



LORETO CONVENT SCHOOL NEWSLETTER

Learning and Leading in Love and Justice

Volume 21 Issue 03

15 February 2019

Dear Parents,

"If I speak the languages of men and of angels, but do not have love, I am a sounding gong or a clanging cymbal." 1 Cor 13:1

This week, we celebrated St Valentine's Day, a day where we focus on love and relationships. I am sure that many of you used this day as an opportunity to spoil your loved ones and remind them of the love that you have for them. As a continuation of our theme for this year – Rooted in Love and Justice – I would like to explore the theme of love languages. Many of you are aware of the excellent book written by Dr Gary Chapman called, *The Five Love Languages*, and I would certainly encourage everyone to read it. In his book, Dr Chapman tells us that people have very different ways of perceiving love. Very often, relationships fail or become strained, simply because loved ones are not communicating their love in a 'language' that is understood or meaningful to the other person. This is very true when dealing with our children. Often, parents are not aware of the way in which their children express and receive love. It is not uncommon for children to tell us that their parents do not care about them because they only buy them expensive gifts but do not spend any time with them. This is a perfect example of miscommunication in terms of love languages. The parent feels that buying gifts is an expression of their love, however the child's love language is clearly quality time, and therefore, the child does not receive the love that the parent intended. "Children receive love emotionally," Dr Chapman says, "but because they are all different, we must pay attention to their individual needs. We must learn to speak our children's love language if we want them to feel loved."

Dr Chapman lists the five love languages as follows:

1. Words of Affirmation
2. Acts of Service
3. Gifts
4. Quality Time
5. Physical Touch

Although every person has a primary love language, it is also important to remember that using all of the love languages is also important. Children especially, benefit from all expressions of unconditional love.

Let us take a closer look at the way in which children perceive the various love languages:

1. Words of Affirmation

Compliments such as "Your hair really looks nice today!" or "Great game tonight!" go a long way with the child who thrives on praise. Your words can focus on personality, accomplishments, outward appearance or anything else that affirms.



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Giving a monetary reward to a child who seeks affirmation, for example, will leave him feeling empty. In communicating love, words are powerful. Words of affection and endearment, words of praise and encouragement, words that give positive guidance all say, "I care about you." Such words are like a gentle, warm rain falling on the soul; they nurture the child's inner sense of worth and security. Even though such words are quickly said, they are not soon forgotten. A child reaps the benefits of affirming words for a lifetime.

2. Acts of Service

In the early stages of life, we do things for our children that they cannot do for themselves. As they get older, our love is expressed by teaching them how to do things for themselves. For a child with this love language, we need to know which acts of service are important to him. Does he feel loved when you help him with homework? Or teach him to throw a ball? Once you have discovered the acts of service your child most appreciates, perform them often.

If service is your child's primary love language, your acts of service will communicate most deeply that you love them. When that child asks you to fix a bicycle or mend a doll's dress, he or she does not merely want to get a task done; your child is crying for emotional love.

If your child's primary love language is acts of service, this does not mean that you must jump at every request. It does mean that you should be extremely sensitive to those requests and recognize that your response will either help fill the child's love tank or else puncture the tank. Each request calls for a thoughtful, loving response.

3. Gifts

The giving and receiving of gifts can be a powerful expression of love, at the time they are given and often extending into later years. The most meaningful gifts become symbols of love, and those that truly convey love are part of a love language.

Most children respond positively to gifts, but for some, receiving gifts is their primary love language. You might be inclined to think that this is so for all children, judging from the way they beg for things. It is true that all children—and adults—want to have more and more. Those whose language of love is receiving gifts will respond differently when they get their gift. Remember, for them, this is love's loudest voice. They see the gift as an extension of you and your love.

4. Quality Time

Children who speak this love language seek undivided attention. When they are infants, we play on the floor with them and roll balls back and forth. As they get older, that quality time is found in conversations, bedtime stories or backyard sports. The activity is not important; the time together is. For a child with siblings, it may be difficult to get one-on-one time with Mom or Dad. He needs to know that he is worthy of your undivided attention. Quality time is a parent's gift of presence to a child. It conveys this message: "You are important. I like being with you." It makes the child feel that he is the most important person in the world to the parent. He feels truly loved because he has his parent all to himself.

