

# SP WELLNESS #3

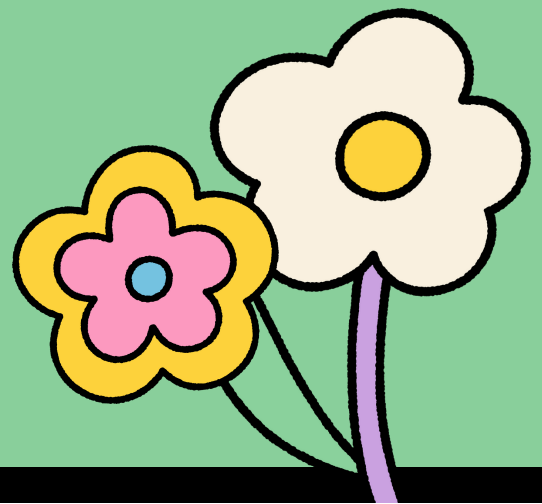
One of the tools suggested by the Centres for Disease Control and Prevention to reduce stress is

**LAUGHTER**

and this is what our Rosies did on Tuesday morning as they spent an hour with Drum Busters, learning new beats and laughing and cheering.



" I really thought the drumming was amazing. I loved the vibe, energy and happiness it brought to everyone. We'd love to do it again!  
- Edem





# Drum Busters



"We loved doing the competitions and the show at the end (the flips). Hope they come back next year.

-Khumo and Tsebo 

"I loved the drum busters this morning. It was so much fun! I can't wait to do it again.

-Kiana



For a video of the Drum Busters Ole song, click on the link below:

Click [here](#) to watch our Rosies in Drumbusting action! Ole!

"This was my first time participating in Drum Busters- WOW. What an experience! This was first of all very therapeutic and so much fun!

Perfect way to start our day! I hope to join them again soon.

-Mrs Swanepoel



And some more laughter and fun...

Another way to relax and destress is **reading...**

Hooked on Books combined this with laughter as they introduced 6 fantastic new books to our girls.

The girls enjoyed watching (with much laughter) and taking part in this incredibly funny show.

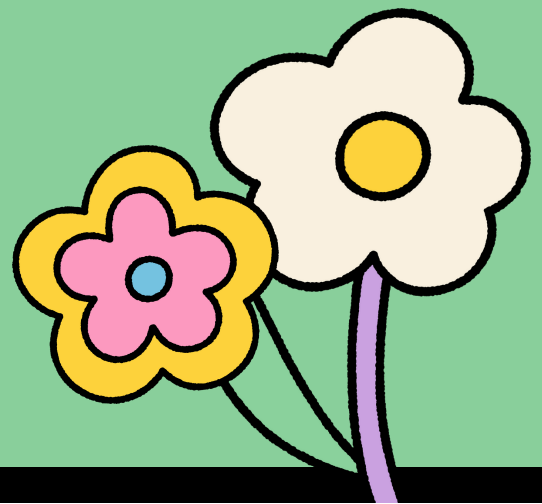


### 5 Benefits of Reading

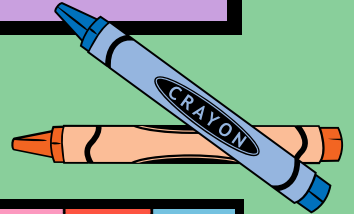
- Reduces stress and helps you relax.
- Improves your concentration and memory.
- Vocabulary expansion and strengthens your writing abilities.
- Enhances your knowledge.
- Increases your imagination and creativity.

[juniorlearning.com](http://juniorlearning.com)

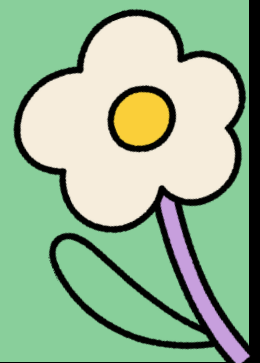
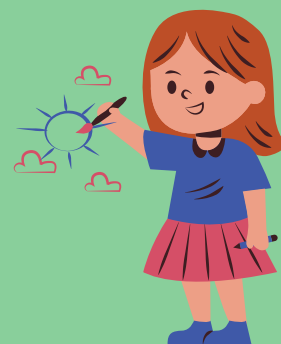
"There is more treasure in books than in all the pirate's loot on Treasure Island." - Walt Disney



# GUARDIAN FUN



On Wednesday at break, the Guardian groups (Grade 4 and 6) met to create a banner representing their group using a word or two and pictures or symbols.



# HABIT OF MIND

## WONDERMENT AND AWE



### MRS VERSTER'S AWE & WONDER PHOTO COMPETITION AUG '23

The beauty of our planet continually fills me with a sense of awe and wonder, whether it be the sun setting over JHB in the winter, the incredible symmetry of a butterfly sipping nectar from flowers, or the look of happiness on a Rosie's face. With this in mind, I have launched our Inter House Photography Competition, encouraging the Rosies to capture their interpretation of 'Awe and Wonder' in a photograph. Photos should be submitted, preferably as a hard copy, no smaller than A5, or, if needed, a digital version can be emailed to [lverster@stteresa.co.za](mailto:lverster@stteresa.co.za)

Each photo should be an original and have been taken by the Rosie. Please label the photo with each girl's name, grade, and House to ease the sorting process. The competition closes on **Friday, 8 September** (which is the first Friday back at school after the August break) and prizes will be awarded to one Rosie in each House, as well as an overall winner. Staff are welcome to enter too! I cannot wait to admire the Rosies' creativity.





# WELLNESS TOOL

## I NEED SPACE

As part of wellness sessions, we plan to introduce a valuable new tool designed to for Rosie. This tool focuses on fostering a common language that promotes emotional development and well-being among our children. The tool has already been introduced at the JP and we will be building on this at the SP.

The inspiration for this tool emerged from our Coffee Morning talk featuring Giada Del Fabbro, where she shared valuable insights into children's emotional growth. We are grateful for Giada's enlightening discussion, as it sparked an idea from one of our parents that we believe will have a positive impact on our school community.

So, what is this simple yet effective tool we will be implementing? It's a non-verbal gesture that allows our children to request a "time out" when they experience overwhelming emotions or challenging situations. To use it, the child forms a heart shape over their chest with both hands while saying, "I need space." This gentle and respectful signal enables our girls to communicate their feelings effectively.

In the upcoming term, we will delve deeper into the implications of this gesture. Our aim is to help each Rosie to understand the importance of personal boundaries and respecting others' emotional needs. It's crucial for them to know that using this signal is not about blaming others or finding fault with their peers. Instead, it's about recognising and honoring their own emotions and giving themselves the necessary space to process and calm down when they feel overwhelmed.

We highly value the emotional well-being of each child and firmly believe that equipping them with tools like this gesture will foster a more compassionate and understanding environment. Our goal is to create a supportive community where our girls feel comfortable expressing themselves and seeking help when needed.

I encourage all of you to discuss the "I need space" gesture with your children at home too. By reinforcing the use of this tool both at school and in the home environment, we can provide consistent support for their emotional growth. Let's work together to ensure our children develop the skills they need to thrive not only academically but also emotionally.

As always, thank you for your unwavering support and partnership in your child's educational journey.



