

[1 in 5 children has mental health problems](#)

[43% increase in ADHD](#)

[37% increase in teen depression](#)

[100% increase in suicide rate in kids 10-14 years old](#)

### How much more evidence do we need before we wake up?

No, "increased diagnostics alone" is not the answer!

No, "they all are just born like this" is not the answer!

No, "it is all the school system's fault" is not the answer!

Yes, as painful as it can be to admit, in many cases, WE, parents, are the answer to many of our kids' struggles!

It is scientifically proven that the brain has the capacity to rewire itself through the environment. Unfortunately, with the environment and parenting styles that we are providing to our children, we are rewiring their brains in a wrong direction and contributing to their challenges in everyday life.

Yes, there are and always have been children who are born with disabilities and despite their parents' best efforts to provide them with a well-balanced environment and parenting, their children continue to struggle. These are NOT the children I am talking about here.

I am talking about many others whose challenges are greatly shaped by the environmental factors that parents, with their greatest intentions, provide to their children. As I have seen in my practice, the moment parents change their perspective on parenting, these children change.

What is wrong?

### Today's children are being deprived of the fundamentals of a healthy childhood, such as:

Emotionally available parents

Clearly defined limits and guidance

Responsibilities

Balanced nutrition and adequate sleep

Movement and outdoors

Creative play, social interaction, opportunities for unstructured times and boredom



### Instead, children are being served with:

[Digitally distracted parents](#)

Indulgent parents who let kids "Rule the world"

Sense of [entitlement](#) rather than responsibility

Inadequate sleep and unbalanced nutrition

Sedentary indoor lifestyle

[Endless stimulation](#), technological babysitters, instant gratification, and absence of dull moments.

Could anyone imagine that it is possible to raise a healthy generation in such an unhealthy environment? Of course not! There are no shortcuts to parenting, and we can't trick human nature. As we see, the outcomes are devastating. Our children pay for the loss of well-balanced childhood with their emotional well-being. How to fix it? If we want our children to grow into happy and healthy individuals, we have to wake up and go back to the basics. This will be covered in the next newsletter.



# THE GRAPEVINE

Issue 21, 26<sup>th</sup> July 2018



All newsletters can be read on our website: [www.parkviewsenior.co.za](http://www.parkviewsenior.co.za)

and on The Communicator

Adverts or community news items: [mhall@parkviewsenior.co.za](mailto:mhall@parkviewsenior.co.za)

### DATES TO DIARIZE:

Thurs 9 <sup>th</sup> August	Women's Day Public Holiday
Fri 10 <sup>th</sup> August	School holiday
Mon 20 <sup>th</sup> August	2019 Prospective Grade3/ 4 Parents' Info Evening
Wed 22 <sup>nd</sup> August	Eid ul Adha
Tues 21 <sup>st</sup> August	SGB Meeting 17:30
Tues 28 <sup>th</sup> August	Gr 6s & 7s leave for camp
Wed 29 <sup>th</sup> August	Gr 4s and 5s leave for camp
Fri 31 <sup>st</sup> August	All grades return from camp
Wed 5 <sup>th</sup> & Thurs 6 <sup>th</sup> September	Concert



### PARENT-TEACHER INTERVIEWS:

Thank you to the parents and guardians who met with teachers this week. If a request was made to see a teacher, and you have not already done so, please ensure to schedule an appointment to do so. This is vital for your child's progress.

### TOUR PAYMENTS:

Please ensure your payments are finalised by 31<sup>st</sup> July and are marked "Tour"



### GRADE 7 ACADEMIC AWARDS:

**Silver certificates:** For an overall average of between 75 - 79% over two consecutive terms. The following Gr 7s achieved this excellent award:

Tazkiya Deane; Mishka Jhetam; Amy Dacre; Hamza Aboobaker; Holly Gordon; Thomas Willcox; Sachin Maharaj- Visser ; Aaliyah Doola; Joshua Finnegan; Leah Buntman; Samiya Vallee; Maimuna Dadi Patel; Natascha Rasmuss; Anna Moore; Hassan Farooq; Tyra Mohamed and Zaakir Matawadia.



**Gold certificates:** For an average of 80% and over for two consecutive terms. Mana Mahmoudi; Yarden Dagan; Amirah Adam and Emily Hope achieved this outstanding award.



**Half Academic Colours:** The learner must achieve 80% in 7 subjects, with an overall average of 80% in 8 subjects. All the above must be attained over 2 consecutive terms in the same subjects. Sienna Whines achieved this meritorious award.

### Full Co-Curricular Colours:

**Soccer:** Lee-Anne Shezi was selected for the girls' Gauteng soccer team.

**Hockey:** .Sinnon Khosa and Kwezi Xegwana have been selected for Gauteng hockey teams.

**Men's artistic gymnastics:** Kadin Chester has received provincial colours for gymnastics. He competed at two international competitions last year in Germany and Serbia. He participates in the Class 1 category which is for high performance gymnasts that are able to execute certain skills before they reach a certain age.

**Ringball:** Ashleigh King was selected to play for the West Rand District U13 Ringball team in the National Championships held in the July holidays. She was selected as the captain of the under 13 Ringball South Africa Invitational team.

Congratulations to all these learners, who have strived for excellence and achieved it! We are all very proud of each one of you and your achievements! Various other awards were also handed out for soccer and netball achievements.