When you spend quality time with children, you need to go to their physical/emotional level of development. The most important factor in quality time is not the event itself but that you are doing something together, being together. If quality time is your child's primary love language, you can be sure of this: Without a sufficient supply of quality time and focused attention, your child will experience a gnawing uneasiness that his parents do not really love him.

5. Physical Touch

Hugs and kisses are the most common way of speaking this love language, but there are other ways, too. A dad tosses his year-old son in the air. He spins his seven-year-old daughter round and round, and she laughs wildly. A mom reads a story with her three-year-old on her lap.

For children who understand this love language, physical touch will communicate love more deeply than will the words, "I love you," or giving a present, fixing a bicycle, or spending time with them. Of course, they receive love in all the languages, but for them, the one with the clearest and loudest voice is physical touch. Without hugs, kisses, pats on the back, and other physical expressions of love, their love tanks will remain less than full. Your gifts don't need to be expensive, and they don't need to be given every day, but

recognizing that a child prefers to be rewarded with a new set of colouring pencils rather than a hug is an important step in building communication.

Understanding how to communicate love to those around us – our partners, family, friends and our children, will not only enrich their lives, but our own as well. In today’s fast paced, pressured world, it is often very difficult to balance the needs and expectations of those around us. Parents are faced with the unenviable task of raising children in a world that is very different to the one that they grew up in. The pressures of daily life are often such, that parents are emotionally burnt out and exhausted, and often children bear the brunt of this phenomenon. But understanding how our children experience and process love, and by utilising their primary love language, parents are better equipped to make their children feel loved, secure and emotionally strong in a world that can sometimes be very confusing and cold to them.

These love languages can also be utilized further in our lives - in the workplace, for example. Knowing what love language your colleague or employee relates to, can improve your work relationship greatly. If a colleague relates to words of affirmation, a simple “well done on a great job!” can do much to make him or her feel special at work and that in turn boosts productivity and ensures that there is a positive work environment. Giving of your time to someone at work can mean the world to a person who relates to quality time. A little note left on a colleague’s desk that says you are thinking of them can make a phenomenal difference to their workday.

Let us use this “month of love” to focus on giving love to those around us, in a manner that they can appreciate and relate to. The Bible very clearly tells us that God is love, and that we are called to love those around us as a reflection of His character and nature.

“Beloved, let us love one another: for love is of God; and every one that loveth is born of God, and knoweth God. He that loveth not knoweth not God; for God is love.” 1 John 4:7-8

Stuter

From the Principal’s Office

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* Information for this piece gratefully sourced from Dr G Chapman – The Five Love Languages book series, Focus on the Family and iMom.com.

LIVING OUT THE FIVE LOVE LANGUAGES AT HOME

Love Language	Actions	Communication	Avoid
Words of Affirmation	Spoken words Written cards and letters	Encouraging words Compliments Affirming spirit	Emotionally harsh words Undue criticism
Quality Time	Running errands Taking trips Doing things together Going on walks Sitting/talking at home	Quiet places with no interruptions Undivided attention One-to-one conversations	Too much time with friends or groups Isolation Gaps of time between meetings
Receiving Gifts	Giving gifts Giving time Remembering special occasions Giving small tokens	Private giving of gifts Pleasant facial expressions	Materialism Forgetting special events
Acts of Service	Assisting with house chores Ongoing acts of helpfulness Exchanging of chores	Say: “What can I do for you?” “I will stop and get...” “Today, I did... for you.” Making a checklist	Forgetting promises Over commitment of tasks Ignoring
Physical Touch	Hugs Pats Touches Sitting close	Pleasant facial expressions Mostly non-verbal	Physical abuse Corporal punishment Threats Neglect

* Taken from Gary Chapman's *The Five Love Languages of Teenagers*

A PARENT'S PRAYER

Thank You for my children, LORD; I know they are a gift from You. Daily I need Your strength and wisdom to train them in the way they should go. Give me patience and a joyful heart; let me be an example of Your love and forgiveness. Thank You, Father, for the honor of being a parent. Amen.

