

HOLY FAMILY COLLEGE



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DIARY

1 December

High School Prize
Giving

6 December

Reports to be handed
out

End of Term 4

17 January 2018

Term 1 2018 begins

“Look for yourself,
and you will find in
the long run only
hatred, loneliness,
despair, rage, ruin,
and decay. But look
for Christ, and you
will find Him, and
with Him everything
else thrown in.”

C S Lewis

HIGH SCHOOL NEWSLETTER

Exam time

The exams continue in full swing with some Matrics near the halfway mark. This is surely a stressful time for pupils and I ask that parents continue to support their children with their exams.

Pupils finish the exams early and are expected to study for the next exams. I am very disappointed that many children loiter around school and do not go to study venues. Children can, of course, take a short break after writing exams, but then they need to put their heads down and study.

Some more information on beating stress

Thayser wrote an interesting book in the late 1990s called *The Origin of Everyday Moods: Managing Energy, Tension and Stress*. He provided a set of simple suggestions that he sometimes gives his students when they ask him how they can achieve more calm-energy.

- Set aside 7 to 8 hours each night for sleep. Too little sleep inevitably contributes to negative moods.
- Eat three nutritious and balance meals each day. Try to reduce your intake of fat and avoid simple sugars and caffeinated drinks. Also avoid snacking between meals, but eat often enough to maintain your energy.



- Follow a regular exercise program that lasts 15 to 30 minutes each day or at least every other day (an hour of moderate exercise every day pays great dividends).
- Develop expertise with one or more stress reduction exercises (e.g., breathing, muscle relaxation, meditation, visualization), and practice them daily.
- When you have negative thoughts, remember to ask yourself questions like. What time of day is it, have I eaten recently, when did I exercise last, and how much sleep have I had?

Small lifestyle changes can help reduce stress. Remember to always allow yourself plenty of time for each thing that you do, and complete each task with complete attention before going on to the next. Cultivate an attitude of patience. Time demand is a major source of stress, and the effects of this are directly experienced as increased tension.

Time management books reveal a central principle - spend your time doing those things you value or that help you to achieve your goals:

- Know what your values and goals are. You can clarify these by imagining what you would like a close relative, or friend or work colleague to say about you.
- Write down your personal statement of values and goals so that you can refer to them often.

Condolences

We extend our deepest sympathy and prayers to Lerato Moloji (Grade 11) and her family on the death of her father last week. May God comfort and uphold them in their grief.

School fees

Thank you to all those parents / guardians who have kept their fees account up-to-date. All fees for the year must be paid in full before reports are handed out on Wednesday 6 December.



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We want to give more people an opportunity to experience the wonderful spirit of this small Catholic family school.

Your friends can visit the school at any time or get further information from the website www.hfc-jhb.co.za or by calling the school office number **011-486-1104**

*Conditions. The R800 will be credited to your school account once your friend or family has registered and paid their first month's school fees.

Parent involvement

The other day a parent asked me how best he can support his child at school. I replied..

Parents and families have a critical role to play in creating a secure and nurturing environment in which children can grow up. This role should continue into the school years in their active engagement with the school. When parents and families are involved in their children's schools the children do better and have better attitudes to education. Research shows that what the family does is more important to a child's school success than how much money the family makes or what education the parents have.

Parents and families must talk to their children, as talking and listening play major roles in children's school success. Young children begin to pick up the language skills they will need if they are to do well. For example, children who don't hear a lot of talk and who aren't encouraged to talk themselves often have problems learning to read, which can lead to other school problems. Children can practice to listen carefully so that they can follow directions and pay attention at school.

Parents can teach children to take responsibility and to work independently. These qualities can be developed by establishing reasonable rules that are enforced consistently. The child must understand that he or she has to take responsibility for things both at home and at school. Parents and families need to monitor what their children do after school, in the evenings and over weekends. If parents can't be there when their children get home, they should give them the responsibility of checking in with them by phone or SMS.

Parents and families need to let their children know that education is important and that homework needs to be done each day. Parents can help their children by setting aside a special place to study, establishing a regular time for homework, and removing distractions such as the television and social phone calls during homework time. Parents must check that homework is done daily. If parents feel that they don't know the work well enough they can still help by showing interest and find help from a friend.

Tests and exams play an important role in determining children's marks, and parents must make sure that the child's school supports learning and that children are prepared for tests and exams. Parents can ensure that children develop good study habits at home and that that they get adequate sleep before tests.