

NEWSLETTER

Date: 9 September 2018
From the Office of the Executive Head

MERIDIAN
Pinehurst

Dear Parents/ Guardians

We speak so glibly about **love** when it is in fact one of the hardest things to **do**. St Francis of Assisi says an interesting thing in his prayer of peace:

*'Let me not seek so much to be ... **understood as to understand.**'*

If you haven't explored Gary Chapman's *5 Love Languages*, do yourself a favour and read about them: His theory identifies the presence of 5 ways in which we both receive and show our appreciation to those around us, with one generally being the dominant language we speak:

1. Words of Affirmation
2. Acts of Service
3. Quality Time
4. Receiving Gifts
5. Physical Touch

It's a fascinating read and an excellent gauge of how much we understand ourselves in relationship with others (because we also need to understand what makes *us* tick). I have five children and each one has a different love language strangely enough – and I have to love each one differently. There's even a quick online test if you don't have the time to read the book. Do it for fun with your family. <https://www.5lovelanguages.com/>

While we speak of understanding our family members and each other, a special mention must be made of that elusive of spirits: **the adolescent**. Sarah-Jayne Blakemore, a UK neuroscientist, advocates a more **understanding** approach, having identified that teenagers' brains are different than adult brains because they are going through important neurological changes, not merely puberty-related hormonal adaptations. In her book, *Inventing Ourselves: The Secret Life of the Teenage Brain* she explains how and why teenagers are different. Try a couple of articles on her findings before you next tear out your hair at your teenager's obsessions with friends' opinions or risk-taking behaviour:

<https://www.theguardian.com/science/2018/aug/17/teens-get-a-bad-rap-the-neuroscientist-championing-moody-adolescents>

<https://www.theguardian.com/science/2018/mar/25/sarah-jayne-blakemore-secret-life-teenage-brain>

Congratulations and Thanks

Some of the most *understanding* members of our staff, the administrators, were celebrated at our annual breakfast for Secretaries' Day last Wednesday. This year we treated them to a breakfast at *Chocolat* as a gesture of thanks for the often unseen and frequently stressful work they do in order to ensure the smooth running of Meridian Pinehurst.



Department of Education Accolades

Both the Primary and High Schools had visits from education departments last week and came away with flying colours.

The Western Cape Education Department visited our Foundation Phase and popped into the InterSen Phase also and were awed by the organisation and dedication of our educators, and the implementation of the curriculum, while the Department of Basic Education sent a Matric Examination Monitor who also declared our administration and preparation for the running of the matric examinations to be exemplary.

Thanks must go to the Heads of Schools, **Mr David Mendoza, Primary School** and **Mrs Amanda Moyce**, who both run such tight ships and to their management teams and staff.

InterSen Phase Choir

The InterSen choir joined in the worship at Doxa Deo Church last Sunday:

This message from PAC Secretary, Ms Catherine Rall:

'It takes a village to raise a child' is an African proverb which means that it takes an entire community of different people interacting with children in order for a child to experience and grow in a safe environment.

Thank you to our educators and teachers that inspire, motivate and give direction to our children.

Thank you Mr Johnson for your time and effort with the choir.



Coming soon to Facebook:

Watch out for the video of the voices of our angels on Facebook.

Primary School Netball

The Netball season came to an end on Saturday, 25 August. While most Capetonians were cuddled under their blankets with a mug of hot chocolate, these girls played through wind, rain (and with snow on the mountains) at the netball tournament held at Holy Cross. Well done to each and every player. You held our school's name high. We look forward to seeing what next year brings.

U/9

Back row: Chloe Hugo, Kiara Prins Jade Jones, Eminathi Ndzuzo, Nia Kupiso, Juanita Savel

Front row: Bree Koning, Mila Smith, Cayla Ruiters, Matshepo Mfokeng



U/10

Back row: Amy Dayce, Patronela Molea, Jordan Persen, Yanga Botha and Catlyn Petzer.

Front row : Simona Anthony, Jade Davis, Lisakhanya Sikhweza and Okwethu Duku.

U/11

Back Row: Litha Tshwnae, Kezia Steenberg,

Ivana Daniels, Paige Jephtha, Xara Woudberg

Middle

Row: Kumele Mngoma, Olachi Okorafor,

Tshepi Brink, Lia Visser, Janike Dirkse, Lihle Mfene

Front Row:

Lucah Botma, Brugita Strauss,

Casey Drayton, Madison Murphy, Chuma Kobeni



U/12 B

Jasmine Russon, Lerato Mohlakoana,

Khanya Sibotho, Lihle Matsaluka,

Asemahle Mayekiso, Taygen Pennacchini,

Kamryn Goliath





U/12 A

From Top left: Emma Rumble, Unako Sikweza, Ayabukwa Shweni, Izelle Swanepoel, Hayley Carlse, Sithemba Ndlovu, Shana Savel



U/13 A

Top left: Nikitha Dlabane, Liyema Lilelo, Jesse Davis, Oyama Kiva, Claire February, Erin Kivedo, Sinovuyo Kanyiso Tlaleng Mofokeng,





U/13 B

Back row: Ciara Vollenhoven, Amohelang Setloko, Luphiwe Matsuluka, Nthabiseng Sefoloko, Sasha Dube

Front row: Maya Grammar, Khanyo Mbathane.



Dates to Diarise

Monday, 10 September: Nursery Meet and Greet Grade 4E2 – **Ms Coaters’** class

Tuesday, 11 September: -

Wednesday, 12 September: Afrikaans FAL Vraestel 1 (WCED Prelim Paper)
2019 Budget Review

Ms Michelle van Roon’s birthday

Ms Michelle Hoorn’s birthday

Thursday, 13 September: Grandparents’ Day

Allan Gray Entrepreneurship Challenge begins (HS)

Grade 12 English Paper 2 (WCED Prelim Paper)

Mr Jacques Blom’s birthday

Ms Rochelle Jantjies’ birthday

Friday, 14 September: High School Test Series ends

Sunday, 16 September: **Mr Lucas Makua’s birthday**

Mr Phillip Bredenhann’s birthday

Prayer of St. Francis

Lord, make me an instrument of your peace.
Where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
and where there is sadness, joy.



O Divine Master, grant that I may not so much seek
to be consoled as to console;
to be understood as to understand;
to be loved as to love.
For it is in giving that we receive;
it is in pardoning that we are pardoned;
and it is in dying that we are born to eternal life. Amen



May you have a good week, filled with an awakening of understanding in your home.

Yours in education

Colleen Bentley
Executive Head

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