GENERAL NEWS (HS AND PS)

SCHOOL CONTACTS:

General Enquiries and Reception – Mrs Mateka – 012 326 6342 (switchboard) reception@loreto.co.za

Executive Principal– Mrs Truter – principal@loreto.co.za

Executive Principal's Office – Mrs Stoman – pa@loreto.co.za

Admissions – Ms Westra – admissions@loreto.co.za

Finance and Finance Matters – Mrs de Wit – finance@loreto.co.za

Primary School Deputy Principal – Ms Hill – michelleh@loreto.co.za

High School Deputy Principal – Ms Alves (previously Mrs Pinto) – mariaa@loreto.co.za

EMIS Officer – Mrs Swanepoel – admin@loreto.co.za

Sports and Physical Education Queries – Mrs Haupt – sherilynh@loreto.co.za

Website (for booklists, school fee info, bank details, calendar, newsletters and other information)
www.loreto.co.za



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INFORMATION 2019

Please do visit our website on www.loreto.co.za, where you will be able to find school information, check the school calendar, find all information and all newsletters, as well as contact us for any information you may still require. If there is something additional that you wish to see on the website, please do inform Mrs Swanepoel, who will be able to process your request.

A **newsletter** will go out to parents every second week. If you do not have an Email address, please do inform the school so that the newsletter can be printed in hard copy for your child. The newsletter will always be posted to the website, where it will be available for parents to download and print. We urge parents to **PLEASE** read the newsletter as most of the queries we receive from parents are already addressed in the newsletter. (www.loreto.co.za)

Please support our **fundraising efforts** at school, by purchasing items with your MySchool card as we receive money back that we can use for much-needed projects. Airtime is also sold at the school as part of our fundraising (Sold in Mrs Mbatsane's office). Application forms for MySchool cards are available from Mrs Stoman.

No second hand **books or uniforms** are sold at school on parent's behalf. Should learners have books or items of uniform that they wish to sell, they will need to make contact with each other in order to sell their old books. Lost property items that are not marked, are kept in the Daycare room, and are available for purchase from Mrs Meyer.

We would like to appeal to parents once again to ensure that all items are **clearly marked** – books, uniforms, bags, etc. Items of lost property are taken to daycare, where the staff check for names and return items to their owners. Should the property not be marked, it is sold as part of fundraising for the school or is donated to charity. There is an astounding amount of unmarked lost property that is collected by the school annually. There are also boxes of unclaimed textbooks that find their way to lost property and are never collected or marked so that we can return them to the learners. We cannot emphasize this point enough parents – **PLEASE MARK ALL ITEMS OF CLOTHING AND TEXTBOOKS AND LUNCHBOXES!**

School uniforms can be purchased from **Totiusdal Outfitters** in Waverly. (Tel 012 332 1380. Swimming costumes must be purchased at Totiusdal please. Swimming caps, however, are to be purchased from Mrs Haupt.

House T-Shirts have been handed out to new learners this week. Should any other learners wish to collect house T-Shirts, they may do so in Mrs Swanepoel's office next week, from Monday to Thursday at second break. The shirts are sold at a cost of R70 and must

be paid with Mrs Mbatsane or we will debit your account (please send a signed letter requesting this). **Please ensure that your child has her house t-shirt, and that it still fits, as they will need to wear them at the PS and HS Swimming gala next week.**

Sick Room and Medical Information: Parents must please note that the School may not, by law, dispense any medication to a learner, unless that medication has been provided by the parents, is clearly marked and has clear directions for the time, dosage and route of the medication. We may not give learners Panado, Gaviscon, Allergex or any other over-the-counter medication. If your child is injured or ill, please seek medical attention for him/her! If your child has an allergy or suffers from asthma or any other chronic condition, please make sure that they have their medication with them at all times and please make sure that the school is aware of your child's condition. The School will call parents to collect injured or very ill learners – PLEASE make sure that you answer your phone or get back to us as quickly as you can, should we call. The school will never call parents, unless it is important. Should a learner need urgent medical attention, the school will arrange for an ambulance to take the learner to the nearest facility, regardless of whether the parents can be reached or not, at the parents' own expense.

