

Rosebank School



TEL: 011 788-1120
FAX: 0865 781 868
EMAIL: roseps@rosebankprimary.co.za

13 Jellicoe Ave
Rosebank
Johannesburg
2196

Founded 1906

"Manners Makyth Man"

08th February 2022

Newsletter #5

PRESENTATIONS



- Sea Harvest and McCain will be visiting our school on 15th February 2022. They will be hosting a campaign to promote healthy eating & happy kids where they will discuss nutrition with all learners.



- Each learner will be receiving an activity booklet to take home, as well as a sample meal of a McCain & Sea Harvest combination (e.g. fish & chips).
- This meal will be freshly prepared at the school and all COVID-19 protocols will be followed. Meals will be served on individual plates.
- If your child is allergic to any of the above and will not be able eat the food served, kindly write a letter to your child's teacher confirming this with them.

SUBSIDIES

- If you believe that you qualify for a subsidy in school fees, please contact Mrs B Motsoane (finance@rosebankprimary.co.za) to set up an appointment to collect the subsidy application and confirm your details on the administration system.
- The forms **cannot** be emailed and may not be collected on your behalf by anyone else.
- The SGB is responsible in determining the allocation of subsidies.
- A reminder to parents that Rosebank Primary School is a Section 21 school and therefore school fees are due and payable.
- Please be aware that your application for a subsidy, **does not automatically** mean that you will be awarded a subsidy.
- Subsidies are determined by means of a calculation, based on BOTH PARENTS joint GROSS income. If one parent is deceased, it is imperative that a death certificate is attached.

- Any other financial commitments that you may have **DO NOT affect** your obligation to pay school fees.
- The payment of school fees should be your first priority. Gym memberships, car repayments, bonds, etc do not have any influence on the payment or non-payment of school fees.
- By enrolling your child in a Section 21 school, you acknowledge that school fees are charged and are due to the school.



Payment of school fees should be the top priority of your financial responsibilities.

DEPARTMENTAL HEADS' REPORTS

SBST DEPARTMENTAL HEAD – Mrs Jugdav:

SBST – COVID 19 - Vaccination Programme 2022 for learners 12 years and older

The Gauteng Department of Health, in partnership with the Gauteng Department of Basic Education agreed to provide the vaccinations against the COVID 19 infections at schools and primary health care facilities (clinics / hospitals) level for learners aged 12 and above.

- For those aged 12-17, a single dose of the Pfizer vaccine followed 42 days later by a second booster dose is recommended;
- For those 18 and older,
 - two doses of Pfizer (42 days apart), followed by a booster dose months later is recommended or
 - a dose of J&J vaccine followed by a booster dose of 60 days.



6

For your child to receive these services we need you to give permission by completing the CONSENT FORM

The vaccination team may screen your child and it could include the following:

1. Checking your child's health - blood pressure, temperature, and observation for fifteen minutes for any adverse events following the inoculation / immunisation (AEFI).
2. Health education on COVID-19 and the vaccines.
3. Comprehensive briefing on the process to follow in event the learner is concerned about his/her health in the weeks following the vaccination.

Please contact the school for any enquiries or additional information about these services **OR** if you have given written permission and you want to withdraw. Given budgetary constraints, the service may be limited at schools but will be available at the clinics and hospitals.

Thank you to all our Grade 6 and 7 parents for returning the completed forms to school. Even if your child will not receive the vaccine, kindly complete the form and return it to the class teacher. If your child has already received the vaccine, also indicate this on the Consent Form.

Thank you for your co-operation.

FOUNDATION PHASE DEPARTMENTAL HEAD – Mrs Barnard:

Please ensure your child has the correct clothes for PE. Some children are not bringing their costumes to PE and as a result are not able to complete the assessments, which form part of the Life Skills mark on the report.

Extra Murals need the correct clothes too.

- 1) KFC cricket needs PE clothes on practice days and white shorts, t-shirt and socks on match days.
- 2) Ball Skills needs PE clothes.

Children who do not have the correct clothes will not be allowed to attend the extra murals.

Parents who have not completed and returned the forms from Parent Info Evening, please do so ASAP, particularly the Covid form, the Parent information form, LTSM and the Photo Release form.

We are looking forward to the upcoming Valentine's fundraiser 

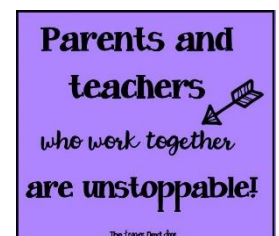
INTESEN PHASE DEPARTMENTAL HEAD – Miss Modibedi:

Cycle Test

The Grade 4-7 learners will be writing a NS/Tech Cycle Test this week. Please ensure that your child is adequately prepared for this assessment.

Congratulations!!!

