

Glen Austin High School

Newsletter: November 2017



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From the Principal's Desk

This month we celebrated our learner's achievement at the annual Prize Giving ceremony. It was heartfelt to see how the parents came out in numbers to support their children. It was also a milestone for the school, as it was the first time that the event was held in our own hall. The Dux Scholar Award will be awarded next year after the school has received the Grade 12 results from the Department of Education at the beginning of January 2018.

During the Prize Giving the new leaders for the school were also announced. We want to congratulate them and wish them the best for 2018! On their shoulders rests a big responsibility to show true leadership qualities and to ensure that under their leadership, they will leave a legacy for the future.



Mr H.A. Abbott

November has been set aside for the internal examinations for Grades 8-11. The timetable is available on the D6 as well as the individual scopes for the different learning areas. Parents are encouraged to get involved with their child's progress by monitoring the exam schedule. Please support them and give them the necessary attention they deserve.

I recently read an article that says the majority of people in South Africa say that they are Christians. One would then look for evidence of that in our school, to see whether we do have that ethos? Just to name a few aspects:

- Do we care for and respect one another?
- Do I love my fellow learner/educator as I love myself?
- Do I cheat in the exam? Do I steal others tablets or cellphones?
- Do I abuse my body with drugs?
- Do I obey the rules and regulations of the school?
- Do I care for the environment?

The reason why this became relevant is that the school recently had to expel learners from the school for serious misconduct that relates to the aforementioned questions. It is heart-breaking when you see learners who lack certain values and principles and they then bear the consequences thereof. I want to encourage parents to talk to their children about this and to maintain a dialogue with them. Remember: we are guiding them to become adults who will be responsible citizens in this beautiful country of ours.

H.A. Abbott

Principal: Glen Austin High School



Update Centre



Learner Conduct Column: Mr. Moyo

Tips for Achieving and Maintaining Discipline

Discipline is not about getting kids to do what you want them to do. That's what dictators do, and you're not a dictator—you're an educator. Discipline is providing an environment in which positive teaching and positive learning can occur simultaneously. Discipline is not control from the outside; it's order from within.

In conversations with teachers, I've discovered some practical and universal ideas that will help you achieve discipline in your classroom. Tap into the experience of these pros, and turn your classroom into a place where students learn and enjoy the process.

- **Get students focused before you begin any lesson.** Be sure you have their attention before you begin. Don't try to talk over students; you'll be initiating a competition to see who can speak louder and also let them know it's okay to talk while you are talking.
- **Use positive presence.** Don't park yourself in the front of the classroom. Move around the room continuously, and get in and around your students. Make frequent eye contact, and smile with students. Monitor students with your physical presence.
- **Model the behavior you want students to produce.** If you **exhibit respectfulness**, trust, enthusiasm, interest, and courtesy in your everyday dealings with students, they will return the favor in kind. Remember the saying, "Values are caught, not taught."
- **Use low-profile intervention.** When you see a student who is misbehaving, be sure your intervention is quiet, calm, and inconspicuous.
- **Verbal reprimands should be private, brief, and as immediate as possible.** The more private a reprimand, the less likely you will be challenged. The more immediate the reprimand, the less likely the student will feel you condone her or his behavior. And keep reprimands brief. The more you talk, the more you distract from the lesson and the more you "reward" a student for inappropriate behavior.
- **Provide lots of positive feedback.** Many veteran teachers will tell you, "10 percent of the students will give you 90 percent of your headaches!" But what about the 90 percent of those other students in your classroom? Don't forget them; recognize their contributions and behavior:
 - Acknowledge positive student behavior when it is not expected.
 - Acknowledge compliance with requests.
 - Acknowledge hard work, kindness, and dependability.
 - If you have a **rule**, enforce that rule: don't hand out lots of warnings without following through on consequences. Lots of warnings tell students that you won't enforce a rule.

Subject Spotlight



Afrikaans: Ms. Van Heerden

Recipe for success in Afrikaans:

Expose your child to the language

It is only the extraordinarily gifted language genius who will receive a distinction in Afrikaans if he or she does not hear and practise the language.