We would also like to appeal to parents NOT to send any learner to School in the following situations:

- ⊗ if the learner has a fever
- ⊗ if the learner has any rash on the body (can be chicken pox, measles or other illness)
- ⊗ if the learner has vomited/had diarrhoea (attend to by a doctor) and do not send the learner back to school until vomiting/diarrhoea has completely stopped for more than 12 hours
- ⊗ if the learner has influenza (temperature, coughing, runny nose, body aches or a sore throat)
- ⊗ if the learner has a swollen, itchy or red eye(s) (first exclude pinkeye by a doctor)
- ⊗ head lice (until successfully treated)



- ♥ Parents are most welcome to still send in clothes to our **Mary Ward Closet**. The shop will be open on Mondays at second break (11h30-12h00) and on Wednesdays from 7h00 to 7h30. Parents are also welcome to come and shop!
- ♥ **Clubs, sport and extra lessons** continue. Letters have been sent home, should your child need to attend extra lessons in either Maths or English. **Senior Primary Choir** parents are to please take note that choir practice takes place on Tuesday afternoons from 14h00-15h30 and the girls may not leave before the end of the session. Please make alternative transport arrangements if necessary or contact Ms Hill should a problem arise. Parents are most welcome to contact Ms Hill should they want their child to attend extra lessons and did not receive a letter.
- ♥ All Primary School children must wear their **sports clothes** on **Wednesdays** for the Activity period.
- ♥ There has been a change in the timetable for **Phys-Ed lessons** this term. **Grade 2N** will now swim on a **Monday** morning, and not a Friday. Their Phys-Ed periods will return to Fridays during the second term.
- ♥ All **Foundation Phase parents** are requested to send in a box of tissues and a packet of sealed sweets for the term.
- ♥ Letters containing information about the **Primary School Outreach projects** have gone home. Our **Blessing Bags** have also been sent home and we request that the children bring them back to school, filled with as many suitable items as possible. We would like to make a difference in our community and the children really do enjoy giving to those less fortunate than us. Thank you to those parents who have already sent in the filled Blessing Bags.
- ♥ There are still some children without the necessary **textbooks**. This is of great concern to our teachers as everyone is very busy with first term work and assessment and these children run the risk of being left behind.
- ♥ There are still **lockers** available to rent in the Primary School at R50 for the year. Please send in the money, together with a lock and 2 keys to Ms Hill and a locker will be allocated. We would

like to encourage parents and the girls to make use of the lockers as it helps with the organisation of textbooks and reduces the load and heaviness of the school bags.

 All **Senior Primary girls** must have a **name badge**. Should a new name badge be needed, please send in R20 so that it can be ordered.

 Please note that the **Nana Sita Street** gate closes at 16h00 every afternoon. Children must be picked up through the Visagie Street gate after 16h00. Day care children must be picked up by 17h30 please.

 **Thank you** for all the chocolates that have been sent to school for Valentine's Day! We will be taking them to various organisations around Pretoria to brighten someone's day.

 If children are in the **ballet lessons** on a **Friday** afternoon, and are **not** in day care, please ensure that the children are picked up immediately after their lesson and not left behind with the day care children.

 Letters have been sent to Grade R to 4 parents about our **Speech/Poetry Festival** taking place on 18 March. Please note that participation is **voluntary**. Should you want your child to take part, please complete the reply slip sent home and send the name of the chosen poem to your child's class teacher.