Well done to all those learners who achieved Champion Awards this week. Let's work together for the better future of our children.



School uniform

It is very important to ensure that our children always look neat and presentable. Please encourage your child to take pride in how they look. Boys to make sure that their shirts are tucked in, and socks are up. Girls who are wearing the navy skirt to please make sure to tuck in their shirts as well and that their white school socks folded over.

Please note that the sports shorts do not make part of the school uniform. They may only be used for PE.

Long pants form part of the winter school uniform and worn by **Grade 7s only** as part of the summer uniform. If your child is not in Grade 7, they are only allowed to wear their long pants in winter.

Have a wonderful week!

COSTUMES & P.E. KITS

- There are still far too many children who are not bringing their full PE kit for their lessons.
- PE is also an important, compulsory subject that is taught as part of the curriculum. It is inclusive of a wide range of assessment activities that need to be covered.
- Parents are not able to decide if their child will or will not participate in PE. It is a **compulsory** part of the CAPS school curriculum.
- If a child does not bring their proper PE Kit for the lesson, they will not be allowed to participate. This then impacts on their achievement in PE as part of the assessment mark includes the use of the proper uniform.
- PE makes up 30% of the final Life Skills and Life Orientation mark. This is a huge allocation towards Life Skills / Life Orientation.
- All learners should have their **OWN**, clearly labelled swimming costume, towel, swimming cap as well as PE shorts and T-shirt.
- The borrowing or lending of any part of the PE kit to any other learner is NOT permitted.
- Learners defying the school rules will be given a **detention** for not bringing their kit or wearing the incorrect kit.
- Each subject has its own LTSM requirements for successful attainment of the assessment criteria – PE's LTSM is the PE uniform. The school provides the equipment. Just as pens and pencils are needed for classroom subjects, the PE uniform, costume, swimming cap and towel is needed for PE.



SPORTS

CRICKET

- Rosebank (**TER HORST Team**) lost their match by 15 runs against Greenside Primary School
 - Wednesday's Match is against Craighall at home.
- Rosebank (**COMMONWEALTH Team**) had a BYE.
 - Wednesday's Match is against Parkview Senior away. This match away will be dependent on GDE district approval.
 - Coaches will inform parents and learners timeously.
- The Mini Cricket team lost their match against Greenside Primary School.
 - Their matches will be played at Rosebank this week.
- The Rosebank (**U9 Team**) won their match against Greenside Primary School.
 - This week's match will be against De La Salle at home.



Well done to all players for trying their best. Good luck for the matches this week.

DROP OFF & GO!

- Driving around the school with construction going on is daunting in the best of times. We are pleading with all parents as well as transport drivers to please be considerate of all road users around the school. This includes the residents.
- When dropping or picking up children before & after school, please refrain from parking in the way, causing traffic to slow down and become chaotic. Many parents only have an allocated time in which to drop or pick up their child/ren and get back to work. Many residents also need to be able to leave their houses and get going to their offices.
- Driving fast or allowing your child to get out of the car in the middle of the road is a safety issue and therefore unacceptable. Driving on the wrong side of the road is breaking the law.
- Please make your child aware of the rules of safety for the road. Lead by example and as adults, please obey the rules of the road.
- Do not let any child /person get hurt.



BE ACCOUNTABLE FOR YOUR ACTIONS!

FUNDRAISING



All Valentine's Day orders can be given to the class teacher. Please support our fundraising drive!

STAFF NEWS

- The teaching staff attended a GDE QMS training on Monday, 7th February 2022 @ 14:00.
- Miss L Shaw-Taylor & Mrs Y Rugununan will each be attending a Principal & Deputy Principal's meeting on Tuesday, 8th February respectively.
- Intersen Phase teachers will be attending GDE subject meetings this week.
- Mrs C Jugdav, Mrs L Mokhampanyane and Mrs Fox will be attending a SBST (School Based Support Team) meeting on Wednesday, 9th February 2022 @ 14H00.
- There will also be a Finance meeting taking place on Saturday, 12th February 2022 for the Rosebank Primary School Finance Committee.



Sunday, 13th February 2022

We would like to wish **Mrs C Jugdav** everything of the best for the year ahead. Have a blessed day!

GDE INSPECTION

- A GDE Grade 4 - 6 Natural Science & Mathematics Inspection was conducted by the district last Thursday, 3 February 2022. We are pleased to announce that our teachers and learners all did very well. The Department thanked the school for maintaining a high standard of teaching and learning.



- Well done to Miss M Modibedi and her team of Intersen Phase teachers on all their continued diligence & hard work. And to our learners, continue to work well in making yourselves, your parents and the school proud.

