to be here by **09h00** at the latest.
3. Tuesday 1 September and Thursday 3 September are evening performances. The children need to be brought to school at 17h30 with the concert starting at 19h00. The children need to be dressed and have make-up applied at school, so please don't be late.

4. Wednesday 2 September is a morning performance, starting at 11h00. Children must be at school at the usual time. If your child is in the playgroup and you are on the 3 day option and your child doesn't usually attend school on Wednesdays, then please drop them off by 09h30 at the latest.
5. For the Tuesday and Thursday evening performance there will be refreshments on sale outside the hall (or in a classroom, depending on the weather) from 17h30 to 19h00. These will include home-made pies (chicken, lamb and spinach/feta), crisps, beer, wine, soft drinks, tea and coffee.
6. A huge thank you to the moms and teachers who spent the whole of last Saturday from 09h00 until 17h00 furiously sewing costumes - Tracey Castell, Sigi Tomlinson, Christine Geiger, Debbie Prinsloo, Ashmiranda Morris, Jill te Water Naudé, Werna Hendricks (and her two seamstress sisters!), Samantha Thwaites, Charlotte Anderson, Beppie Domburg, Lena-Mari Marx, Chrisna Faure and Heather Johnson. Paul Thwaites brought us a very welcome surprise of pizza for lunch - thank you! Thanks also to the moms who are sewing at home and thank you in advance to those parents who have volunteered to help with dressing children, make-up or supervision for the concerts. We would also like to thank Mariet Venter (Hannelie du Plessis' mother) who is working wonders on the backdrop for the concert.

SPORTS FIELD UPDATE

We will be starting to plant grass on our field in the next few weeks. We have also managed to procure a large donation of landfill from the shopping centre being built close to the school. We have therefore decided to extend the field all the way, although we only have money to grass half of it (one sports field) at this stage.

Inter-schools show jumping qualifier

Well done to our horse riding girls who recently took part in the Evergreen stables show jumping training show. Jemima Carey managed 2 third places, Robin Dunbar a fourth and Courtney Dowdall a first and two thirds. An 'old boy' of the school, Christopher Johnson achieved a first and second position.

There will be another training show on **Saturday 5 September** before the Inter-schools event which is to be held on **10 and 11 October**. Our team would love some support - last year they won the pre-novice trophy and would welcome some WPS spectators this year.

Casual Day

In previous years we have supported the Casual Day initiative with the funds we raise going to the Ligstraal School in Paarl. As Casual Day is in the same week as our concert we will not be taking part this year. We will however be supporting Ligstraal School later in the year with a surprise fun activity. More details will follow at a later stage.

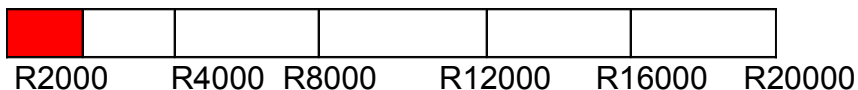
WINE SALES Diemersfontein has kindly offered us just 30 cases of their 2003

Heavens' Eye wine (a Four Star Cabernet Sauvignon blend). We will be selling it at R45 per bottle - the cellar price is R69. There is limited stock so order from the office as soon as possible.

Spring Walk

Please remember to keep collecting sponsors for the Spring Walk fundraiser. We already have a few completed forms, keep collecting so that we can reach our target of R20 000!

Spring Walk progress:



PLAY THERAPY

The school is happy to recommend play therapy as an option to help children cope with a whole host of challenges. A well respected play therapist, Karien Schoeman, has kindly offered to visit the school once or twice a week if there is a need for play therapy. Teachers will recommend play therapy if we feel your child could benefit from this intervention. You would then negotiate fees directly with Karien and we will co-ordinate the implementation thereof. If you feel that your child needs play therapy, discuss this with your child's class teacher.

Karien has supplied the following information to help you make an informed choice:

WHAT IS PLAY THERAPY?

For some children life can be a bit more difficult than for others. Patterns of logical thinking coping skills and effective and acceptable behavioural skills are still to be practised. Some children may find it difficult to communicate their feelings, which can cause anxiety, fear, social adaptation problems, anger and a sense of "not belonging".

Play is a child's most natural way of communicating – a medium by which the child can express him/herself, without limits or fear. Play also functions as a medium by which the child can project difficult emotions without the need to talk about it. Through play therapy, the therapist functions on the child's level, thus making the child feel safe and comfortable. It differs from normal play in that the child is guided to make contact and bring an awareness of underlying emotions.

WHY PLAY THERAPY?

Play therapy has the same value for children as does counselling for adults. The difference is that the child plays out hidden emotions. In the therapy room toys become the child's words and play the language.

Through play new coping skills are learned and established. The child also becomes aware of inner conflict and the effect their behaviour has on others.

Play therapy helps children and adults to –

- take responsibility for their behaviour and to find a new way of behaviour
- find new and creative solutions for their problems
- develop respect for others and themselves
- know and recognize their own and others' feelings
- learn social skills
- bring out emotional and social problems in a kind and gentle way.

Thank you for your continued support
Mike Aubin and the WPS team

FOUNDATION PHASE OUTING

TOY MUSEUM AND KIPPER SHOW

The Grade 1-3's visited the Toy and Miniature Museum in Stellenbosch yesterday and were fascinated by the toys that mom and dad used to play with. No computer games?! They enjoyed their picnic lunch in the gardens and then headed to the HB Thom theatre where the Grade R's joined them in a fun filled show of 'Kipper in the Jungle'. Thank you to the parents who so willingly helped with lifts.

