



# Holy Family College

40 Oxford Road

Parktown, 2193

Tel.: 011-486-1104 Fax : 011-486-1017

*"Quid retribuam — what shall I give back?"*

## DIARY

**19-30 June**

High School  
exams

**30 June**

End of Term 2

**25 July**

Term 3 begins

**9 August**

Women's Day  
*Public holiday*

**6 September**

Birthday Mass

## HIGH SCHOOL NEWSLETTER

### **Cash flow challenge**

Parents and guardians are reminded to adhere to the contractual agreements, and to pay their school fees on time. If you cannot keep up with the payments then you must urgently make a formal arrangement with the school. Thank you for your co-operation.

### **Condolences**

We extend our deepest sympathy to Busisiwe Dhlamini, Grade 11, and her family, on the death of her grandmother this week.

### **High School reports**

High School reports will only be handed out at the start of the new term, as our pupils write exams until the last day of this term.

### **Matric holiday classes**

A comprehensive Matric holiday programme will be offered. Please make sure that your child attends. A programme with details of dates and times will be sent out next week.

### **Leaving school after exams**

Please make arrangements for your child to leave school immediately after their exam has been written. Much time is wasted at school instead of going home early and studying. Pupils still at school 30 minutes after an exam will be sent to a study venue. Pupils refusing to do so will be sent off campus.

However, a number of pupils still remain at school after their exams, although the staff have tried to get them to go to the study venues. Some pupils choose to leave school and wander off to Killarney Mall. If you are happy for them to do this, please give a written letter of permission. Please find out from your children what they do when they leave the campus.

"Christianity, if false, is of no importance, and if true, of infinite importance. The only thing it cannot be is moderately important."

C S Lewis

### **Camps in Term 3**

The Grade 11 Leadership Camp will take place in August. A Grade 7 Challenge Camp will take place in September. Please make sure that all school fees are up to date so that your child will be allowed to participate.

### **3 Ways Nutrition Influences Student Learning Potential and School Performance, 26 June 2014**

Advocates of child health have experimented with students' diets in the United States for more than twenty years. Initial studies focused on benefits of improving the health of students are apparent. Likewise, improved nutrition has the potential to positively influence students' academic performance and behavior.

Though researchers are still working to definitively prove the link, existing data suggests that with better nutrition students are better able to learn, students have fewer absences, and students' behavior improves, causing fewer disruptions in the classroom.

#### *Improve Nutrition to Increase Brain Function*

Several studies show that nutritional status can directly affect mental capacity among school-aged children. For example, iron deficiency, even in early stages, can decrease dopamine transmission, thus negatively impacting cognition. Deficiencies in other vitamins and minerals, specifically thiamine, vitamin E, vitamin B, iodine, and zinc, are shown to inhibit cognitive abilities and mental concentration. Additionally, amino acid and carbohydrate supplementation can improve perception, intuition, and reasoning. There are also a number of studies showing that improvements in nutrient intake can influence the cognitive ability and intelligence levels of school-aged children.

#### *Provide a Balanced Diet for Better Behaviors and Learning Environments*

Good Nutrition helps students show up at school prepared to learn. Because improvements in nutrition make students healthier, students are likely to have fewer absences and attend class more frequently. Studies show that malnutrition leads to behavior problems, and that sugar has a negative impact on child behavior. However, these effects can be counteracted when children consume a balanced diet that includes protein, fat, complex carbohydrates, and fiber. Thus students will have more time in class, and students will have fewer interruptions in learning over the course of the school year. Additionally, students' behavior may improve and cause fewer disruptions in the classroom, creating a better learning environment for each student in the class.

#### *Promote Diet Quality for Positive School Outcomes*

Sociologists and economists have looked more closely at the impact of a student's diet and nutrition on academic and behavioral outcomes. Researchers generally find that a higher quality diet is associated with better performance on exams, and that programs focused on increasing students' health also show modest improvements in students' academic test scores. Other studies find that improving the quality of students' diets leads to students being on task more often, increases math test scores, possibly increases reading test scores, and increases attendance.