

THE CHRISTIAN COMPANION

The official newsletter of Advance For Life Christian Accademy



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HELLO TO OUR NEW READERS AND WELCOME BACK TO OUR OLD ONES!

Whether you're a long-time reader or a first-time one we thank you for taking the time to read our school's termly newsletter.

In this issue, you can find out about all that's happened over the course of term 2.



IN THIS ISSUE:

Primary School

THE PRINCIPALS DESK

A write-up from Mr. Leonard Flashman,
Principal of the primary school.

NEWS AND EVENTS



Other pieces

THE IMPORTANCE OF SLEEP

A fantastic article about the important role
that sleep has on a child and tips for a good
sleep routine.

OUR WISH LIST AND PRAYER REQUESTS

A list of goals and items we wish to achieve
for our school, ways you can help and how
you can lift us up in prayer.

NEW ADVERTISING PAGE

Found out more about how you can advertise
your business in our newsletter.

High School

MESSAGE FROM MANAGEMENT

A write-up from a member of our
management body at our high school.

NEWS AND EVENTS



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From the Principal's Desk

BY MR. LEONARD FLASHMAN
PRIMARY SCHOOL PRINCIPAL

Dear Parents/Guardians

As this term draws to a close, I would like to thank you all for your support. It has been a long term. Our staff has worked incredibly hard to ensure the continued growth of your children.

We recently had our sports day. It was amazing to see our students compete with such passion and 'sportsmanship'. The students took pleasure in watching our teachers run the relay. A few puffs on our side! I am very grateful to Miss Bester, Barnard, Fennell, and their team for the hard work and flexibility in setting up and running each of the events. The atmosphere was fantastic.

On another note, AFLCA says farewell to Mrs. Chinyama who has accepted a post-doctorate at Northwest University. Mrs. Chinyama has been an outstanding teacher who has contributed immensely to the professionalism of the school. Mrs. Chinyama will be sorely missed.

As a reminder:

School closes for term two on Thursday 23RD June 2022

School opens for term three on Tuesday 19TH July 2022

Blessings,



Mr. Leonard Flashman
Principal



**"Perseverance
is not a long
race; it is many
short races one
after the other"
– Walter Elliot**

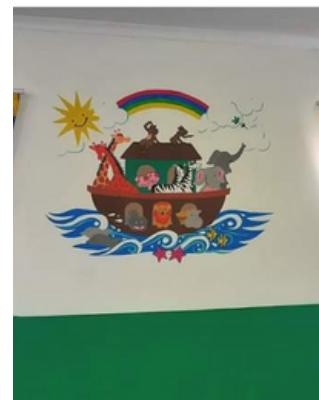
NEWS AND EVENTS



GRADE R GLOW UP

Our grade R's faces brightened up as they walked into their animal-themed classroom. We would like to give a big thanks to Vincent Hardware for donating the paint to our school and for making our classes a bit brighter and more fun. We are so grateful for your donation to our school.

This also means that our first classroom has been repainted for our Paint A Brighter Future Campaign, but we still have a long way to go. If you'd like to donate or help us reach our goal, please contact us or visit our Website at: www.advanceforlife.org/giving



SLIPPER DAY 2022

On the 6th of May 2022, we started our cold morning with warm feet as our Primary school participated in Slipper Day.

Slipper Day supports the Reach for a Dream foundation which helps make dreams become a reality for children with life-threatening illnesses.

By supporting Slipper Day, we all supported the initiative to fulfill dreams. As a thank you, everyone who supported received a free coffee from Wimpy. Our learners enjoyed showing off their slippers and our teachers enjoyed spending the day walking on clouds. Thank you all for helping us fulfill these children's dreams.



AFLCA NETBALL IS ON FIRE.



Well done to our u/10, u/11 as well as u/12 and u/13 netball teams and their coaches on your exceptional results this term.

The u/10 and u/11 netball team has played 2 matches and won 1.

Our u/12 netball team had played 3 matches and won 2.

The u/13 netball team has played 3 Matches and Won all.

AFLCA is very proud of you.

