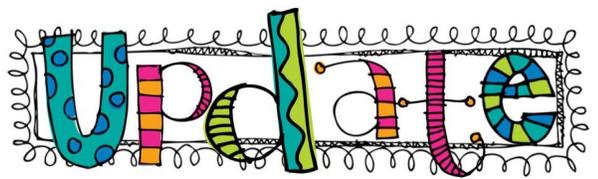


YELLOWWOODS

JULY



Dear Yellowwoods community

Winter has finally arrived! The lawns on the school grounds were covered in frost on more than one occasion in the last week and, as I write this newsletter, a very cold wind is buffeting the window panes of my office. The wind reminds me of a poem written by the Afrikaans poet, H.A. Fagan called, "Huisie by die see." He describes how the wind, rain and ocean were battering his seaside cottage, but inside he remained warm and safe in the knowledge that the foundations of his cottage were cast on solid rock.

The Bible challenges us to build our lives on the solid rock of the Word of God. We face a wide range of trials in this day and age; from global to national to personal crises. In the final analysis we cannot always control our circumstances, but we can choose how we react to and deal with them. The right focus allows us to rise above our circumstances and to live life with passion and purpose. Let us keep our focus on Him and remain warm and safe in the knowledge that our lives are built on the Solid Rock.

Ignus Potgieter

In The Classroom:

Well done to our grade 6 and 7 pupils on their dedicated work and consistent study to prepare for the exams which start tomorrow.

We include the exam time table and important information for the pupils and their parents.

Please encourage the PQRST Study method and monitor realistic and adequate study times.

Exam Timetable:

- Friday 8 July: English I - Comprehension
Mathematics I - Speed Test/Mental Maths
- Monday 11 July: English II - Literature/Setwork
Mathematics II - Problem Solving
- Tuesday 12 July: English III - Language
Mathematics III - Geometry
- Wednesday 13 July: English IV - Spelling/Vocabulary
Mathematics IV - Method
- Thursday 14 July: Natural Sciences

GOOD LUCK AND TRY YOUR BEST!

I once again appeal to parents to ensure that you issue your children with healthy snacks and drinks that contain low levels of sugar. Please contact the school for guidance on what is deemed appropriate food for your children's lunch box.



NB Dates to REMEMBER

- **Thursday 7th July** – Jnr Primary Grahamstown Festival
- **Friday 8th July** – Grade 2 Bakerman. Snr Primary Grahamstown Festival
- **Friday 15th July** – Hockey vs DSG. Grade 3 Bakerman
- **Saturday 16th July** – Mini Rugby St Andrew's Prep
- **20 – 21 July** – Junior and Senior Primary Parents' Meetings

BREAKING NEWS: DIGITAL COCAINE

5 of our staff members attended this talk by **Brad Huddlestone**, an American computer scientist who travels the globe and talks on the dangers of digital addiction.

Here are some scary facts:

1. One line of cocaine and one hour in front of a screen has the same impact on your brain!
2. Filtering software has not worked. If your child cannot have access to gadgets and information at home, they will look for it elsewhere.
3. The addict begins to mimic behaviour that closely resembles Alzheimer's, Schizophrenia, memory loss, a nervous breakdown, personality change, depression and even suicide. Self-harm can set in and the addict eventually turns to losing natural feeling, being completely out of touch with reality and downloading horrifying inappropriate and perverted images and information.

It is 100% true that your child will find pornography or it will find them.

Parents, what can you do?

1. Read Brad's book, "Digital Cocaine" and "Thrilled to Death" by Dr Archibald Hart.
2. **Do not allow any technology** in your child's bedroom
3. **Acceptable practice:** 50 minutes of exposure to a screen followed by a break of 10 minutes – **preferably outside**
4. **Do not allow** your child to have an electronic device nearby while doing homework
5. Play board games and teach your children to work the way their brain was created to work – doing one thing at a time and not in constant overload and overstimulation.

You are welcome to contact Mr Potgieter or Mrs Grobler at the school if you would like more information.

Here is the link to the Carte Blanche insert:

<https://www.youtube.com/watch?v=-YuD3wecvkJ>

Grahamstown Festival

The Junior Primary set out early this morning on their way to the Festival. Thank you to the teachers and parents who arranged this experience for our juniors and who bravely are chaperoning them.

The grade 4's and 5's have their turn tomorrow where they will see two shows and spend some time at the Village Green. Thank you to Miss Morley and Miss King for arranging the outing and giving our students a valuable and enjoyable opportunity to be in Grahamstown at this time.