

THE CHRISTIAN COMPANION

The official newsletter of Advance For Life Christian Accademy



HELLO AND WELCOME...

Advance for Life family would like to welcome you to our first newsletter of 2022! Whether it's your first time reading about all our events or you're a regular reader we would like to just say

THANK YOU!

for taking the time to follow our school!



DO YOU
KNOW WE
HAVE A
WEBSITE?

We are very proud to announce that our website is now up and running.

You can visit it now at :

<https://www.advanceforlife.org/>

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From the Principal's Desk

**BY MR. LEONARD FLASHMAN
PRIMARY SCHOOL PRINCIPAL**

Dear Parents/Guardians

As term one draws to a close, we reflect on our continued growth and a prosperous term two.

Our students have engaged in some fascinating activities as alluded to in the school newspaper. The purpose of most of these activities was to support our blended curriculum and long-term goal to enrich our students with a 'growth mindset'.

A special word of thanks to our teachers who have embraced and started to develop a different approach to teaching where holistic strategies have been incorporated into planning that will transform students experiences progressively. A greater emphasis has been placed on core values and developing practical skills which will equip students to make positive choices.

AFLCA recognises the need for quality education. Our teachers have adopted a proactive approach to place students and parents at the centre of the learning process. With that in mind, communication is important. Teachers will continue to reach out to you through Class Dojo, WhatsApp, Facebook, and our newly developed school website. Please assist teachers by regularly communicating with them regarding your child's progress.

We are in the process of expanding our intervention programme where dedicated teachers are giving individual attention to students who have barriers to learning. We will elaborate on the success of our programme in term two.

As always, we wish to express our sincere gratitude toward our entire school community. We would not be the amazing school that we are without the help and support of all of you. Thank you and may you have a safe and prosperous break.

Blessings,
Mr. Leonard Flashman

**“Only the
disciplined ones in
life are free. If
you are
undisciplined, you
are a slave to your
moods and your
passions.”**

– Eliud Kipchoge



NEWS AND EVENTS



WATER SAFETY



We were very fortunate to have had Siya from NSRI inform us about the importance of water safety. She created awareness about the dangers of water, what to do if someone gets into trouble, how to help others in need, how to perform bystander CPR and who to call for help.

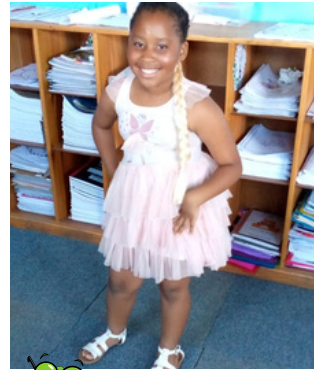
We would like to thank Siya and her team from NSRI for this amazing opportunity.



A TRIP TO OUTER SPACE



On 8 March 2022 our learners went on an adventure as they "blasted into space" when we had the pleasure of hosting VR Education. The students got to see the planets and explore the surface of the Sun. Thanks to the use of Virtual Reality goggles learners had a 360 degree view around at our Solar System. They took a look at the planets in our Solar System, what planets are made of and even got to explore the surface of the Sun! For some it was so real that they pulled their feet up on the chairs and others said it felt as if they were amongst the stars. It's safe to say the students enjoyed this "out of this world" experience.



BRING BOOKS TO LIFE

In celebration of World Book Day our Grade 3 learners came dressed up as their favourite book characters to celebrate their love for reading. From face paint, pharaoh hats and fairy wings, our learners put their best into making their character come to life. They also had a surprise guest as the Cat in the Hat took a special day off just to come and read some of his favourite story books to our learners. It's safe to say fun day was had by all learners involved.



TRAINING THE LEADERS OF TOMORROW



The Primary prefects 2022 attended an empowering weekend of adventure in March. Day one was spent at Calvary Church where they did teambuilding and leadership activities, and received an encouraging message from one of the youth pastors of the church. They learned that as leaders, they are to remain humble and to be servants while ensuring that they uphold the prestigious role that being a prefect represents. This is so that as they lead, they pave a way for others to follow in their footsteps. On Saturday, they enjoyed an exciting (and tiring) day at Nahoon Beach with the team at Jonginenge team-building activities which challenged the prefects' abilities to plan, strategise and implement teamwork to accomplish tasks that were set out before them. From team activities, to canoeing, sand-boarding as well as a lesson in bodyboarding and many others.

The weekend concluded with attending a celebration service with Calvary Church, taking part in awesome, Spirit-filled worship and teachings. Overall an exhausting weekend for the prefects, but one that will no doubt benefit them in their future walks as leaders and young individuals.





As an NPC (Non-profit company) we are still a developing our school little by little with every passing year. We take careful consideration and deliberation with the items we put on our wish list. Items that will not only assist in the growth of the school as whole but benefit our learners and staff.

