



NEWSLETTER No. 24
6 August 2009

Dear Parents, Staff and Boys

Back to Basics

Holidays are wonderful things. They give us time to reflect; get in touch with our families again; have some 'me time' and read some of those books that you have had sitting next to your bed the entire term! One of these such books was given to me by a caring mum in my class. It is called 'The Manual that never came with your Child' by Jane Jarvis and Debbie de Jong. A lot of what these authors share is common sense, but it is good as a parent and a teacher to be reminded of the basics again!

The chapter on eating for optimal brain power hit a chord in my heart and made me want to share as it is something we parents often conveniently forget about in the day-to-day hectic lifestyles we lead. The authors likened our brains to a car. Cars need water, oil and good quality petrol in order to run efficiently. Our children's bodies are the same. Children have little tummies and thus need to have about five small meals a day, as opposed to three large meals - breakfast, mid-morning snack, lunch, afternoon snack and supper. These smaller, more frequent meals will help your son sustain his energy levels and help his concentration during class. It is important to remember that snacks are just that – snacks and not 'large-choice picnics'. Our boys need healthy food that should always include a protein. It must be quick to eat as boys are desperate to be off to play and release some of the pent-up energy from a morning spent in the classroom!

The water your car needs is the same water your brain needs. Proper hydration is vital for your body as it helps in so many different ways. Our boys are very active and thus drinking more water is something we need to encourage (as I'm sure Dan Hirschowitz is tired of hearing from me!) Children should have at least four cups of water a day. Milk, juice, tea, fizzy drinks etc don't count! Our boys should actually be sipping water throughout the day, so send an extra water bottle that he can keep on his desk to sip at intervals.

The 'oil' that your brain needs are EFA's (Essential Fatty Acids) of which Omega 3 and 6 are particularly important. We will find Omega 3 in things like pilchards, sardines, salmon, mackerel, herring, anchovies, eggs, linseed oil, canola oil and walnuts. These should be included at least twice a week in your child's diet. It is also important to watch their trans-fatty acid intake i.e. how much margarine, shortening, fats and baked goods they eat as these will negatively affect his energy levels.

One of the most important 'petrols' in our active, energetic boys need is protein. Every snack or meal should include a protein the size of your son's hand. Meat, chicken, eggs, fish, nuts, legumes, yoghurt and low fat cheeses are good sources of protein. Always try to buy lean proteins as they are obviously lower in fat. Processed meat e.g. sausages, chicken nuggets, salami etc are high in fat and therefore not good sources of protein and shouldn't be eaten too often.

Low G.I. foods are also healthy 'petrol' that helps sustain energy levels and good concentration. Low-GI foods release a slow, steady stream of glucose into the body and this keeps blood glucose levels constant. High-GI foods cause a steep rise and fall in blood glucose levels which can leave your child feeling tired and irritable.

Many of us parents do not want to hear this BUT – **Breakfast is essential!** Your child may think he doesn't need to eat in the morning but his brain disagrees! Without a healthy breakfast your son will get hungry, tired, and irritable and will be unable to concentrate for long in class. Every family should wake up earlier (I hear many parents sighing heavily) to avoid the hectic, stressful morning rush and try to present having to gulp down whatever tickles his fancy. Remember, every meal should include a protein (the size of his hand) – so sugar-frosted cereals are out! Yoghurt smoothies can be a quick, highly nutritious breakfast option for those boys who battle to eat so early in the morning.

Being a working mum myself I am very aware of time constraints, lunch box horrors and the empty end of month grocery cupboard! However, it is at these times we need to remember Jane and Debbie's key words "Water, oil, petrol." This is the one chance we have to instill healthy eating habits into our young, growing boys. They need us as parents to guide them and provide them with a healthy diet so they can get out there and live their lives at an optimal level and become the best that they can be!

Good luck mums and dads! Have a great term!