SPORTS DAY 2022



On a cool Friday morning, Advance for Life Primary ignited in a fun-filled day filled with fun games and delicious food. Friday the 3rd of June, we hosted our yearly Sports Day on our sports ground. This year we joined forces and both the Intermediate Phase and Foundation Phase learners joined together as one and played various games. There were loud bursts from the Drop and Pop Relay, and splatters of water from the Water Balloon Game. Learners had to make a quick sprint to fill their buckets to the top at the Water Sponge Relay and had to have a steady hand while carrying their potatoes on a spoon. There was hop hop hopping in a sack at the Sack Race and fast legs running the 100m and 50m races. The day was enjoyed by all while our fantastic "braai master" team cooked up the sausage for our delicious lunch packs for the day which consisted of a boerewors roll, a donut, some chips, and bottled water from Oasis. The day was a great success and ended off with a teacher's race, well done Faith on winning the race after Mr. Gavaza "flew" across the field ... literally.

Thank you to all that was involved in making the day a huge success.



THE IMPORTANCE OF SLEEP FOR KIDS



Why is a good night's rest important for kids?

Sleep is an essential part of everyone's routine and an indispensable part of a healthy lifestyle. Studies have shown that kids who regularly get an adequate amount of sleep have improved attention, behavior, learning, memory, and overall mental and physical health. Not getting enough sleep can lead to high blood pressure, obesity, and even depression.

What is the recommended amount of sleep a child should get?



It varies based on age. The American Academy of Pediatrics recommends:

- **Infants under 1 year: 12-16 hours**
- **Children 1-2 years old: 11-14 hours**
- **Children 3-5 years old: 10-13 hours**
- **Children 6-12 years old: 9-12 hours**
- **Teenagers 13-18 years old: 8-10 hours**



Tips to help kids get the recommended amount of sleep

Establishing a consistent bedtime routine is important. The routine should ideally start at the same time every night. As soon as the sun goes down, start to "wind down" the household.

- Dim the lights
- Stop use of electronics/screens at least an hour before bed
- Limit caffeine
- Take a warm bath
- Do a quiet family activity such as reading a short book
- If your child wakes up during the night, walk them back to their room with as little commotion as possible
- Set a wake-up time for when the child is allowed to leave his or her room. The child can play quietly until that time if desired.



What should parents do if none of this works?

If your child is having daytime sleepiness or behavior difficulties in school that you think might be linked to lack of sleep, you should definitely visit your pediatrician. It is not recommended to give your child any "sleep medications" without first consulting your doctor as many of these are not safe for kids.



Message from management

**BY ALLAN MAGADZA
HEAD OF DEPARTMENT (HOD)**

Dear Parents/Guardians

We have come to the end of yet another bustling term. Both the staff and learners were all assiduous in tackling the highly demanding activities of term two. The school management team (SMT) managed to persevere in its mandate to have a smooth day-to-day running of the school.

The primary goal this term is that of making sure that midyear exams are administered well as well as the achievement of the school goal of molding all-rounded, successful, and God-fearing students.

The management succeeded in making every grade write their midyear exams without any major irregularities. It is one of the goals of the SMT to maintain and uphold the integrity of all examinations administered at the school. Teachers went through an intense refresher course on invigilation in alignment with the Ministry of Basic Education and IEB regulations. Some isolated cases of cheating and dishonesty were noticed and dealt with by the management.

Please note that the school is not willing to compromise with regard to the exam integrity, principles, and ethos of the school and any threat to this will lead to expulsion as stipulated in the school regulations. However, to the same issue, we would like to applaud our matric class for leading by example as there were no cases of any dishonesty or cheating in all their exams. The junior grades have much to learn from such exemplary behavior. The school continues with its engagements with various stakeholders that contribute to the smooth running of the school. In this term, we saw an increase in parents' co-operation both directly and indirectly.

We encourage parents to visit the school and find different ways in which they can help in building the school. Eduvos (formerly Pearson Institute) partnered with us in conducting our annual tourism tour. We appreciate their efforts and have promised to continue in the same manner as one of our partners MFP Office solutions generously donated soccer kits to our soccer team as well.

We are pleased to inform you that our extra-curriculum activities have gained momentum. Our very first rugby team is now in full swing and has already played a couple of games with already established teams locally. Netball and soccer as well are flowing in the same vein. Our very first chess club was also launched and has played several tournaments locally and one of our chess players, Anisha Jikijela, has qualified for the national tournament to be conducted in Cape Town this year. As the management, we are proud of Anisha for this achievement. She is a leaving testimony and an example of girl child emancipation that the school highly stands for.

It is with great pleasure to inform you that the school managed to implement a number of efforts to its curriculum improvements through the introduction of free extra classes for the grade 12s in Accounting, Mathematical Literacy, and Pure Maths. The school shall also organize a Winter school for our grade 12s and there shall be an official communicate from the school in writing to the parents regarding the Winter school. From all at the management team, we would like to thank you for your continued support!