These are few of things/projects that are on our wish list for this year:

Data projectors and interactive whiteboards.

Interactive smart boards invite students to engage with the lessons. Teachers aren't limited in what they can present to students and this allows for an immersive learning experience.

How you can help:

- You can make a cash donation to our GivenGain campaign.
- Even if you can just share it with friends and family, it will make a huge difference.

Improve and build our sporting facilities.

We want to build up the sporting opportunities that we offer our learners. To do this we need to do the following:

Lay concrete, asphalt, or acrylic surfaces for Netball courts at our High School.

Build a cricket pitch at our high school,

Install rugby poles and tend to the field at the high school,

Resurface our primary school field.

How can you help:

- You can make a cash donation to our GivenGain campaign.
- Volunteer labour or machinery needed to fix our fields
- Donation services for laying our courts or even make a donation of grass to resurface our field.

Revamping classrooms

With many kids in an out of classrooms they do face their fair share of wear and tear and some just need a technological upgrade. Here are some of the things we need to do:

Repaint our upstairs classrooms at primary school

Redo flooring for the upstairs classrooms at primary school

Install an intercom system at both High and primary school

How you can help:

- You can make a cash donation to our GivenGain campaign.
- Donate tins of paint
- Donate flooring
- Donate intercoms for our classrooms

If you want to make a cash donation through our GivenGain account to any one of the following campaigns Click the link below and chose the campaign you'd like to donate to

<https://www.givengain.com/cause/66715/>

Learn everything
you can, anytime
you can, from
anyone you can –
there will always
come a time when
you will be
grateful you did.

- Sarah Caldwell



Message from management

BY HIGH SCHOOL MANAGEMENT

At the end of term one 2022 there are several milestones that the school management team(SMT) have accomplish, and more in progress. The goal is to improve on the curriculum delivery and to give a clear picture of our academic framework, increase student, parent, and teacher engagement, and give our all to day-to-day running of the school.

Management has enhanced the contribution of teachers by encouraging them to be more active in social activities through various committees. Our social committee has conducted three events namely Grade 8 Orientation Day, Sports Day and The Career Day for grade 12s with more EVENTS to follow. Our Environmental Day saw our students cleaning Quigney Beach, an initiative by our Environmental committee.

March 1st was parents-teachers conference, which was well attended. A Parents lucky draw was held for those in attendance and a R500 meat voucher from Ideal Butchery was won by Ms Mlalandle, parent to Lunikwe Mlalandle in Gr9. We will continue hosting such events to promote the participation of parents in the school. Thank you parents for attending. Those that could not make it, we still appreciate your contributions made through various platforms provided.

As the term has come to a close we feel the need to stress to our parents the school's high standing with regards to discipline. Term 1 saw several issues with regards to discipline and the relevant issues have been dealt with according to school policies. Please remember that we are not willing to compromise with regards to the culture and ethics of the school and any threat to this will lead to disciplinary measures.

We continue to see growth amidst difficult times. An indicator of this growth is purchase of a prefab as a class. The school also funded several external trainings of teachers through universities, spiritual institutions, and internal training. Our male teachers attended Mighty Men's conference which included over 2500 men from all over South Africa. Our educators' wellbeing, in line with the presidential goal of social development, is being looked after. We also brought in social services such as therapy for learners to ensure we not only meet the educational needs of learners but take care of their mental and emotional wellbeing as well.

The management team would like to thank you for your continued support and we look forward to a fantastic new term.

NEWS AND EVENTS



WARM WELCOME

In an effort to fight the sad reality of the difficult situations many Grade 8 learners find themselves facing when they start high school, our Matric class of 2022 thought of ideas to make the Grade 8's feel welcomed in their new school. To do that they decided to host a Games day/Freshers welcome day. The social committee along with the prefects hosted a games day for the grade 8s to ease their fears and nerves. The seniors also joined in the games with the grade 8 learners and it's safe to say that fun was had by all.

by Alizwa Mazenjana



GOOD GREEN DEEDS



World Wildlife Day on March 3rd annually dedicates a celebration to all wildlife on Earth.

It is said that you cannot protect the environment unless you empower people. Advance For Life Christian Academy has taken that course into thought. "Cleanliness is next to Godliness." The young hearts of our Grade 10 learners were so elated to go to the ocean and make a difference in our world. The spirits were high and jubilant songs were sung to express their emotions of happiness. Learners were given protective equipment such as gloves for sanitary purposes. The aim was to pick up as much litter they could from the beach. All sorts of rubbish such as bottles, plastic and papers were picked up. Not only was this fun but it was informative and educational.

