

Dear Parents, Guardians and Staff



This past weekend was an emotional one for my family as we dropped off our son, Cival, at university in Potchefstroom to begin the next chapter of his life. It was a moment filled with pride, excitement, and, of course, a few tears. As we drove away from the university on Sunday, I reflected on the journey that led us to this point—one built on years of meaningful connection, trust, and unwavering support.

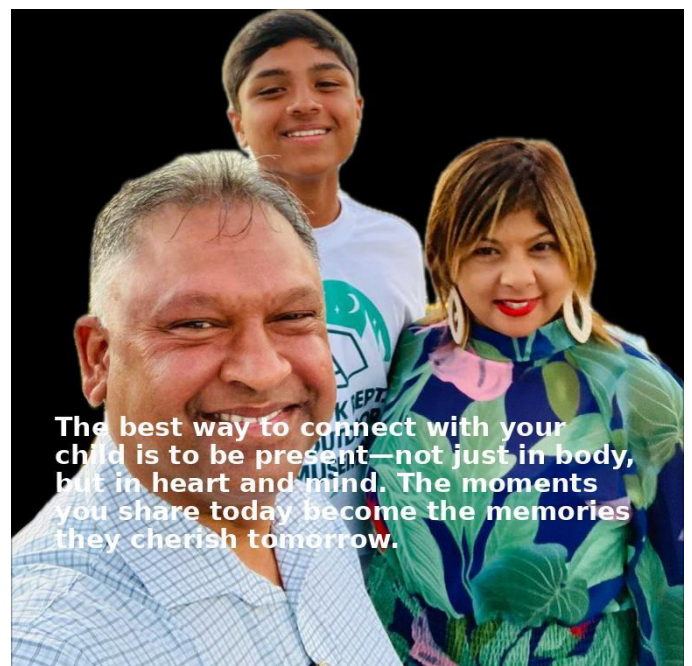
For the past five years, my son, Cival attended boarding school, which meant that as parents, we had to be intentional about staying connected with him. We made it a priority to check in with him at least once a day, even if just for a short conversation. We knew what was happening in his school life, followed all communication from his school, and made sure he felt our presence even when we couldn't be physically there with him. This daily connection was not just about staying informed—it was about reinforcing our bond, ensuring that he knew we were always there for him.

As parents, we have the awesome responsibility to nurture and care for our children. More than just providing for their needs, we have the power to mould them into kind, respectful, and well-rounded individuals. One of the most powerful ways we can do this is by connecting with them daily—through conversations, shared experiences, and simply being present in their lives.

Daily connection is crucial because it creates a safe space where children feel comfortable sharing their thoughts, emotions, and concerns. It helps build their confidence, knowing they have a support system they can rely on. Children who experience consistent parental engagement tend to develop better problem-solving skills, emotional resilience, and stronger social connections. Additionally, research shows that children who feel connected to their parents perform better academically and have a lower likelihood of engaging in risky behaviours. (from the internet)

When we make a habit of talking and listening to our children, we gain insight into their world—their struggles, their triumphs, their aspirations. This understanding allows us to guide them more effectively, offering encouragement when they need it most. More importantly, it strengthens the trust between parent and child, ensuring that they always feel secure in seeking our guidance and support.

I could not wait to chat with my son in the evenings—just to hear his voice, to hear about his school day, to listen to his challenges, and to celebrate his successes. Over time, this daily habit strengthened our bond and made our connection unshakable, even on days when we could not speak to each other. Now that he has moved on to university, we intend to maintain that same level of connection, offering him the support and encouragement he needs as he takes on new challenges in his life.



I encourage every parent to make connection with their children a daily priority. It doesn't have to be long or complicated—sometimes, a simple conversation over dinner or a quick check-in before bed can make all the difference. Our children thrive when they feel seen, heard, and valued. And as parents, the joy of truly knowing and understanding our children is a gift that lasts a lifetime.

Let's commit to fostering strong, meaningful relationships with our children. It will not only impact their lives positively but will also bring us immense fulfillment as parents.

Sports Results

Basketball vs. Laddsworth

U13E Girls lost

U13D Girls lost

U13C Girls lost

U13B Girls won

U13A Girls lost

U11B Girls won

U11A Girls (Match abandoned)



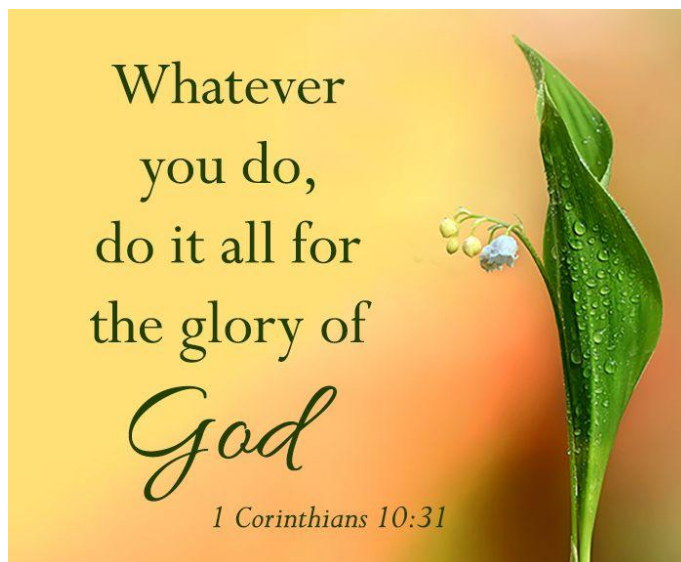
Kind regards

Kamal Rugbar

Kamal Rugbar (Headmaster – Junior School)

Assembly – Mr B Khumalo

“Good ... Better Best Never let it rest ... till your good is better ... and your better BEST”, was the theme of flourishing and change for our assembly this week. We looked at how things have changed over the years from the very first shops, cars and telephones to the efficient devices of the modern day. So too we must strive to continue learning, developing and growing daily so that we can look back one day and see how much more like Jesus we have become, and how much closer our relationship with God has grown.





Kindness Badge Winners



<u>Date</u>	<u>Event</u>
Tuesday, 4 February	U10; u11 Boys Basketball vs. Bisley (A)
Wednesday, 5 February	U13 Girls Basketball vs. Bisley (H)
Thursday, 6 February	U10, u11 Girls Basketball vs. Bisley (A)
Friday, 7 February	Pre-primary – Grade 3 Athletics Morning U13 Boys Basketball vs. Bisley (H)

