



Frances  
Vorweg

SkoolvirSerebraal- en LeergestremdeKinders  
School for Cerebral Palsied and Learning Disabled Children

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Dear Parents

**Joshua 1:9** says, "Did I not command you...be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go."

***The lesson this week is about being strong.***

Rock climbing takes a good dose of both strength and courage and definitely calls for us to be strong and courageous. In fact, when you our key verse in the Old Testament, it's a COMMAND!. It's not a polite suggestion. If you believe in God, it should inspire confidence and courage for everything you face!



Ah, but here's the catch: This whole "strong and courageous" thing isn't really about rock climbing, and it isn't about *your* strength and courage, it's really about God being with you wherever you go! This is the basis our strength.

It's about having confidence in God, to be with us wherever we go and with whatever we do. So, it's a strength and courage based on who God is and on how strong and courageous HE is. This kind of courage is based on something that's outside of us.

Let's consider the rock climber again, dangling on the rock face. At just about the point he is going to give up, the guide who is with him shouts down at him, "I've got you! I've got the rope! No need to worry!" So the rock climber recovers as he realizes he is safe. He can't fall.

When you next encounter the difficult trials of life, don't rely on your own strength and courage for help, but trust in something stronger than yourself. Trust in the strength and the courage of the Lord, and whatever rock face difficulties you are facing will become climbable...you will overcome!



## Sport News

Well done to our soccer boys and netball girls who played against Robertsham Primary this past Wednesday. The occasion was enhanced with a wonderful festival atmosphere and the learners thoroughly enjoyed themselves. Our thanks to Robertsham, a mainstream school, who took the trouble to make their teams available to play against our learners.



Our coaches have done a fantastic job in training the learners AND our learners have played and have made us proud through their playing, good behaviour and wonderful

sportsmanship both on the field and off. We also want to thank the parents for their support and presence at each of the events.



## **Covid**



The Department of health will be visiting the school on Monday, 23 May 2022 to provide a follow-up service for vaccinations and boosters. Should you not wish your child to receive any form of vaccination, booster, inoculation and any type medication related to Covid, please inform the school. Parents who have already done so need not do so again.

We also wish to bring to parents attention that it is mandatory to wear a mask while using transport, school bus and vehicles running to and from the school. Masks are work in classes during school time with breaks and sporting activities not included in the wearing protocol. Sanitiser is available throughout the school



## **School Times**

Once again we remind parents that children must be fetched at the end of the school day, at 13:45. Children involved with sport will be fetched at later times as arranged by the coaches. There are far too many children loitering around the school waiting area due to late transport, failed transport and re-arranged transport. We appeal to parents to assist us with this concern.

## **Ascension Day**

The upcoming Ascension Day on the 26 May 2022 is on a Thursday and will be respected by a number of our teachers on the day. Several teachers will be attending services in-person. The school will arrange for a service to be held during first break in the school hall which may be attended by learners and teachers alike who wish to honour and respect the Christian event.



## **School Fees**

We wish to thank parents and sponsors alike who have continued to support the school with the paying of school fees. This action shows the deep commitment parents and sponsors have towards the school and is highly appreciated. We also remind parents of the exemption facility which may be applied for through the school finance office.

## **ADHD**

Looking at the history of ADHD, we find the earliest mention of what seems to be ADHD was by Hippocrates, often called the father of modern medicine. He lived in Greece from about 460 to 375 BC. He was known to have made at least one reference to some patients who could not keep their focus on any one thing for long and had exceptionally quick reactions to things around them. He thought the cause was an "overbalance of fire over water" and recommended a bland diet that included fish but little other meat, a lot of water, and lots of physical exercise.

Not much else was said until Sir Alexander Crichton, a Scottish physician, described something like ADHD in his 1798 book, *An Inquiry into the Nature and Origin of Mental Derangement*. He referred to it as “the disease of attention,” and observed that people with the condition seemed to be mentally restless and have a hard time sticking with one task or game.

Well, what can be added to this is that the disability or inability to focus on items, studies, activities and events for a longer period of time has not changed, in fact, it seems with increasing numbers to have become more prevalent and invasive in our schools. To this can be added the medication, Ritalin (An alternative to the early stimulant used to control focus called Benzedrine which appeared in 1944, when Methylphenidate, another stimulant, was developed.) Ritalin came on the market in 1954. Methylphenidate was created by a chemist, Leandro Panizzon, in Switzerland. He is said to have tested it on his wife, Marguerite, whose nickname was Rita. Grateful for her help, Panizzon named the medication in her honour: Ritaline, or Ritalin in as it became known in the United States and as it is known now throughout the world.

Strattera and Concerta, similar schedule 5 drugs were developed along similar lines and have now being used with great success in controlling and assisting ADHD along with Ritalin bringing relief and hope to many children and adults diagnosed with this hampering focus disability.

As a number of children at Frances Vorweg struggle with this disability, parents are often encouraged to have their children tested by a physician, psychologist or psychiatrist to establish the level of disability and the need for the use of these medications.

**Photo Day**

Parents are to note that this has been moved to 1 August 2022. In the meantime, Photos may be ordered and paid for with register teachers or at the front office/via EFT or as a card payment.

Our annual Photo Day will thus be on 1 August 2022.

**PRICE FOR INDIVIDUAL PHOTOS:**

- 1 X 15 X 20cm (A5)
- 1 X 10 X 15cm (Jumbo)
- 2 X 4 X 6cm photos
- 1 X Bookmark

R120-00

**PRICE FOR CLASS PHOTO:**

- 1 X 15 X 20cm
- R60-00

PLEASE NOTE:

the individual photos, children will only be photographed if payment has been received before 1 August 2022.

Orders can be placed and payments made with the class teacher.

I trust you will enjoy a blessed weekend with your family

*Mark Lynch*

**HOW TO APOLOGIZE**

<b>1</b>	Say <u>what</u> you are sorry for	"I am sorry for..."
<b>2</b>	Say <u>why</u> it was wrong.	"It was wrong because..."
<b>3</b>	Accept full <u>responsibility</u> .	"I accept full responsibility for what I did/said."
<b>4</b>	Ask <u>how</u> to make amends.	"How can I make this better?"
<b>5</b>	<u>Commit</u> to not doing it again.	"Moving forward, I promise to..."
<b>6</b>	Ask for <u>forgiveness</u> .	"Will you accept my apology?"
<b>7</b>	<u>Thank</u> them.	"Thank you for bringing this to my attention."

@stivradclivorth

**THESE ARE NOT APOLOGIES: ☹️**

- I'm sorry you feel that way.
- I'm sorry but...
- I'm sorry you misinterpreted what I said.
- What about that time you...
- You misunderstood what I meant.
- It was your fault that I...