

LANNER HOUSE SCHOOL



Learning, Growing, Becoming

NEWSLETTER 14/2010

Dear Parents



Music Concert

We enjoyed a wonderful evening of music on Thursday evening as our music students performed for parents and peers. Students of piano, harmonica, violin, flute and voice shared their talents with us and we enjoyed sharing in the joy of music. Well done to our pupils who all acquitted themselves very well.

Should your child wish to take up music lessons, please contact Mrs Canipe at school for further information.

Sport

Since its inception in 1997 our school has believed that involvement in sport is an integral part of growing up and a necessary part of a child's school experience. Our three-tier sports program bears testimony to that.

This insightful article from the [KidsHealth](#) website is a great summary of many of the principles we believe in -



5 Reasons Girls Should Play Sport

Why play sports? You might say "to get exercise" and you'd be right. To have fun? That's true, too. But there's more. In fact, there are at least 5 more reasons. According to the Women's Sports Foundation, girls who play sports get a lot more than just fit.

1. **Girls who play sports do better in school.** You might think that athletics will take up all your study time. But research shows that girls who play sports do better in school than those who don't. Exercise improves learning, memory, and concentration, which can give active girls an advantage in the classroom.
2. **Girls who play sports learn teamwork and goal-setting skills.** Sports teaches valuable life skills. When you working with coaches, trainers, and teammates to win games and achieve goals, you're learning how to be successful. Those skills will serve you well at work and in family life.

3. **Sports are good for a girl's health.** In addition to being fit and maintaining a healthy weight, girls who play sports are also less likely to smoke. And later in life, girls who exercise are less likely to get [breast cancer](#) or [osteoporosis](#).
4. **Playing sports boosts self-confidence.** Girls who play sports feel better about themselves. Why? It builds confidence when you know you can practice, improve, and achieve your goals. Sports are also a feel-good activity because they help girls get in shape, maintain a healthy weight, and make new friends.
5. **Exercise cuts the pressure.** Playing sports can lessen [stress](#) and help you feel a little happier. How? The brain chemicals released during exercise improve a person's mood. Friends are another mood-lifter. And being on a team creates tight bonds between friends. It's good to know your teammates will support you — both on and off the field!

Soccer - Last weekend saw Lanner House enter two soccer teams into a soccer tournament in Hermanus. Our teams played really well and were superb ambassadors for our school. Our senior boys' team forfeited a match after intervention by Mr Wansbury when the opposing side was engaging in blatantly dishonest and dangerous play. The opposing team eventually came and apologized to our team and to Mr Wansbury and lessons were learnt by all about importance of taking a stand against unsportsmanlike behaviour on the field.



Inter-School General Knowledge Quiz

Somerset College was the venue of the annual Grade 7 Inter-School General Knowledge Quiz. Our team consisting of James Duncan and Christopher Hill acquitted themselves well against several other schools. I am told that the points difference between the schools was very small and we can proud of the way our boys handled the questions thrown at them in what reportedly was a fun afternoon.

Grade R's Take To The Sky (well almost!)



As part of the preschool theme of air transport the Grade R's visited the Worcester flying club. There was much excitement as the children approached the airfield and saw the windsock and aircraft. The staff and pilot were very friendly and enthusiastic and gave us a full demonstration of their plane before they took to the sky.

The children were given an opportunity to climb to the top of the control tower to watch the plane flying and doing "touch-and-goes" on the runway. Every child was also given an opportunity to sit in the cockpit and just for a moment pretend to be "king/queen of the skies"! What a wonderful treat!

Spelling Bee Competition

Preparations for the Grade R-8 spelling bee begin in earnest on Tuesday next week. Pupils have been given the relevant information and forms to take home. Please support this initiative which will not only help your child's spelling but also raise funds for the upgrade of the Science Room.



Medicine Policy – a reminder

We wish to remind parents that no oral medication will be given at school without parental permission. The policy in the preschool grades is not to give any oral medication at all during_ school hours. There are several reasons for this and we believe we are protecting your children and the school from unnecessary and unfortunate repercussions by strictly implementing this policy. Please assist us by giving us your full cooperation in this.



This week's calendar

Monday 9 August - Public Holiday (Women's Day)

Wednesday 11 August - Grade 4/5 Camp, Villiersdorp (Day 1)

- Grade 8 Parents' Meeting – Staffroom @ 19h00

Thursday 12 August - Grade 4/5 Camp, Villiersdorp (Day 2)

Friday 13 August - Grade 4/5 Camp, Villiersdorp (Day 3)

NB dates to diarise : Saturday 21 August & Thursday 26 August

More information about these two dates will be sent home next Tuesday.

Enjoy your weekend!

Kind regards

A.Preston

Headmaster



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