Sikeleleka Ntanga, a Geography learner, expressed that this initiative has broadened his mind about the environment. Unequivocally he'll take this with to the classroom. Our very own principal, Esther Wallis also lent a helping hand alongside Mr Magadza, the Geography teacher, who came up with the initiative and other Grade 10 teachers such as Mr.Owusu, Ms.Cele and Ms Nakani.

by Lisakhanya Ngejane



CAMPING OUT



Early in 2022, prefects were shipped off to a weekend at Hogsback on Hobbiton. What sounded like a weekend of fun and games, was quite the opposite for the unsuspecting student leaders of Advance For Life. After hours of sitting in a cramped minibus, the prefects arrived at the beautiful countryside of Hobbiton.

On the first day of camp the prefects played games at the hall which tested their coordination and their ability to listen and follow instructions which highlighted their flaws and ways to improve them. The second day started with an early morning dance session, followed by a hike in the hot sun and rugged terrain. Going to the waterfall was all downhill (literally and figuratively) but coming back was the real challenge. This tested their ability to work as a team, patience, and resilience.

Interviews:

- "The camp taught me how to be able to work well with my teammates and ultimately how to trust them, as that is a big factor when working in a team." -Alamle Belani,Head boy
- "I enjoyed the activities we did such as the hiking and mid ropes course which were physically demanding. I learned that cooperation, trust and encouragement make a great team."-Uviwe Nkume,Prefect

Though there was literal blood, sweat and tears, the prefects had lots of fun and built strong bonds among themselves and made memories they would keep for a lifetime, and the objectives to build trust among the student leaders and educate them about how they could improve their leadership skills was achieved!

By Lisekho Samson & Sisikelelwe Seku



VALUABLE TIPS FOR PARENTS AND LEARNERS



As we approach term 2, here are some valuable tips for both learners and parents.

As many of us know term 2 is one of the big academic terms. Many learners will experience an increase in homework and assignments as well as important term 2 tests and exams and this period can be stressful for both learners and parents.

Here are some helpful tips for both learners and parents to ease the stresses of the second term.



Homework Tips For Parents

1. Know the teachers — and what they're looking for.

Attend school events, such as parent-teacher conferences, to meet your child's teachers. Ask about their homework policies and how you should be involved.

2. Set up a homework-friendly area.

Make sure kids have a well-lit place to complete homework.

3. Schedule a regular study time.

Some kids work best in the afternoon, following a snack and play period; others may prefer to wait until after dinner.

4. Help them make a plan.

On heavy homework nights or when there's an especially hefty assignment to tackle, encourage your child break up the work into manageable chunks. Create a work schedule for the night if necessary — and take time for a 15-minute break every hour, if possible.

5. Keep distractions to a minimum.

This means no TV, loud music, or phone calls.

6. Make sure kids do their own work.

They won't learn if they don't think for themselves and make their own mistakes. Parents can make suggestions and help with directions. But it's a kid's job to do the learning.

8. Be a motivator and monitor.

Ask about assignments, quizzes, and tests. Give encouragement, check completed homework, and make yourself available for questions and concerns.

9. Praise their work and efforts.

Post an aced test or art project on the refrigerator. Mention academic achievements to relatives.

10. If there are continuing problems with homework, get help.

Talk about it with your child's teacher. Some kids have trouble seeing the board and may need glasses; others might need an evaluation for a learning problem or attention disorder.

Tips For Dealing With Test Anxiety For Learners

Use a little stress to your advantage.

Stress is your body's warning mechanism — it's a signal that helps you prepare for something important that's about to happen. So use it to your advantage. Instead of reacting to the stress by dreading, complaining, or fretting about the test with friends, take an active approach. Let stress remind you to study well in advance of a test. Chances are, you'll keep your stress from spinning out of control.

Ask for help.

Your teacher, a school guidance counselor, or a tutor can be good people to talk to test anxiety gets to be too much to handle. There's no shame in asking for a little help.

Be prepared.

Good study habits and skills are so important — and why no amount of cramming or studying the night before a test can take the place of the deeper level of learning that happens over time with good study skills. Having confidence going into a test means you expect to do well. When you expect to do well, you'll be able to relax into a test after the normal first-moment jitters pass.

Watch what you're thinking.

Watch out for any negative messages you might be sending yourself about the test. If you find yourself thinking negative thoughts ("I'm never any good at taking tests" or "It's going to be terrible if I do badly on this test"), replace them with positive messages, such as "I've studied hard and I know the material, so I'm ready to do the best I can."

Accept mistakes.

Everyone makes mistakes, and you may have even heard teachers or coaches refer to mistakes as "learning opportunities." Learning to tolerate small failures and mistakes is a valuable skill.

Take care of yourself.

It can help to learn ways to calm yourself down and relax when you're tense or anxious. For some people, this might mean learning a simple breathing exercise.

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