**CO-CURRICULAR TIMETABLE:** Activities will begin on Monday the 30<sup>th</sup> July and the timetable has been handed out with this Newsletter.

NB: The Junior Hockey practice will take place on Thursdays, but just next week it will be on Monday the 30<sup>th</sup>, and not Thursday.

**STUDENT OF THE WEEK:**



CLASS	LEARNER'S NAME	CITATION
4 C	Jasmine Moodley & Angela Mndini	For all their help with classroom tasks.
4M	Ashling McCarthy & Bilal Varachia	For being elected class captains this term.
4 R	Fayaaz Moosa and Ngwedi Bogopo	For being voted class captains. You both really deserve it!
5DV	The whole class	For putting in extra effort with the presentation of their written work.
5R	Jodie Hulbert	For making an effort to concentrate and participate more in class. Keep it up.
5 P	Sabiha Wadee	For always being kind, considerate of others and well-mannered. Sabiha gives of her best at all times. Thank you for your diligence, Sabiha!
6B	Abigail Dickerson	For settling in so well and making such a huge impact on the class, that she has been voted class captain.
6M	Luc White.	For his impeccable manners, cheerful smile and for always putting effort into his work.
6O'R	Rania Akoojee	For settling in so well to her new school; and a welcome back to Daniel Erlank who has also settled back in so well.
7B	Amy Shearer	For her positive attitude & always trying her best
7C	Kevin Mbella	For being a kind and helpful learner.
7J	Tshepiso Masedi	For his excellent performance at our Athletics day.
7Sa	The whole class	For being well behaved, focused and attentive in their first week back.

**INTER-HOUSE ATHLETICS:** A fabulous day was had by all on Saturday. Even though the morning was somewhat crisp, the sun soon warmed us all. Spirits were high with children running and pulling rope for the Tug-of-War with all their might! We have never had as many parents volunteering for the Moms' and Dads' races. The PVS star of the show was Mr Malinga, who streaked ahead to win the teachers' race, followed by Mr Pugh and Miss Rogers. The awards were as follows:

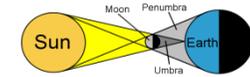
**Sumner trophy for girls' U12 400m:** Ashleigh King  
**Myburgh Trophy for Snr boys' 800m:** Thube Ncube



**Junior Victrix Ludorum:** Sonia Mbowa and Fhulufhelo Nejelele  
**Junior Victor Ludorum:** Owethu Khumalo and Sibu Masangane  
**Senior Victrix Ludorum:** Monique Visser; **Senior Victor Ludorum:** Thube Ncube  
**The Spirit Cup** was won by Hawks, who also won the Wooden Spoon for coming 4<sup>th</sup>!  
**The Boys' Tug of War** was won by Kestrels and the **Girls' Tug of War** was won by Eagles. There was some really stiff competition for those finals!  
 A special **Spirit cup** was awarded to Mrs Meiring, for her unrelenting good spirit!

**The final points were:**  
**1<sup>st</sup> Eagles with 197; 2<sup>nd</sup> Kestrels with 194;**  
**3<sup>rd</sup> Falcons with 185 and 4<sup>th</sup> Hawks with 140.**

Well done to every child who participated by running, cheering, helping teachers and participating in the tug of war. We salute you!



**LUNAR ECLIPSE THIS COMING WEEK:**

The longest total lunar eclipse of the 21st century takes place this Friday, July 27. The total phase of the "blood moon" eclipse of July 27 will last 1 hour and 43 minutes, during which Earth's natural satellite will turn a spectacular red or ruddy-brown colour. From start to finish, the entire celestial event will last nearly 4 hours. Observers in much of Africa, the Middle East, southern Asia and the Indian Ocean region will get an eyeful, given cooperative weather, according to lunar scientist Noah Petro, of NASA's Goddard Space Flight Center. July's total lunar eclipse occurs on the same day the planet Mars reaches its opposition, when it will shine at its best in the night sky. This month, Mars will be at its closest to Earth since 2003. After opposition, when Mars will be brightest, it will reach that closest point on July 31<sup>st</sup>.

**What is the Blood Moon of July 27?**

Unlike with solar eclipses, you need no special equipment to observe lunar eclipses. These latter events, which occur when the moon passes into Earth's shadow, are safe to view directly with the naked eye, telescopes or binoculars.

The moon turns deep red or reddish brown during eclipses, instead of going completely dark. That's because some of the sunlight going through Earth's atmosphere is bent around the edge of our planet and falls onto the moon's surface. Earth's air also scatters more shorter-wavelength light (in colours such as green or blue). What's left is the longer-wavelength, redder end of the spectrum.

"What controls the duration of the lunar eclipse is the position of the moon as it passes through the Earth's shadow," Petro told Space.com.

**The Silent Tragedy Affecting Today's Children** By [Victoria Prooday](#), a registered Occupational Therapist, Psychotherapist, founder and clinical director of a multi-disciplinary clinic for children and parents. It originally appeared on her [website](#).

There is a silent tragedy developing right now, in our homes, and it concerns our most precious jewels — our children. Through my work with hundreds of children and families as an occupational therapist, I have witnessed this tragedy unfolding right in front of my eyes. Our children are in a devastating emotional state! Talk to teachers and professionals who have been working in the field for the last 15 years. You will hear concerns similar to mine. Moreover, in the past 15 years, researchers have been releasing alarming statistics on a sharp and steady increase in kids' mental illness, which is now reaching epidemic proportions  
 Continued over...../