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Dear Parents

I trust this week's lesson will encourage you in a personal way.

*"Every day of my life was recorded in your book. Every moment was laid out before a single day had passed."*

Psalm 139:16

I bought a Kindle some time ago to do some daily reading as I find our local TV quite boring. One of the books I read mentioned the importance of morning and evening routines for building a successful life. Citing examples from the lives of people such as Theodore Roosevelt, William Blake, and John Quincy Adams, they discussed how we can lead lives of greater significance by paying attention to our daily routines.

"Imagine," they said, "a string with a series of beads on it. The beads represent your goals, relationships, and priorities. Tip the string this way or that way, and the beads easily slide off and onto the floor. But tie a knot on each end of the string, and the beads stay put. Those knots are your morning and evening routines. They keep the priorities of your life from falling apart and thus help you progress and become a better person."

I can't tell you how many times my well-intentioned plans for the day have fallen short, leaving me with a sense of frustration and guilt. Many times the shortfall can be attributed to a poor start or a late finish. What do I mean by a poor start? For me it means that I am consuming too much media in the morning—watching or reading the news. Doing so gobbles up my time for prayer and Scripture reading. Late finishes can be blamed on a similar culprit—too much media, either movies, books, or news.

So, to apply this to life... 'What are your time wasters?' How would your life look if you could carve out sensible, disciplined goals for your morning and evening routines? If you and I were to put first things first in our routines, we could experience more of the peace that comes from a job well done or a life well lived. The challenge is, join me in thinking about the goals you have for your life and how you might achieve them. Do so prayerfully, asking God to help you shape your day by paying more attention to how you begin and end it.

Blessings as you think about this challenge!

## **Homework** – *To Do OR Not to do....that is the question!*

Do you frequently have homework struggles with your child? Does he/she procrastinate doing their work? Perhaps they even fail to hand in assignments. If any of these scenarios ring a bell with you, a better homework schedule may help.

A regular homework schedule establishes predictable times when homework is to be completed. Once the homework schedule has been in place for a while, you will find your child will begin doing their homework without needing to be reminded—although you may still need to monitor their work progress.

### **Why Homework Schedules Are Effective**

If you're struggling with homework completion in your household, or if you're having daily battles about the appropriate amount of time to do homework, you're not alone. That's why teachers recommend developing a homework schedule – including some input from your kids.

Once you set a homework schedule, then there are no questions about when the work will be done. It also communicates clear expectations; having a homework schedule helps children understand what is required of them and encourages them to develop a good work ethic.



Other benefits include developing your child's work ethic and organizational abilities. So, by helping your child complete their work at regular intervals, you are modelling how to manage time and projects in the future.

### **How to Develop a Homework Schedule**



To develop a homework schedule, start by talking with your kids. Get their input on how they would like to manage their time and incorporate their homework into their daily routine. A successful homework schedule allows kids to finish their work and also have some free time.

When you include your child in the decision-making process, you also will get more buy-in from them because they know that their concerns were heard. You don't have to give them their way, but at least considering what they have to say will let them feel included. After all, this homework schedule is about them completing their homework.

### **Establish a Timeline**

Generally, the amount of time needed for homework can vary dramatically between learners, teachers, and schools. Find out how much time your child's teacher expects homework to take each day. If your child takes a lot of time to complete their work or struggles with homework, talk with the teacher. Your child may need extra instruction on the work or some extra assistance—or fewer homework tasks.

## Lastly, Pick a Homework Spot

Designate a comfortable and efficient spot for your kids to do their homework. This workspace should be well-lit, stocked with supplies, and quiet. The workspace should allow you to provide some supervision.

Chart, piece of paper or poster. Place it on the fridge, on a wall, a door or on a spot where it can be seen by all and where your child can be assessed according to the agreed plan. Expect your child to

**UGH...I HATE DOING HOMEWORK!**

YOU SPEND ALL DAY AT SCHOOL AND THEN YOU HAVE TO COME HOME AND DO **MORE** WORK?! IT JUST DOESN'T SEEM FAIR, BUT IT'S SOMETHING THAT NEEDS TO GET DONE. READ THE TIPS BELOW ON HOW TO MAKE DOING HOMEWORK NOT SO BAD!

**1 Get It Out Of The Way**  
If there's time during school to start working on your assignments, do it! When you get home start your work right away so that you won't have to worry about it for the rest of the night.

**2 Get Yourself Ready**  
Sitting down to do homework can take a lot of energy. Before you sit down and get started, think about what you need to do in order to be able to focus. It can be helpful to get a snack and use the restroom or do something else relaxing. Before you start, get all your assignments organized and figure out what needs to get done.

**3 Limit Distractions**  
Find a place in your house that is quiet and doesn't have many distractions. If you have a phone, keep it in another room. If there's a TV in the room you're in, turn your back to it. The more focused you are, the quicker you can get all your assignments completed.

**4 Find What Works**  
What are some things that you can do to help you focus? Some kids prefer to stand up when they do their work, while others like listening to music. Think of things you might need in order to increase focus or make homework more fun.

**5 Take Breaks**  
It can be hard to sit and concentrate for a long period of time. Schedule short breaks for yourself as you're completing your work. Make sure that your breaks aren't too long!

**6 Reward Yourself**  
Talk with a parent about what a good reward might be after completing all of your work. When you have something to look forward to, you are more motivated to get it done!

work consistently throughout the assigned time. Avoid having multiple homework sessions, such as one before dinner and a second one after dinner. Starting and stopping may mean children may spend more time getting into what they are doing than working continuously.

### Be Consistent

Once you have decided on a time to do homework, stick to the plan! Make sure that the plan is carried out day after day.

**Remember: Consistency is the key to success and over time, will bear fruit.**

## Safety and Security

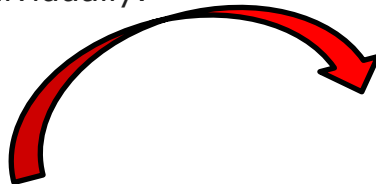
Parents are reminded of the following:

- The school gate opens at 06:30. The school Factotum will open the Hok gate so that children can enter the waiting area.
- Children will be admitted into the school proper at 07:00 to receive their medications and to complete the Covid protocol....children must wear a mask and sanitize hands on the way into the school.
- Children must be fetched by 14:45 from the waiting spot/hok area
- Staff are on duty for care and assistance from 07:00 until 07:30 and from 13:45 until 14:45
- Remember - School starts at 07:30. Please arrange with your transport to have children here by 07:30 at the latest.
- **Note to all parents:** school days and times are never cancelled, changed or altered. Should you wish to query a religious, or other day regarding school attendance, please contact the school on (011) 683-3390.

## Sport

The school sport programme during school time is on hold as we enter the period of exams and tests. Thus there will be **no sport from now until the 15<sup>th</sup> June 2022**, when we will start with the sport programme again.

It's been wonderful to see the boys playing touch rugby and football and the girls playing netball. We have an amazing amount of talented children at the school and sport is the time when that talent comes to the fore. I want to encourage you to get your child involved in sport as it's a great outlet for energy and an opportunity to grow individually.



Well, if you feel like this at the end of this week....give yourself a break

I trust you will have a good, blessed weekend

*Mark Lynch*