- Your child must pay attention in class and ask if he or she does not understand.
- It is important that your children read not only the setwork, but Afrikaans magazines, books, and newspapers. This reading should not be totally passive. He or she must have a dictionary at hand and look up ONLY the really unfamiliar words. Try to find Afrikaans information on a topic the child enjoys. It must not feel like a punishment.
- Encourage your child to watch and listen to Afrikaans programmes on the radio or television. The news in Afrikaans and "Sewende Laan" are good starting points.
- Ask them to explain some Afrikaans words to you. This will empower them and motivate them.

English: Ms. Joubert

Positive & Inspirational Thoughts

What inspires you? There are a lot of things that can provide inspiration – seeing other people accomplish great things, seeing other people overcome adversity, hearing inspirational quotes from great people, even the sheer beauty of nature can remind us just how lucky we are to be alive.

It's easy to forget what an amazing gift life really is. Our lives are nothing but a cosmic blink. Even our seemingly all-encompassing world is just tiny blue dot circling an average sized star spiraling around a galaxy of 200-400 billion stars, which itself is just one galaxy among billions more. Yet for one brief moment, we get to experience the wonders of existence, of consciousness. Having a positive outlook on life is a crucial part of finding inspiration. Our brains are wired to find things we're looking for – if you're always cynical or waiting for things to go wrong, then your life will reflect that. On the other hand, having a positive outlook on life will bring you joy and provide you with inspiration when you least expect it.

Of course, there are times when it's difficult to feel cheery or positive – life can be difficult. If you're having trouble seeing the cup as half full instead of half empty, reading some positive quotes about life can help you snap out of your funk. Reflect just for a moment on the wisdom of the following quotes:

Be not afraid of life. Believe that life is worth living, and your belief will help create the fact." **William James**

Even if you're on the right track, you'll get run over if you just sit there." – **Will Rogers**

When I hear somebody sigh, 'Life is hard,' I am always tempted to ask, 'Compared to what?'" – **Sydney Harris**

When I let go of what I am, I become what I might be." – **Lao Tzu**

A Warm Welcome



Ms. Van Heerden: Afrikaans

In a nutshell

Qualifications:

B.A. HOD. B.Ed Honn. (US) (Languages and Psychology)

Dip. Reflexology

Certificates: Stress and anxiety management SACAP; Neuro-muscular Therapy (Japan); various others

Experience

- Taught Afrikaans and English (matric level)
- Academic Head at TKLA
- Teacher training 1990 – 2016
- Gifted and Talented (WCED)
- Taught TEFL in Japan

Skills:

- Writing, editing, proof reading, translating
- Creating original learning and teaching material
- Knowledge CAPS and IEB curricula: CAPS from Gr R – 12; IEB Languages
- Lecturing, training and teaching
- Problem-solving and solution-finding
- Creating soft skills and other material for workshops and presenting workshops
- Can work independently and as part of a group
- Computer literate

Publications:

A wide range of publications, for example:

- 20 little books for Foundation Phase OUP (20140)
- New English Made Easy series (sole author)
- Foundation Phase series of readers (Shuter and Shooter)
- Youth novel: Stories het vlerke (Via Afrika)
- Youth novel: Tok. Tok (OUP)



Activities



Matric Farewell

MATRIC DANCE 2017: A MEMORABLE OCCASION – by Ms Gill (Senior English Teacher)

I'm not a fan of Matric Dances (except my own of course, when my escort was dashingly handsome), so going to the Glen Austin High School was regarded more of a duty, than an event I would enjoy.

What a pleasant surprise! The red carpet to the entrance of the Swiss Club, with cameras clicking on my approach, made me wonder if I was at the wrong event! I immediately felt special! But that wasn't the highlight.

The highlight was walking into the 'ball-room' – scintillating, yet cozy – in its black-and-white theme, so tastefully decorated, that one would want to know who the sought-after event manager was. And there she was ... Mrs. Robertson, the School Administrator, who had undertaken the project from start to finish, unselfishly presenting an occasion for the Matrics of 2017 to fondly remember in years to come.

The feeling of grandeur continued with the lavishly adorned tables, and bottles of champagne at each – alcoholic for teachers and non-alcoholic for students – but where were they? As they entered, I had difficulty in recognizing my own students; students I had taught for three years – such was the transformation! The boys were now handsome young gentlemen in their 'tux' ... and the girls: their butterfly beauty had been released.

