

# NEWSLETTER

## 14 FEBRUARY 2020

**Dear Woodlands family,  
From the Principal's desk**

Although I clearly see "Valentine's Day" as a commercial, money making event, I thought it fitting, in this month of love, to talk about the importance of demonstrating to our children how much we love them.

All parents want happiness for their children. Sometimes parents tend to forget the most important thing which needs to be provided to children is LOVE.

Studies have shown that lack of parental warmth and love can make children more stressed, since parents put too much pressure on them to succeed without balancing it with affection. This can create health risks for children. Love and affection help children to feel secure regardless of accomplishments. This builds their confidence and self-esteem.

### **Love can help your child to succeed**

- Love helps your child's mental well-being.
- Love makes your child physically healthier.
- Love increases your child's brain development and memory.
- Love creates a stronger bond between parent and child.
- Love makes your child less fearful and more well-rounded.

You don't need a special occasion such as a birthday or holiday to show your love to your family. Everyday gestures such as a hug, thoughtful note or a simple 'I love you' are powerful ways to show your children how much you care and how much they mean to you.

### **There are many ways parents can show love and affection to their children.**

- When children are younger, parents need to show this affection through physical demonstration, such as hugging, cuddling and holding their children.
- Family games are a great way to show love and affection.
- In toddler age, holding your child's hands while they walk is a good way to show affection. It has the added benefit of giving them a feeling of security.
- Having conversations with your child is another way to show love.
- As children get older, parents can show affection in non-physical ways, such as paying attention to children, remembering and celebrating important moments in their lives, expressing their love and kissing them good night before bed.

**Jenny Copeling  
Pre-Primary College Principal**

## MARKET DAY

Congratulations to the Dragonfly class on an exceptionally well run Market day. Your effort was much appreciated.



Our **third** Market day will take place next **Friday 21 February**. Teacher Jacqueline's, Grade 0, **Ladybug class** will be hosting their "**Colours**" themed Market day.

There promises to be some awesome things to buy. R20 is recommended. All proceeds go directly to the benefit of the Ladybug class.

Thank you in advance for your generous support.



## FRIENDSHIP CIVVIES

Everyone looked so stunning in their outfits today. A sea of red, white and pink celebrated "Friendship" day., at Woodlands Pre-Primary College.



## CONDOLENCES

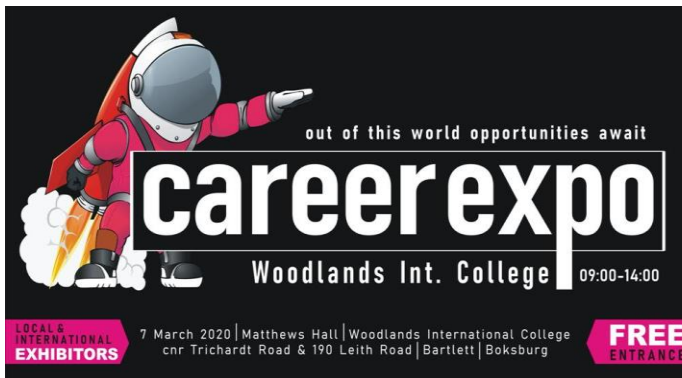
We would like to pass on our sincere condolences to Ivan Muungani (Grade 00I) on the recent passing of his baby sister. Our thoughts and prayers are with the family during this most difficult time.



## CAREER EXPO – MAIN CAMPUS – 7 MARCH 2020

We hereby invite you to attend the Career Expo to be held in the Matthews hall at the Main Campus on Saturday 7 March 2020.

Entrance is free.



## EARLY MORNING DUTY (7h00 – 7h30)

To be held in the AFTERCARE centre  
**Teacher Brigitte**



## WOODLANDS INTERNATIONAL FOOTBALL ACADEMY (Wifa)



**Calling all under 5 & under 6 boys!**

***Tuesdays and Thursdays***

***Between 17h00 – 18h30***