 The **Senior Primary Gala** takes place on Thursday, 21 February at 8h00. The list of swimmers will be put up soon and all girls must come to school dressed in their sports uniform and **House T-shirts** (yellow, green or red). Swimmers must bring their costumes, caps and towels to the gala please.

 The **Foundation Phase** children will have a **Fun Day** on Thursday, 21 February from about 10h00, outside on the field. They must also wear their sports uniform with **House T-shirts** to school and bring a packed lunch to school.

 Our **Mid-term break** takes place from 22 to 25 February. There will be no school for learners on Friday 22 February and Monday 25 February. The teachers will be attending a seminar on the Friday.

 The **ProActive Education Group** will be visiting our school on Monday, 04 March to deliver a number of lectures to our learners (Grade R-12) during the school day. There will also be a talk specifically for **parents** at 17h00 in the hall, and will cover very important topics such as cyber safety, sexuality and gender respect, and drug and alcohol abuse. Please diarise this talk. Please enter through the Visagie Street gate and park on the field.

 The **Primary School has chosen "Eco-bricks"** as our recycling project for the year. It involves using 2 litre plastic bottles, which have been rinsed out and dried, and filling it with other pieces of plastic such as straws, crisp packets etc. The Grade R's are already hard at work with this.

These filled bottles will then be taken to a place where they are used in the construction of walls, rooms etc. The children are very excited about this project and we would like to encourage our parents to assist the children with this.

♥ We would like to extend our **condolences** to Ekaette Umoetok, in Grade 2N, whose mother passed away recently. Ekaette, you and your family are in our thoughts and prayers.

♥ We would also like to extend **sympathy** to Ntsikayethu Dela in Grade 3M, who lost her grandfather. We are thinking of you and we pray that God will comfort you.

♥ Our sincerest condolences also go to Mrs Muganiwa and Mrs Swanepoel, who both recently lost close members of family.



♥ A very big **THANK YOU** for the generous donations of chocolates, which have definitely brightened people's day. We are so privileged to be able to touch the lives of others in our community and we thank you for enabling us to make a difference in people's lives by spreading love.

♥ Grade 11 learners attended a **Mass at Holy Trinity** with other Grade 11 learners from other Catholic schools today, 15 February. We trust that it was a memorable and blessed event.

♥ Our **Grade 9 and 10** learners will be leaving for **camps** during the next week, leaving on Monday, 18 February and Thursday, 21 February, respectively. ALL extra fees had to be paid by 31 January. Those whose extra fees have not been paid, will unfortunately not be able to attend the camps. Parents should make the necessary arrangements to fetch girls on time please. We wish each learner a wonderful and meaningful time at camp and we trust that you will have lots of fun!

♥ **Grade 12 CAT and Physical Science** COMPULSORY classes on Saturday 16 February. Please make use of the Visagie Street gate to access the school. Please see to transport arrangements so that girls do not have to wait to be fetched.

♥ Our **Mid-term break** takes place from 22 to 25 February. There will be no school for learners on Friday 22 February and Monday 25 February. The teachers will be attending a seminar on the Friday.

♥ The **Pro-Active workshop**, which was due to take place on 04 February (as per assessment plan) has been confirmed for 04 March.

DATES TO REMEMBER

Monday 18 February	<ul style="list-style-type: none"> Grade 9 Camp at Bosco (18 to 22 Feb)
Thursday 21 February	<ul style="list-style-type: none"> FP Fun Day PS Gala / HS Gala Grade 10 Leadership Camp (21 to 23 Feb)
Friday 22 February	<ul style="list-style-type: none"> NO SCHOOL FOR LEARNERS (mid-term break)
Monday 25 February	<ul style="list-style-type: none"> SCHOOL HOLIDAY (mid-term break)
Thursday 28 February	<ul style="list-style-type: none"> Retreat Grade 11 at School
Tuesday 05 March	<ul style="list-style-type: none"> Shrove Tuesday
Wednesday 06 March	<ul style="list-style-type: none"> Ash Wednesday (Beginning of Lent) Mass and Paraliturgy Grade 7 Camp (06 to 08 March)