The speeches were short and light – Mrs. Laka, Mr. Abbott, and both the Head Boy and Head Girl – and the dinner was delicious, with more-than-a-few trips to the buffet table for me. The music was jazzy and gentle, an instrumental variety for all generations to enjoy; although I must say, I could not see the deejay with his typical 'vinyl and decks', until my colleague pointed out the deejay sitting with his laptop! How times have changed!

My cue to leave was when the principal made his exit, with my colleagues soon after. However reluctant to go, I realized that this party wasn't for me, but for the Matrics, who would be allowed to celebrate their 100% Prelim pass-rate, and stretch their wings in their final 'fling', before returning to the seriousness of 'hitting the books' once more.



Activities



Prize Giving

The annual Prize Giving ceremony was certainly a night to remember. The school had the opportunity to reward learners for their hard work this year.

Many accolades and trophies were handed out to each grade, and parents came to support their children in full force, and were finally able to see the fruits of their children's labour, and that their hard work had finally paid off.

Parents, teachers, and learners were bound together by mutual pride, and the event was a success on all accounts.

Thank you to all of the aforementioned stakeholders for attending this integral event in the school calendar.



Mr. van Niekerk (left) and Mr. Abbott (right) accepting their awards acknowledging their service and dedication to Glen Austin High School



Prefects: 2018

Back row (from left): Cole Chetty (Head Boy); Lungile Tshabalala (Head Girl); Hloni Sekgothe (Deputy Head Boy);

Adonai Ganga; Lee Crossland

Front row (from left): Nompumelelo Bhila; Mokgadi Ngubeni (Deputy Head Girl); Kiara Ruston

A Dose of Inspiration

Proactive Parenting: The Importance of Parents as Role Models

Written by Nicoleen Davies

For more advice on these and other topics, purchase our books at www.lifetalk.co.za or email Forum@lifetalk.co.za. Proceeds assist our NPO in continuing our vital work in schools and communities countrywide.

[Contact Nicoleen@lifetalk.co.za to find out about our essential services](mailto:Nicoleen@lifetalk.co.za)

When you hear someone say, “Your child is a mini-you” or “The apple doesn’t fall far from the tree” or “Life father, like son” – doesn’t that make you feel really proud? But, have you ever really thought, as a parent about your impact as a role model, in your children’s lives?

Research indicates that children grow up to be a lot like their parents. Children, who live in homes where parents smoke, are more likely to become smokers. The same applies to other substances such as alcohol or drugs and, even to domestic abuse – these are cycles that tend to repeat themselves from one generation to the next. Sadly too, parents with low self-esteem often raise children with low self-esteem.

On the flip-side, children who come from happy homes, tend to be happy adults; when they are exposed to love, care and support growing up – they tend to demonstrate those same characteristics towards others.

Role Modelling

By definition, a role model is a person whose behaviour, example and success others admire and then want to emulate. From a very young age, our children do just that, they take their cues from us, watching our every move. Whether it be through direct interactions with us, or observing how we conduct ourselves, how we behave in certain situations, how we deal with stress or anxiety, and even how we love and treat those around us, our children learn from our examples and are very likely to follow in our footsteps. And role models aren’t just parents – they can be any significant adults in your children’s lives. That is something to be aware of – especially if that person doesn’t share your value system and you don’t want them influencing your children directly.

Why is this so important?

We all want to raise well-adjusted children we can be proud of. As they reach the teen years, we hope they will become young people with the ability to make good decisions in the face of many challenges and temptations. As parents we can directly influence this. As our children grow, our roles as parents also change, all the while presenting opportunity to integrate learning activities. It is really vital that we are aware and cognisant of the influence we can be having on our children’s perceptions of acceptable and appropriate behaviour.

But, we also know it is impossible to be perfect all the time and in fact, it’s totally unrealistic. Allowing our children to see that parents and adults are also human, flawed and can make mistakes is really important. In these situations, how we deal with difficulties and how we recover, is the real life lesson.

Be as aware as possible, in the presence of your children, of how you deal with disappointment or anger; the way you treat others in terms of honesty or respect, tolerance and kindness; and perhaps even the way you socialise (how much you drink, smoke or swear and behave). These are all aspects which can fundamentally affect the young people you are raising.

