



Frances
Vorweg

Skoolvir Serebraal- en Leergestremde Kinders
School for Cerebral Palsied and Learning Disabled Children

Acting Headmaster: Rev M. Lynch
Deputy Headmistress: Ms S. Viljoen

370 Rifle Range Road
Haddon, 2190

Tel: (011) 683-3390

School email as follows:

E-mail: vorweg@fvschool.co.za

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Dear Frances Vorweg parents, Once again

How often have you wondered at a person's skill to persevere even though the odds are against them? We often say, if only I had that ability or skill...then I'll be able to cope so much better. But, like any skill, mental, emotional and spiritual resilience to persevere can be learned.

Here's how:

- (1) Redefine setbacks as the gateway to something greater.
- (2) Remember successful people don't just face adversity, they embrace it.
- (3) Tune out the critics and focus on doing your best.
- (4) Remember each day that prayer and gratitude create a fertile environment for faith.
- (5) Increase your faith self-talk when you're afraid.
- (6) Learn from failure, and remember the many times you've succeeded.
- (7) Visualise overcoming your problems. Be positive!
- (8) Refuse to dwell on the past or worry about the future; today is where you have the most influence.
- (9) Identify a solution instead of complaining.
- (10) Talk to yourself – be encouraging.
- (11) When things look hopeless, remember 'with God all things are possible' (Mark 10:27 NKJV).
- (12) When you feel alone, think of those who've helped you and who love and support you.
- (13) Pray for guidance when you're in over your head (see James 1:5).



- (14) Rest when you're tired, but don't give up. Finish strong in everything you do.
- (15) Remember you 'can do all things through Christ' when you think you can't (Philippians 4:13)
- (16) Recognise what you can't control, focus on what you can, and surrender the rest to God.
- (17) Exercise physically if you can, to give you strength and lift your mood.
- (18) Laugh to reduce stress, strengthen your immune system

and improve arterial blood flow.

- (19) Be grateful.
- (20) Remember always to say thank you...you'll feel better about yourself and about others.

Sport

This past week has seen so much struggle and victory in the sporting arena of Frances Vorweg School...and we enjoyed every moment of it.

In looking at the sport victories and losses, what is the persistence, the hard work, the failures and the sacrifices made on the road to success. It is important that we acknowledge and recognise what success really means: the process through which a person has started by setting a goal, worked hard to achieve little steps along the way, dealt with the disappointment that comes along and maintained their discipline so as to be able to bounce back. In order to achieve, there is much more than the end result. So it is with our sport! Our learners are bouncing...back!

Soccer:



There's nothing like a good kick of a ball to get the blood going. Our youngsters did just that. This past Wednesday we played against Gresswold at home. With an enthusiastic home crowd, the boys went to perform some of their best football yet. Well done to the boys and their coaches for great sportsmanship, wonder skills and improved performances.

We also thank Mr Mabuya, Mr Nyoni, Mr Wood and Mr Singh for their coaching and positive support for our boys as they train and play week after week.

Cross-Country



training has increased as we look forward to some medal hauls in the coming race. Well done to Ms Felix as the team manager and coach!

What an event. Springs here we come. Our couches to a athletes to run in Springs and the results were amazing.

There were three distances distance to be run, the 4km, the 6km and the 8km. the children came within the Top Ten of the entries with a 3rd, 4th, 7th and 10th place in the runs. The coaches remain exited and the



Eisteddfod

The teacher coaching and the parents encouraging has paid dividends into the participation and showing of our learners in the eisteddfod held at the school this past week. The judges came from near and far and many of our sister school participated making the competition strong. Our learners performed really well with medal getting diplomas and gold, silver certificates.

Many of our learners also participated in the Alberton Eisteddfod. Congratulations to Angelique Olivier on her Gold certificate.

A huge thanks to Mrs Bekker for arranging and co-ordinating the schools participation in these Eisteddfods. Where would we be without the dedication of our teachers?



Boccia



Well, if you've never seen this sport, you've really missed out. Its bowls with a difference. Several of our learners were taken to the Kliprivier Recreation Centre in Kibler Park to participate in trials for Boccia. Needless to say, they performed at their best.

More about Boccia:

Boccia (pronounced 'Bot-cha') is a Paralympic sport introduced in 1984. Athletes throw, kick or use a ramp to

propel a ball onto the court with the aim of getting closest to a 'jack' ball

It is designed specifically for athletes with a disability affecting locomotor function

It is played indoors on a court similar in size to a badminton court

The rules are:

Well, to get closer to the jack than your opponent

The jack ball is white and is thrown first

One side has six red balls and the other has six blue balls. The balls are leather containing plastic granules so they don't bounce but will still roll. The side whose ball is not closest to the jack throws until they get a



ball closest or until they run out of balls

- Once all the balls have been thrown one side receives points for every ball they have closer to the jack than their opponents closest ball

Transport

Please note that the Orange Farm bus will not running on Monday, 22 August. We apologise for this intervention and trust parents will be able to make alternative arrangements for this day.

General

We appeal once again to our parents to keep to the school times, both in dropping off their children as well as with fetching, picking up or arranging transport to assist. Too many learners are seen 'hanging around' the 'Hok' area, which often leads to misbehaviour and other concerns such as running around on the school grounds when they should be waiting for their transport.

We wish our parents and staff a wonder weekend. Stay warm! The cold weather is here to stay... for a while at least.

Mark Lynch