Belinda Veenstra
Grade 1 Teacher

Birthdays

The following boys will be celebrating their birthday this week:

Dane Blunt, Daniel Hirschowitz	06 August
Brett Geysler, Dean Pitts, Mr Blore, Mr Mzila	07 August
Nishalan Govender, Thembela Sibisi	08 August
Jason Munitich, Toby Spencer	11 August
Mhleli Khuzwayo, Mr Ngidi	12 August
Stewart Grant	13 August

We wish each of you a wonderful day and year ahead.

Grandparents Day

Please remember that Grandparents Day will be held on WEDNESDAY 19 AUGUST (not Tuesday 18th) for all Inky to Grade 3 boys. Please ask your son's grandparents to RSVP to Lynn Clark for catering purposes before Friday 14 August.

Golf Day

***THIS..
SUNDAY
9 AUGUST 2009.***

CORDWALLES GOLF DAY!!!

***We are looking forward to seeing you at the VCC.
Lots of fun and Prizes!***

You can play 9 or 18 holes.

(From Juniors to Adults - special rates!)

***To book :
Penny Yeats: 0823765605***

***Daycare facilities available for the little ones
from 11h00-16h30
(more info contact Tarryn: 0828953274)***

***A great thank you for those parents and sponsors that are
supporting our day!
(for sponsorship contact:
Miriam du Toit: 0825681264)***

***Thank you!
From the Parents Association***

My School Card – Lisa Fourie

Just a reminder to everyone to keep swiping your cards at all participating shops and restaurants. If you have lost your card or need an extra card for Granny etc, please contact me on 0825551198 or you can go onto the MySchoolCard website and order directly. If you have any related questions, please don't hesitate to phone me.

Gardens

A very big thank you to Janine Claassen, Cindy Thomson, Leanne Dorning, Candice Thomas and Julie Royden-Turner who spent a morning redesigning & planting the garden between the Junior Primary and Music Departments. They are looking for 40m² of lawn and a bag or two of variegated mondo grass in order to complete this project. Please contact either Janine or Cindy if you can help or Ruth Forder.

Booktime Booksale 2009 - Sharon Smallie

Somehow a thank you never really seems enough, but... I really do want to say a huge, sincere thank you to EVERYONE who supported this event! The more you support the sale, the more books we are able to buy back with our buy back bonus! So THANK YOU ALL!

I hope your boys will enjoy the books they bought for their own personal libraries; they were certainly excited when making their choices!

As soon as they our new books are accessioned and covered they will be on display in the media centre.

Grade 5 Social Outreach

We have received a message of deep gratitude and appreciation from Daphne Banks of the Isimphiwe Baby House in Richmond for all the help they have received from our Grade 5 boys and their parents. Your generosity of spirit is wonderful and the baby food formula is of such great help. Thank you

Management Planning Meeting

All the Management staff will be away on Thursday, Friday and Saturday morning at a planning meeting for 2010. School will continue as normal. However should you have an urgent matter which needs attention, please contact Lynn Clark who will direct your concern to the relevant staff member.

FROM THE SPORTS DESK - Lance Veenstra

Hockey Results

Hockey results from the other festivals played on 01 August 2009

Cordwalles Team	Played	Won	Lost	Drawn
The open teams played against Merchiston, St Charles & Clifton Nottingham Road in a quadrangular tournament.				
1 st XI	3	3		
2 nd XI	3	2		1
3 rd XI	3	2		1
4 th XI	3	2	1	
5 th XI	3	2		1
6 th XI	3	1	1	1
7 th XI	3		3	
8 th XI	3		2	1
The U11 teams played in festivals at Cordwalles and Epworth				
U11A	7	7		
U11B	6	3	2	1
U11C				
U11D	6	1	3	2
U11E	6	2	2	2
U9 and U10 teams played in a festival at Howick				
U10A	5	4		1
U10B	4	3		1
U10C	5	3		2
U10D	4		3	1
U9A	5	4		1
U9B	5	4		1
U9C	5	4		1
U9D	4	1	3	
U9E	4		3	1