Proactive Parenting: The Importance of Parents as Role Models

Positive outcomes

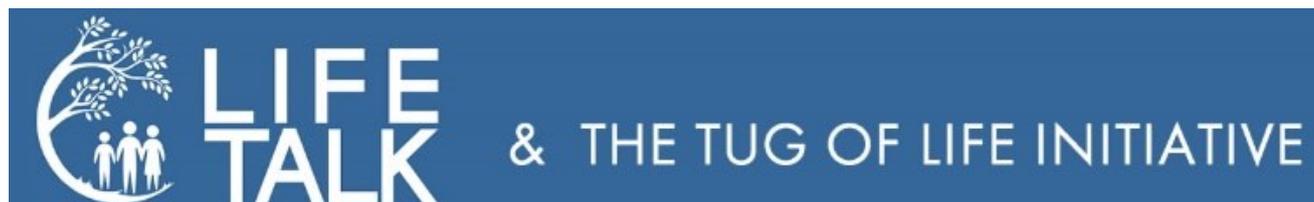
Day-to-day situations make for wonderful active learning opportunities. These suggestions might be valuable to consider:

- Show your child how to behave – there is no better way! Walk your talk and lead by example!
- Discipline yourself – especially when children are around. That's a tough one but it's a reality. We can't really expect our children to stay off their devices and communicate with us when we don't do it ourselves. How often does your child try to get your attention but you are busy replying to messages or are on Facebook?
- When it comes to decision-making, include your children in the discussion. Let them observe how you and our spouse discuss things and make decisions. If appropriate, you can even ask them what they think and guide them in this.
- Be aware of what you say, especially in a more volatile situation. Try to control your anger and aggression. According to experts at the KidsHealth website, children who display aggressive behaviour often learnt this from their role models in the home environment.
- With matters relating to tolerance, respect and kindness – they can learn those skills simply from the way you treat them and each other in the home. Do try to demonstrate this outside of the home – so that they know that other people also matter.
- Actively decide on the positive aspects of life you would like to role model for your family. This could be diligence, happiness, compassion, patience, respect and even self-respect. You could consider monthly themes for the whole family to participate in, to actively encourage thinking about behaviour and its impact.
- Live with positivity – it can be very energising.

So, despite the fact that our children may mimic some of our less-than-favourable traits, good parenting can go a very long way. It's up to us as parents to break any negative cycles that may exist within our families and to raise strong, resilient children through effective parent role modelling.

Maybe this can be the real gift you give your children – the gift of good role models with sound values and positive behavioural traits. You can actually shape your children's behaviour in doing so.

In parting, if you have a moment, watch the YouTube clip on this link – it really does say it all! <https://youtu.be/OOhGmaJt5kE> Kids copy our Behavior! Beware of your impact on future generations!



School Bus Information

The school buses leave the school at 4pm everyday. The D6 Communicator is used to keep in touch with parents and advise of any departure time changes. During exams or if there are no afternoon activities parents may be advised that the bus will leave earlier. Transport changes are communicated by means of the D6.

If there is an away sports game, parents are required to pick up their children from GAHS at the indicated time. This notification is included with the required indemnity letters.

Sports cell phone number: 074 851 4655

Drivers' Supervisor: Sam 062 961 0021



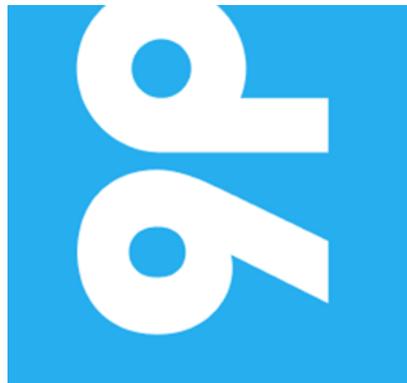
COMMUNICATION AND SOCIAL MEDIA

D6 Communicator

All-important information regarding the school, such as important dates and homework will be uploaded onto the D6 Communicator.

Follow the link and keep in touch with us:

<http://www.school-communicator.com/download.php>. Ensure to set the application to allow notifications and alerts to pop up for on your pc or mobile device.



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