EXTRA MURAL ACTIVITIES

Choir is cancelled on Wednesday, 9th February 2022

Members of the SBST Committee will be attending an Accommodations Training Session on Wednesday, 9th February 2022. ***We will therefore be cancelling extra mural choir***

Fitness Stars for Grade R & 1

Fitness Stars by Stretch-n Grow is an outsourced extra mural that will take place at the school for Grade R & 1 learners. The Stretch-n-Grow program is built on a foundation of five healthy habits that we reinforce in every Stretch-n-Grow Class.

Exercise Every Day! Make Healthy Food Choices! Get Plenty of Rest! Practice Good Hygiene!

They deliver fun and engaging experiences where age-appropriate skills and techniques are introduced across a variety of sports like cricket, softball, tennis, soccer, tag rugby, hockey and netball. The programme improves broad based skills and sparks an interest in a variety of sports. It builds confidence, teamwork and sportsmanship in a safe, fun and non-competitive environment through structured skills drills, coordination, endurance, speed, agility and balance.

Children who participate in sports session per week. The exercise portion, which is approximately 30 minutes per session will consist of a warm-up, floor exercises, aerobic activity, skills drills and stretching. There are various payment options available.





Where Fitness Meets Fun!

by Stretch-n-Grow

We are believing that 2022 will bring good health and blessings to all of our SNG Families. Thank you for entrusting your children to our program.

This is the time of year when we all think about New Year resolutions, and we encourage to help your kids set SMART goals for the new year.

- **Specific:** List exactly what you want to achieve (good healthy habits).
- **Measurable:** How will you keep track of your goal? (A sticker chart is a great tool for kids!)
- **Achievable:** Your goals need to be possible. Make sure goals are age-appropriate for your children.
- **Relevant:** Will the goals help you and your kids have a happier & healthier life?
- **Time-bound:** Set a deadline and a reward for achievement.

The Stretch-n-Grow program is built on a foundation of five healthy habits that we reinforce in every SNG Class. We hope you will incorporate these into your family's New Year Commitments for 2022!

Exercise Every Day!

Payment Options

Sign up and get **March on ME**

April to June - R520

July to September—r520

October to December—R520

Monthly R250 Payment to be received within the first 5 days of the month

Yearly Payment of R1200 if paid upfront

Payment to be made by the first week of the new term

Bank details

Stretch n Grow of Midrand / FNB (250655) / Account number 62805091650

Please use RPS and your child name as reference

Rosentha . rosentha@stretch-n-grow.com . 063 322 1782



Where Fitness Meets Fun!

WHERE WE GO IN STRETCH-N-GROW

Ground Hog Day



Super Bowl



Be My Valentine



Kindness Rocks



Kindness Counts

Getting preschoolers to do nice and kind things for others is a great way to teach the concept of kindness. Talk to children about what it means to be kind to others. Talk about how it feels when someone is kind to them. Brainstorm ways to be kind to others and make a list.

Here are 15 random acts of kindness that you can encourage in your preschool environment.

- Help a friend clean up what they are playing with.
- Open the door for your friends on the way outside.
- Say hello to someone you haven't talked to today.
- Let a friend go first in a game.
- Bring in a food item to donate to the food pantry.
- Draw a picture for someone in a nursing home.
- Make a card for someone in the hospital.
- Bring in clothes that you outgrew to donate to a clothing drive.
- Play with someone new today.
- Help your teacher clean up after snack time.
- Let someone go ahead of you in line.
- Throw away garbage that you see.
- Bring in a toy that you don't play with any more to donate to a shelter or Goodwill.
- Write a nice note to a friend.
- Take a treat to the director/owner.
- Give your teacher a compliment.
- Stir ingredients together (like muffins, pancakes or sauces)

SALT AND VINEGAR ROASTED CHICKPEAS

8 servings



Prep time: 5 minutes

Cook time: 30 minutes



INGREDIENTS

- 1 can chickpeas (16 oz.)
- 2 tbsp vinegar
- 2 tsp olive oil
- ¼ tsp salt

INSTRUCTIONS

1. Preheat oven to 400°F (200°C).
2. Drain and rinse chickpeas. Arrange in a single layer on a baking sheet.
3. Toss the chickpeas with vinegar, olive oil and salt.
4. Roast for 30 minutes or until chickpeas are a golden brown.

Keep an eye on your oven as they can burn easily!

MOTOR SKILLS



Sliding

Running

Tossing

Back Kicking

YOGA POSES



Hedgehog

Triangle

Forward Fold

Bear

BONES & MUSCLES

- Quadriceps/Femur
- Squats / Lunges
- Cardiac
- Running
- Hamstring/Femur
- Hamstring Curl
- Backward Leg Extension

MOTIVATION FOR THE WEEK

“The beautiful thing about learning is nobody can take it away from you”
By B B. King

ADVERTS

Cool Ideas

