



Frances Vorweg School

For cerebral palsied and learning-disabled children

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19 APRIL 2024

NR. 7/2024

Thought of the Week

If you see something
beautiful, kind
hopeful or helpful
about someone's child, *tell them*.
It could be the smallest thing to you...
but in that parent's world, it could be
the first sign there is a way through
the long corridor of pain.
And more importantly,
that they are **not** alone in it.

RACHEL MACY STAFFORD
@INSIDEPARENTING

hermits with social media and high tech games. It is ruining their social skills. It's also taking a toll on their physical well-being.

7. To be able to disrespect any authority. Even authority that you as a parent dislike or the child dislikes should still be respected. There will always be an authority in your child's life even when your child is 50.
8. To always call the shots. Children who get to always choose where to eat, where to play, and what the family does end up being spoiled.
9. Constant approval and pats on the back. You will not always be around to do this. Children need to learn to be proud of themselves when they do something good whether anyone tells them or not.

What kids don't need:



1. Cell phones when they're in primary school.
2. Unlimited access to social media. There is very little that is healthy on social media for children and it is getting worse.
3. So many toys that they can't even think of something to want at birthday or holiday times. Too much of anything leaves children unable to be full. They become like buckets with holes in them.
4. Televisions in their rooms. Rooms are for sleeping. Good sleep hygiene is a dying art for too many children.
5. To be able to control the emotional climate of the home. Moody kids should not be allowed to hold the whole house hostage. If a child wants to be moody, he can go to his room and be moody by himself. Everyone else need not suffer.
6. Too much indoor time. Our kids have become



What children do need:

1. Rest. They play hard. Their bodies need rest to grow and develop.
2. Uninterrupted family time. The most important people to a child are those under the same roof. Make family time purposeful and protected.
3. Outdoor play time where they can explore and create. All kids need free time to imagine.
4. Rules and expectations. Be clear. Be concise. And don't be afraid to give them.
5. Consistent discipline. If a rule is broken, a child needs to know what to expect.
6. Parents who love them and love each other. Security begins here.
7. For you as a parent to say "no" sometimes.

Your child does not need a lollipop or a new shirt every time you go shopping.

8. Hugs. Physical touch affects the development of children.
9. The ability to share their feelings about anything as long as they are respectful.
10. The most precious gift that a parent can give any child is to demonstrate a personal relationship with God and consistently teach that child through your actions what having faith in God really means. In the toughest times of their lives, they will learn in large part to rely on God by the example you display for them.

(Kayla Street Saballa, pediatric therapist)



23 April	Netball against Lantern School (Away)
1 May	Worker's Day (Public Holiday)
6 May	Netball against SOA (Away)
9 May	Ascension Day (No support staff at school)

HPV Vaccination 25 April

Kindly note that HPV vaccinations will be administered to female learners whose parents gave consent in January.

School times

Parents and guardians are urged to take note of the school times and to ensure that learners do not arrive late for school. Important academic time is lost if learners are not on time.

Monday to Thursday:

7:30 – 14:00 (13:30 for junior learners)

Friday:

7:30 – 13:20



Worker's Day 1 May

Please kindly note that the school will be closed on Wednesday 1 May for Worker's Day.

The hostel will close at 17:00 on Tuesday 30 April and will re-open at 17:45 on Wednesday 1 May.

Ascension Day 9 May: No support staff at school

Parents/guardians of learners in the Foundation phase and DCAPS phase are requested to keep their children at home on Thursday 9 May.

Most of the support staff members will be absent on Ascension Day. There will therefore not be anyone to assist with toileting and feeding on Thursday 9 May.

Thank you for your understanding and co-operation in this regard.

Netball against Deltapark School

Thursday 11 April

Our u/12, u/14 and u/16 netball girls played against Delta Park on Thursday the 11th of April. Both teams felt the pressure as many people came to support. However, our girls worked hard and were determined to give it their all.

Our u/12s, put their hearts on the court and as a result, Frances won 6-2.

The other two teams gave it their all but Delta Park were tough opponents and unfortunately our u/14s lost 0-12 and our u/17s lost 2-8.

Congratulations to all the teams who played, we are very proud of you!



**Netball at School of Achievement Sports Day
Saturday 13 April**

On Saturday the 13th of April, our netball girls played in a tournament at School of Achievement.

This competition hosted both special and mainstream schools thus allowing our girls to gain a lot of exposure.

All the teams had a lot of fun but most importantly, they also learned a lot about the sport and competitions.

We are proud of all the teams that went, with a special mention to our u/12 girls who won all of their games!



Netball against Destinata School 16 April

Our netball teams played against Destinata School at Frances Vorweg School on Tuesday. U16 won 14-6, u/14 lost 2-22, u/12 lost 3-10.



**Boccia Interclub competition 16 April at
Roosevelt Recreation Centre**

Our Boccia stars showed their mettle and returned with gold and silver medals.

Thando Ndaba	- BC1 Individual: Gold
Happiness Motha	- BC 3 Individual: Silver
Happiness Motha	- BC 3 Pairs: Gold
Khanyisa Mthethwa	- BC 3 Pairs: Gold



Dog Show for DCAPS learners

The learners and staff in the DCAPS phase were treated to a dog show on 11 April. They thoroughly enjoyed the entertaining show and learnt how obedient dogs can be.





Traincorp College Open Day

Traincorp is a technical training institution in Meyerton where many of our ex-pupils furthered their studies. They are hosting an open day on 25 May. Parents of Year 4 TOC learners are encouraged to attend the open day.

STUDY A
TRADE
OR TO BE A
PRESCHOOL
TEACHER



TrainCorp
Technical Trade Education

**OPEN DAY AT
TRAINCORP COLLEGE
ON SATURDAY
25 May 2024
@ 09h00**

PAY YOUR
REGISTRATION FEE OF
R1500 ON 25TH MAY
AND STAND A
CHANCE TO WIN A
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AUTOMATICALLY
QUALIFY TO PAY THIS
YEAR'S RATES

SATURDAY: 25TH MAY 2024
 TIME: 09H00
 10 VAN DER BJIL STREET, MEYERTON
 FOR MORE INFO....
CONTACT: 081 771 2179
082 637 0338
 OUR COURSES INCLUDE:
 *ELECTRICIAN, PLUMBER, WELDER
 AND PRESCHOOL TEACHER



S. Viljoen

Ms. Susan Viljoen
Principal