



Dear Parents and Pupils,

What a great day we had on Friday. The weather threatened rain but held off for us to enjoy our braai and popsicles. Thank you to all our Wendon Families for your support in this small fundraiser and bringing back an exciting day for all our children. We raised R1040!

## **3 Meditations to help Little People Handle Big Emotions**

**Anxiety and depression in children have been on the rise recently. Meditation offers one way to manage difficult emotions.**

**By Emily Elveru - 11<sup>th</sup> September, 2020**

There's no doubt families could use more time to chill, especially now. According to the Centres for Disease Control and Prevention, anxiety and depression in children have been on the rise recently. Meditation offers one way to manage difficult emotions. "Just as you require your children to brush their teeth every day, you can also teach them to 'brush their brain' by meditating," says Tejal V Patel, author of *Meditation for Kids*. "I practice a few minutes a day with each of my boys, sometimes in their bed, in the playroom, or in the car." If your child has big feelings, talk through these ways to calm down.

### **If Your Child Feels Angry**

You might explain that their body can feel hot or as if fire is shooting off from the top of their head. To cool down the mind and body, try the Sipping Strawberry Smoothie meditation:

1. Imagine you're holding a cold strawberry smoothie with a long, twirly straw in your hands.
2. Make an O shape with your lips and put the straw in your mouth.
3. Take a long, slow sip through the straw as you inhale: Siiippp.
4. Close your mouth and slowly breathe out through your nose.
5. Take as many sips of the smoothie as you need – you can even close your eyes – until the anger goes away.

### **If Your Child Feels Disappointed**

Release that gloomy energy with a few Happy Dragon deep breaths:

1. When a dragon breathes, his tummy gets really big. Imagine that as you breathe in through your nose to fill your tummy with lots of air.
2. When your tummy is full of air, say "Haaa" as you breathe out through your mouth to get rid of sad feelings and bring your tummy back to its normal size.
3. Take another deep breath in, and this time, let out a longer and louder breath: "HAAAA!"
4. Try it again with your eyes closed. If you still feel upset, do it a few more times.

### If Your Child Feels Worried

Help slow their racing thoughts – or the “traffic jam” inside their head – with the Stop-Sign Meditation:

1. Stretch your right hand out in front of you like a big stop sign.
2. Take a deep breath through your nose as you use your left pointer finger to trace up your right thumb. Stop at the top and hold your breath for a moment.
3. Then trace down your thumb slowly while breathing through your mouth and saying “Aaaaah.”
4. Keep tracing up and down all of your fingers until you have finished tracing your whole hand.
5. Now trace your other hand, but this time with your eyes closed. Don’t forget to breathe!



### WEEKLY NEWSLETTER - “THE EAGLE’S NEST”

Just a reminder that our weekly “The Eagle’s Nest” Newsletter is now emailed to each family.

Should you require a hard copy, please write a message in your child’s homework book to the teacher.

### ‘GIFT OF FAMILY’ Civvies & Easter Eggs - Thursday, 18<sup>th</sup> March

We celebrate the ‘Gift of Family’ on Thursday, 18<sup>th</sup> March as we come to the end of Term 1. So many of us have lost loved ones during the pandemic and while global leaders are talking of the great “reset” of the world as we know it, we at Wendon want to encourage one another to not forget about the importance of family time.



## Calendar of Events

### March

Monday 15 <sup>th</sup> & Tuesday 16 <sup>th</sup>	Grade 12 Leadership Camp	Details to be forwarded
Thursday 18 <sup>th</sup>	Celebrate the ‘Gift of Family’ Civvies & Easter Eggs <b>End of Term 1</b>	R20

Please check the newsletter weekly for any changes to the calendar

*“Your ordinary acts of love and hope point to the extraordinary promise that every human life is of inestimable value.” – Desmond Tutu*

### EVERYBODY IS SOMEBODY

#### GIVE A GIFT

The gift of Work

The gift of Money

The gift of Friends

The gift of Learning

The gift of Family

The gift of Laughter

The gift of Dreams

The gift of Giving

The gift of Gratitude

The gift of a Day

The gift of Working through problems

The gift of Love

# Fundraising

We are all aware that Fundraising isn't always fun. That is why at Wendon Academy we try and keep all our Fundraising events, achievable, affordable and fun.

We are continuously reminded of the economic climate and financial difficulties everyone faces each day regarding escalating costs. It was felt that smaller fundraising events would be more affordable for parents and that each family could then participate in raising funds for these events. Parents your support in our small fundraising drives is invaluable to our school and we are very grateful and so appreciative of your support.

We are so grateful for any amount that comes in. Ultimately this is for your child and the children who join the Wendon Family in the years ahead. As you are aware, no additional subsidies come in to assist us. To provide our children with beautiful school grounds, classrooms and facilities, we have to raise additional funds. If you walk around the school, you will know that every spare cent is spent to assist your child in our learning environment.

My hearty appreciation goes out to each parent for your "generosity of spirit" that touches the lives of all our children.

Thank you.



Have an enjoyable week ahead.

Special regards

Mrs Wendy Hicks  
Managing Director

*POSHE*

EVENTS BY DESIGN

Richard Branson said: **"DON'T SWEAT THE SMALL STUFF!"**  
Would you like to have all the stress taken out of arranging your child's party?

We specialise in children's themed parties, which not only include décor, cakes, mini piñatas, etc. but the magical opportunity for your child to meet their favourite character! Whether it be a princess, superhero, pirate or fairy, we have an ever expanding selection of characters.

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Westville  
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