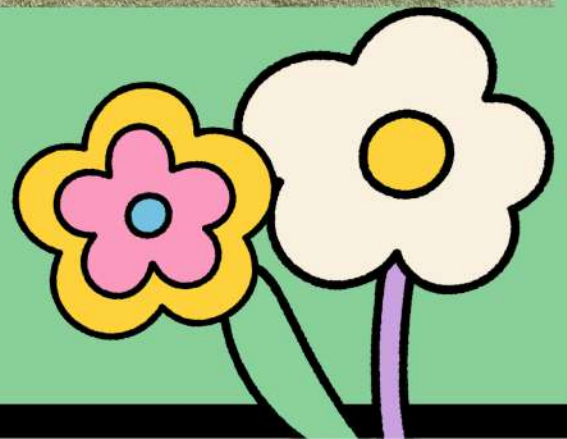


SP WELLNESS #2





GRATEFUL

GRADE 7 CONNECT



On Grade 7 Connect Feedback

"In Connect, we journal about what we are grateful for, what we are not grateful for, how we can change the outcome of what happens, and how we can react differently. In our one Connect lesson, we were given a piece of paper. We had to draw a pig, anywhere on the paper. Depending on where we drew the pig, it told us about our personality. [Myer's Pig Personality assessment] It was really fun since our teachers joined in.

Overall, I really enjoy Connect, and I think it is a good use of our time."
Rachel Patmore, Gr 7B

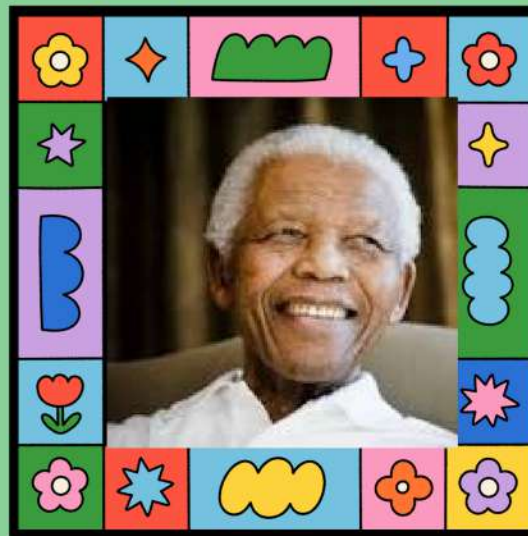
"I enjoy that it is a time for me to acknowledge what I have and realise that things are not as bad as I think. It's a time for us to reflect and I don't normally reflect. It is a time to ourselves because I find school really stressful, and it is a time when we can destress. It is a very enjoyable lesson."

Elam Shogole, Gr 7B



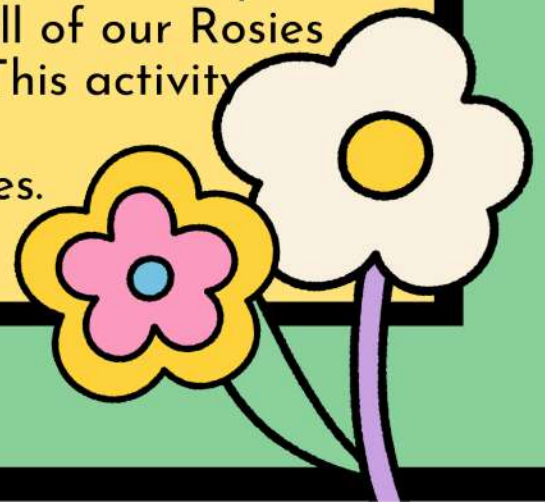
SOMETIMES JUST A LITTLE COMPLIMENT
CAN MAKE SOMEONE'S ENTIRE DAY.

AMBASSADORS ASSEMBLY



On Monday 17 July 2023, the Grade 7 Ambassadors presented an assembly about Nelson Mandela. During that time, all our Rosies completed an activity where we complimented each other. They were asked to sit in a circle in their classes and were each handed a paper. They wrote their names on their paper and passed the paper around the circle. Each learner was given the opportunity to write something they enjoy about the person whose sheet they had. After 30 seconds, we passed on the sheets, allowing us to write a compliment for the next Rosie. We did this until all of our Rosies had a sheet filled with compliments. This activity reminded us of our Rosie values and created a stronger bond in our classes.

Ororiseng Lerefolo, Gr 7B



DEFEND A FRIEND

JULY 2023

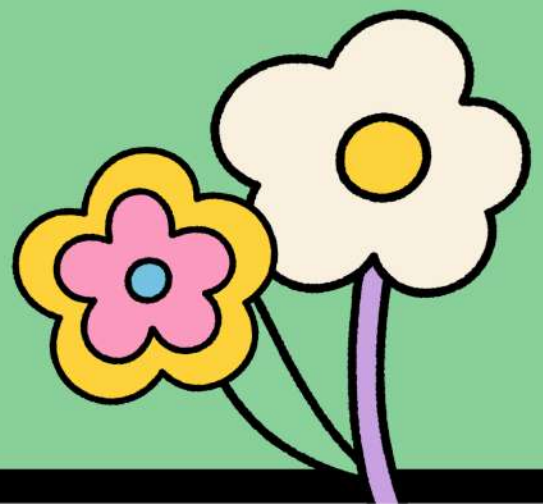
The Grade 4s visited the Junior Primary to watch a play called "Defent a friend"; a play about standing up for people and not allowing others to be bullied. The Grade 4s enjoyed visiting their old 'home-away-from-home' and seeing all the little Rosies.

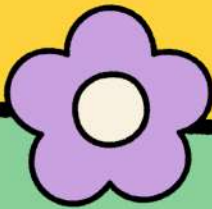


The girls learnt about treating others well and not saying nasty things and excluding others. We will be working on these skills in the coming term.
n.

Defend a friend song:

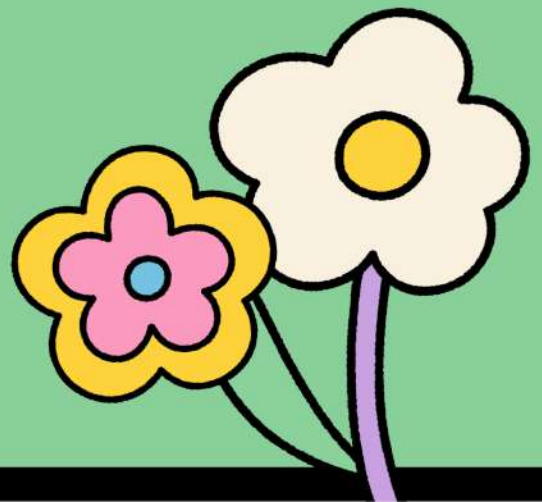
Say no to bullying
And refuse to join in.
Stand up for your friend,
That's how you defend a
friend





CHESS DAY

JULY 2023



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

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.

