
MULBARTON PRIMARY SCHOOL

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05 June 2017

Newsletter **18** of 2017

"Ninety percent of the friction of daily life is caused by the wrong tone of voice." ~ John C. Maxwell

From the Principal's Desk

Parents, please take note that the mid-year examinations commence this Wednesday, 7 June until 15 June 2017. Please ensure that your child prepares thoroughly for these examinations. Grade 3 – 7 learners will be dismissed at 13h30 (*this applies to the period of the examination only*). Please make the necessary transport arrangements. There will be no extra murals for the rest of the term. Extra murals will resume in term 3. Please ensure that learners are fetched on time after school and that they are not wasting time loitering around the school, park or shops. Learners need to get home early in order to have adequate time to spend preparing for their examinations.

Lesson in Responsibility – please note that your child must remember to bring everything to school on the day that it is required, be it lunch, stationery, projects, keys, money, etc. School bags should be packed and checked the night before. There are far too many parents dropping off items to be delivered to their children in class. This will not be allowed as it causes too much disruption to classes and lessons.

Lesson in Manners and Etiquette – parents, please instill good manners in your children from an early age. Simple, yet important aspects such as "please", "thank you" and greeting one's elders and visitors inculcates respect and good morals in our children.

Please obey our scholar patrol and follow the rules to avoid traffic congestion at the scholar patrol crossing. There are some taxi drivers/motorists who are inconsiderate and stop directly at the scholar patrol crossing for learners to be dropped off. This is NOT allowed as it is extremely dangerous for passing motorists. There are also transport companies/parents stopping directly in front of our car park driveway to offload their children, then opening the car boot so their children can retrieve their school bags. Furthermore, there are certain transport companies/parents who park horizontally – taking up 2 or 3 parking bays – this is selfish and shows complete disregard for fellow road users! This is inconsiderate and causes huge traffic congestion as well. Please refrain from this – there are ample parking bays that should be utilized individually. ***Please be notified that offenders' vehicle registrations numbers and vehicle descriptions will be recorded and forwarded to the JMPD! This is in accordance with instructions received from the JMPD!***

Thank you for your support and co-operation.

L. Kistadoo
Principal

Reminders

- **School Shop (for uniform) is open Monday & Friday from 07h30 – 09h30**
- Please download the School Communicator onto your PC, laptop or mobile phone for school info and news www.school-communicator.com
- Our banking details are: **NEDBANK BOOYSENS 198005 A/C # 1980316023.**

Coping with Mid-year Exams

by Danielle Barfoot

Your usually upbeat child is cranky and irritable, s/he has suddenly acquired a string of ailments, and bedtime has become a battle with his/her yelling, crying and refusing to go to sleep. No, she has not reverted to the terrible two's or entered the trying teens (although that will undoubtedly make matters a little more intense) – s/he is about to write his/her mid-year exams!

Exam stress, like most stress, mainly comes down to feeling out of control. While you can't change the situation (exams are, after all, a part of life), there is a lot you can do to help your child prepare:

- **Plan:** If you haven't already done so, sit down with your child to create a realistic study programme. (While older children should be encouraged to draw up their own schedule, younger ones will need some help.) Make sure s/he knows what s/he is supposed to learn and that s/he has all the required notes and books. Also consider the volume of work, as well as which subjects s/he may need to spend some extra time on.

Tip: Don't plan study sessions of more than 45 minutes at a time (shorter duration for younger children)

- **Revise:** Planning to study is easy, but actually doing it is hard. However, the sooner your child starts to revise, the easier – and less stressful – it will be. Revising early will also help him/her identify any problems or work s/he finds difficult, enabling him/her to ask for help.

Tip: Ask your child's teacher or look online for past papers or revision worksheets.

- **Make space:** Create a space dedicated to studying, but tailor it to your child's learning style. While almost any environment can be comfortable and suitable for studying, the ideal is for children to study where there are minimal distractions. Also ensure that your child has all the tools s/he needs, e.g. stationery, paper, notebooks, etc.

Tip: A few new pens and a crisp notepad may inspire and motivate your child.

- **Stay healthy:** It is essential that your child eats a healthy, balanced diet, that s/he stays hydrated, and that s/he gets plenty of rest before and during the exams. Also encourage him/her to stay active – it will improve his/her concentration and sleep.

Tip: Smart snacking can enhance studying, so keep healthy snacks on hand.

- **Relax:** Stressing over studying is counterproductive, as a stressed child can't concentrate or remember what s/he is studying. To encourage relaxation, make sure your child takes part in activities to unwind, such as reading, meeting friends or playing sport. Music and art, in particular, are effective in relieving stress and reducing anxiety.

Tip: Shift the focus from studying by joining your child in a fun activity.

- **Offer support:** When preparing for the exams, help your child to set realistic goals, then offer the necessary support and encouragement to help him/her achieve those goals.

Tip: Knowing you are supportive of his/her hard work, may motivate him/her to put in a greater effort.