



Dear Parents and Pupils,

Welcome back to school for the third term.

So much has happened in the last 3 weeks and many of us are still reeling from the aftermath of Covid and days of unacceptable destruction to our beautiful province. We are devastated to hear about the losses some of our families have experienced. We continue to pray for our country and families.

We would like to assure our Wendon families, that we will do everything in our power to complete the 2021 curriculum within the next two terms. Thank you to those pupils who sent their completed worksheets to school. Please understand that it is imperative that ALL worksheets are returned to school this week for marking. These marks will be included into the 3rd term report as mentioned in the first letter sent home.

Wendon Academy continues to strive in maintaining strict covid protocols for the safety of all our children and staff.

GIFT OF GIVING - Friday, 30th July

"Giving and receiving is the law of life. When we give with love and accept with deepest gratitude, our souls rejoice!"

Wendon Academy is celebrating being back at school with Hot Chocolate and a Ring Donut for all our pupils.



For catering purposes, please complete the reply slip below. Hooray there is NO charge.

Dr Ovid, paediatrician neurologist, warning of a silent tragedy that is growing today in our homes

There is a silent tragedy that is growing today in our homes, and is about our most beautiful jewellery: our children. Our children are in a devastating emotional state! Over the past 15 years, researchers have given us increasingly alarming stats on a steady and acute increase in childhood mental illness now reaching epidemic proportions:

Stats don't lie:

- 1 out of 5 children have mental health issues
- A 43 % increase was seen in ADHD
- A 37 % increase in adolescent depression has been observed
- A 200 % increase in the suicide rate among children aged 10 to 14 years has been observed.

What is going on and what are we doing wrong?

Today's children are over-stimulated and over-donated with material items, but they are deprived of the foundations of a healthy childhood, such as:

- Emotionally available parents
- Clearly defined limits
- Responsibilities
- Balanced nutrition and adequate sleep
- Movement in general but especially outdoors
- Creative game, social interaction, informal gaming opportunities and spaces for boredom

Instead, these last few years some children have experienced:

- Digitally distracted parents
- Indulgent and permissive parents who let children "rule the world" and allow them to make their own rules
- To deserve everything without working for it or being responsible for getting it
- Inappropriate sleep and unbalanced nutrition
- Endless stimulation, tech nannies, instant gratification and no boring moments

What to do?

If we want our children to be happy and healthy individuals, we need to wake up and get back to basics. It's still possible! Many families are seeing immediate improvements after weeks of following recommendations:

- Set boundaries and remember you are the captain of the boat. Your children will feel safer knowing you are in control of the rudder.
- Give children a balanced lifestyle filled with what children need, not just what they want. Don't be afraid to say "no" to your kids if what they want isn't what they need.
- Provide nutritious food and limit junk food.
- Spend at least an hour a day outdoors doing activities like: Cycling, hiking, fishing, bird / bug watching
- Enjoy a daily family dinner without smartphones or technology that distracts them.
- Play family board games. This is a wonderful opportunity to have fun and teaching them patience.
- Involve your children in a home tasks depending on their age (folding clothes, order toys, hanging clothes, unpacking supplies, setting table, feeding dogs etc.
- Implement a consistent sleep routine to make sure your child sleeps long enough. Hours will be even more important for school age children.
- Teaching responsibility and independence. Don't protect them too much from frustration or error. Being wrong will help them develop resilience and learn how to overcome life's challenges.
- Don't pack your children's backpack, don't carry their backpacks. Don't peel their bananas or oranges if they can do it from themselves.
- Teach them how to wait and delay gratuity.
- Provide opportunities for "boredom", because boredom is the moment creativity wakes up. Don't feel responsible for always keeping children entertained.
- Don't use technology as a cure for boredom, nor offer it as an alternative for inactivity.
- Avoid using technology during meals, in cars, restaurants, shopping centres. Use these moments as opportunities to socialize.
- Help them create a 'Bottle of Boredom' with activity ideas for when they're bored.
- Be emotionally available to connect with children and teach them self-regulation and social skills.
- Turn off phones at night when children need to go to bed to avoid digital distraction.
- Become an emotional regulator or coach of your children. Teach them to recognize and deal with their own frustrations and anger.
- Teach your children about respect and good manners. Teach them to recognise their mistakes and to apologise. Instill these values and be a model for them.
- Connect emotionally.

Calendar of Events

July

Monday 26 th	Start Term 3	
Friday 30 th	Celebrate the 'Gift of Giving' Hot Chocolate & Ring Donuts	No charge

August

Monday 9 th	National Women's Day	Public Holiday
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September

Friday 3 ^d	Celebrate the 'Gift of a Day' Ice Cream Cones & Juice	No charge
Friday 10 th	Grade 12 Seminar	
Monday 13 th – Wednesday 15 th	Parent Interviews	
Thursday 16 th	Celebrate the 'Gift of Friends' Civvies & Pancakes End of Term 3	R20
Monday 27 th	Start Term 4	

Please check the newsletter weekly for any changes to the calendar

*"The best way to gain self-confidence is to do what you are afraid to do."
– Swati Sharma*

Be safe and please take care over this difficult time.

Special regards,

Mrs Wendy Hicks
Managing Director

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**

Photographs – To be advised

Standard Package with Key Ring	Standard Package with Key Ring & Mug	Standard Package with Water Bottle
1x Portrait as per sample 1x Class Photo 2x Jumbo Photo 4x ID Size Photos 3x Wallet Size 1x Brochure cover 1x Key Ring	1x Portrait as per sample 1x Class Photo 2x Jumbo Photo 4x ID Size Photos 3x Wallet Size 1x Brochure cover 1x Key Ring 1x Mug	1x Portrait as per sample 1x Class Photo 2x Jumbo Photo 4x ID Size Photos 3x Wallet Size 1x Brochure cover 1x Water Bottle
Package A <input type="checkbox"/> - R100	Package B <input type="checkbox"/> - R140	Package C <input type="checkbox"/> - R170

PLEASE TICK THE APPROPRIATE OPTION AND RETURN WITH THE EXACT MONEY IN AN ENVELOPE FOR THE ORDER TO BE PROCESSED.

PLEASE NOTE: THIS IS A PREPAID SYSTEM. ONLY STUDENTS THAT HAVE PAID WILL HAVE INDIVIDUAL PHOTOGRAPHS ON THE DAY

STUDENT NAME:

GRADE:

CONTACT NO:

PARENT NAME:

PARENT SIGNATURE:

'GIFT OF GIVING' HOT CHOCOLATE & DONUTS - Friday 30th July

Hooray, hooray there is NO charge.

Name: _____ Grade: _____

Please circle below if your child will or will not have:

Hot Chocolate Yes please / No thank you

Ring Donut Yes please / No thank you