Yours
School management team

NEWS AND EVENTS



A MASQUERADE NIGHT

The matric farewell is a tradition that is held annually to give learners a chance to relax and have fun amid a stressful year. In a sense, it is a very integral part of being in matric and is a bittersweet moment for all as it serves as a means of celebrating reaching the final stages of a student's school career while also saying goodbye to the life that they once knew. The emergence of the covid-19 disease affected all our traditions, matric farewell included.

Mrs. Wallis took the initiative of trying to ignite once again the spirit of celebration by taking the time out of her schedule to formally invite the matrices of 2022 to their farewell in a very extravagant manner. Dressing herself up in a yellow ballroom gown and concealing herself with a masquerade mask, she called all the matrices together where she then proceeded to personally hand over to each matric present an invitation to the matric dance farewell.

by Hlela Joni



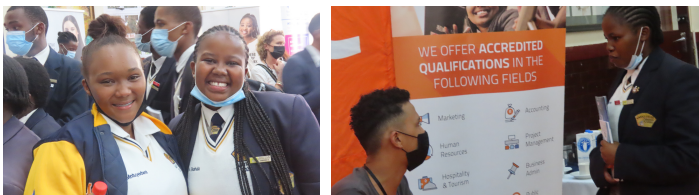
LIFE AFTER SCHOOL



A career day was held at the school on the rainy day of May 20th. It was, without a doubt, a fantastic and memorable day for all the students. Career days allow students to have a first-hand look at a variety of careers, particularly some they have never heard of. It broadens their horizons beyond traditional, well-known vocations like teacher or firefighter. They can also learn what skills and education are required for the sectors and fields in which they are interested and may have the aptitude, as well as ask questions.

Our students were taught and informed about a variety of vocations that they admire and would like to pursue. Children can start early and exhibit interest in their favorite professions by participating in Career Days. Career Days allow youngsters to begin early and exhibit interest in their desired careers, allowing them to grow into stronger professionals. This has helped us understand how all jobs have a satisfying component.

by Onam Dlokweni



BE YOUR COMMUNITY'S HELPER

A group of Grade 11 learners went to the Good Samaritan Child and Youth Center, located in Mdantsane Unit 3 for charity work.

The group donated a variety of toys, winter clothes, and food. Shortly after arrival, they played multiple games with the children for hours on end. Once the joyful playing came to an end, they ate hotdogs and pies with fruit juices and party packs. The Good Samaritan Child and Youth Center also had a special guest that visited, Reverend Pm Dawethi who lead a 30-minute prayer session as a goodbye to the bundles of joy.

Doing this has changed the lives and perspectives of this group of learners especially.

Helping is the most rewarding thing you can do. It does not just benefit the one being helped. The goal should be to make a kinder world and this kindness is achieved through helping people.

by Nika Releni



LET THE GAMES BEGIN...

The school had never before witnessed such jubilation and enthusiasm from its students as it did on our Interhouse Sports Day which was held on 24, March 2022 at Jan Smuts Stadium. Despite the rain, our students brought their best school spirit. The day held events from long and short distance races to hurdles and all athletes ran their hearts out, leaving all they had on the field, showing their devotion to their teams. Although only one team ended up winning there were no grievances or complaints from the other teams as everyone was aware that they had given their all and because of that they were victorious regardless. A shout out to our winners for 2022, the Faith House, which ended up taking the victory, and win or lose all our houses were equally celebrated. May they carry their victory with pride until we meet again next year.

by Thato Sidlayiya



As an NPC (Non-profit company) we are still 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 a whole but benefit our learners and staff.

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

DONATION

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.

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, tend to the field at the high school, and resurface our primary school field.

How can you help:

- You can make a cash donation to our GivenGain campaign.
- Volunteer labor 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 and 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 and 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/>

PRAYER REQUESTS

"Prayer is the means of sustaining a faith that at times can grow weak. The power of prayer is enriching, uplifting to hear our God speak." – Greta Zwaan

If you'd like to include our school in your prayers we greatly appreciated it.

PLEASE PRAY FOR:

- Our learner's protection as they travel to and from school.
- For families as they navigate the financial roller coaster that South Africa is currently facing.
- For the financial situation of the school that we be able to successfully get through this year.

**FOR MORE ON OUR
ONGOING PROJECTS
PLEASE GO TO OUR
WEBSITE:**

www.advanceforlife.org

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