



## Upcoming Events and Dates

- **Tuesday 14 April-**  
Second term starts
- **Dance Mouse starts**
- **Friday 17 April-**  
Parents Social- bring and Braai- please remember to RSVP to Adele!
- **Public Holidays**  
Monday 27 April  
Friday 1 May

*"Feelings of worth can*

*flourish only in an*

*atmosphere where*

*individual differences are*

*appreciated, mistakes are*

*tolerated, communication is*

*open, teachers are flexible -*

*the kind of atmosphere that*

*is found in a nurturing*

## Term 1

It has been another happy start to the year at Prand. I love seeing all the happy and settled little children experiencing so much pleasure during their morning at school. It is so exciting for me to see how Prand just keeps on growing and evolving each year. Although lots of changes are happening this year with staff we have managed to keep the impact on the children to a minimum. We welcome both Debbie and Justine who will be joining us for the remainder of the year.

Thank you to so many of you for attending the parent's meetings that were held when the term started. I am delighted that you were able to meet the other parents in your child's class and get a small insight into the ethos of Prand. We continue to fine tune our curriculum each year and it is affirming to see how all research is validating this approach- One where play

(directed, outcomes focused play as well as free play) forms the ideal learning platform.

The implementation of this is very successful and I am constantly observing the benefits of this in the responses from the children. The children are happy, confident and eager learners; ring times are stimulating, fun, perceptually based, playful and the teachers provide wholistic developmental activities.

There will be a large focus on developing emotional intelligence and social skills in the second term. We are blessed to have such a homely, safe and nurturing school environment in which to do this.

I am very grateful to my staff for their dedication and their enthusiasm. They are truly passionate and committed to nurturing and guiding each and every child at Prand.



expected and this is so exciting as the programme is designed by OTs and follows our approach closely- developing mind and body to ensure school readiness! Dance Mouse will be starting on the first day of term and also offers an exciting developmental programme!



Learning to work together and problem solve!



## Extra mural activities

Playball, Monkeynastics, Wriggle and Rhyme and Soccer Stars have all begun so successfully this year! We have added two new extra mural activities- Tumbling Tigerz and Dance Mouse! Tumbling Tigerz has a greater starting enrolment than we ever



## Parenting Page

Parents today are educated and more in touch with our children than in previous years. We are aware of the need to listen to our children, validate their emotions and guide them in their development. The problem comes when we are over protective and employ what is known to be "helicopter parenting" The world today can be frightening and there seems to be many more dangers facing our children than when we were growing up! And so it is totally understandable that this type of parenting has evolved. However there are many repercussions of this that has now been studied and proven; it becomes apparent when a child needs to tackle situations alone.

**If we as parents are constantly being a continuous play mate, solving problems, making decisions, preventing any struggles or failures that our children may experience, we are denying our children the opportunity to learn how to problem solve, use appropriate conflict resolution; how to persevere and to learn from their mistakes.** These are all skills that we use daily in our adult lives and are skills that our children will need in the future to negotiate life. If they do not learn these skills even their personal relationships with significant others will suffer! Also **by being over protective and over involved; we unknowingly transfer our anxiety onto our kids,** making them feel anxious and even more dependent on our interventions. They feel as if you are not confident in their ability to cope!

Below and alongside are some ideas that you can use to help your little one to grow, develop his/her confidence, independence and age appropriate autonomy

- **Encourage children's independence** by ensuring they complete age appropriate tasks on their own. Teach them how to put on their socks, take off their shoes for example. They become so proud of themselves when they can do these tasks. At school we encourage them to pack away their lunchboxes, take off their shoes etc- if they can do it at school- encourage them to do it at home. If you teach them how- they will not get frustrated and then you will not have to keep intervening or taking over.
  - By the time they are 4 (if not before even), encourage your child to walk into school by themselves, carry their own bag and to unpack their own lunch. Assure them you will help them or will hold their hand if they are anxious when they walk in; but also assure them that they are capable of doing this,

that they are going to be ok and that you are there for them should they need you.

- Take the extra time in the mornings to allow them to get ready without jumping in every two minutes to hurry them up or complete something that they are trying to get right.
- Make a chart "cool things that ..... can do by herself!" Add pictures of tasks that they manage independently and watch the list grow, together with their pride and capabilities!

- **Don't hover, rather be a "submarine parent"** by lurking in the background. Then you can keep an eye on your child's safety and intervene only when really necessary. **Count to 10 before becoming involved in conflicts**, sharing difficulties or when they are struggling with a task. Give them a chance to figure it out. If your intervention is still needed after counting to 10; then rather ask your child how he thinks the problem should be solved- resist just flying in and solving the problem.

- **Don't continually question your child to the point that you make them anxious about things.** "Are you ok?" "Did you play with anyone at school?" "Were you scared" all these types of questions can make your child feel like the situation is something to feel anxious about. "What was your happiest moment at school today?" "What did you do when Jonnie made you feel sad at the party? What do you think you could do next time this happens?" are better ways to address situations, allow your child to problem solve and then give ideas too about ways to tackle situations. In this way they learn to cope and manage situations for themselves!

- **Always encourage your child to face a situation that they are unsure about** and never just say " ok you do not have to try that" Rather encourage small steps so that he/she learns to persevere and overcome anxieties. You know your child well and only remove them from the situation if you know that they are not gaining anything from it! Discuss the situation, how you will be there for them and how they are safe, that nothing is harmful in this situation. Even if your child manages two minutes of a strange new activity; the life lesson they are learning is invaluable. **This is not to say that you should not validate their fears;** but rather that you help them to conquer them. "I also feel scared of some things at times. I will not ask you to do anything that will hurt you. I understand you feel scared but **You are ok,** you will be safe, I will be here if you need me and you will be so proud of yourself if you manage to cope.



So proud of this little one...she faced her fears and ended up enjoying this experience; bursting with confidence by the end of the day!

## Parent committee

Each year a parent committee is formed. This committee organizes social events/ a fundraising event and a charity fundraising event. If you would like to join this committee, please contact Adele Paine: [adelepaine@gmail.com](mailto:adelepaine@gmail.com) It would be lovely to have some parents from all classes. If you are unable to join us on the committee, but have contacts/ideas that may assist us, please contact Adele with this information as well.

## Andrea's baby shower

Thank you to everyone for the generous donations towards Andrea's baby shower gift. She was delighted with the voucher! A special thank you to Candice Cameron, Jade Ryman, Zarina Seedat, Dorthe Horton and Adele Paine for their contributions and assistance with the preparations. We will miss Andrea so much for the remainder of the year. We wish her and Gary an easy delivery and lots of happiness with their expected baby girl!



## Fun events during the term

Although our outing to Kirstenbosch was literally washed out; the children still enjoyed some exciting events during this first term. We had "The Busy Body Show" presented by the travelling Baxter theater group. This was great fun involving lots of songs, dance and movement and really consolidated the "all about me theme" that kicked off the year.

Zoo-to-you was by far the highlight of the term. This traveling petting zoo is hugely enjoyed by the children. It was awesome to see how gentle and nurturing all the children were. Most rewarding was to see how, with a little encouragement, those who were apprehensive about interacting with the animals, were able to face their fears in such a safe environment and actually felt so enabled and proud afterwards.

The Easter Egg hunt was, as usual, a very "eggciting day". I was so impressed with the Moonbeam group who went out of their way to help the little ones find their eggs!!

Thank you for all your warmth, support, interest and involvement this year! Prand is truly a happy place to be!  
Have a lovely second term! Warm regards,  
Janine



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All new photos will be uploaded on the website.  
Please go and have a look! Password: kidsatplay