

Dear PEPPS Community

## ANNOUNCEMENT



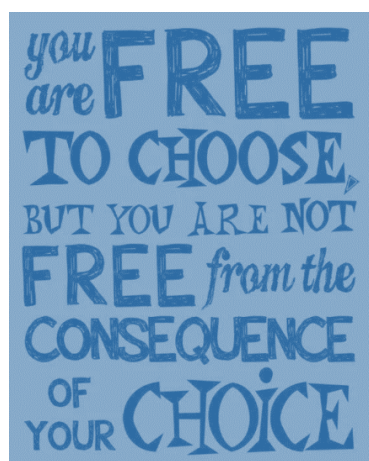
On behalf of Dr Ledwaba and The PEPPS Board, it is a great pleasure to announce the appointment of Amanda Korff as the Executive Head of our Schools effective 1 January 2023. Mrs Korff has been part of the PEPPS staff for 15 years. Her experience in both Prep and College teaching and management, as well as her strong commitment to progressive teaching methodologies, will set her up for success in this new role. She is a creator of leaders and has wisdom when it comes to managing resources and people. We trust that the announcement of this critical appointment will allow everyone to move forward securely and positively about the future. I am sure this is the beginning of another wonderful chapter for PEPPS and I wish Mrs Korff abundant blessings in her new position.

### **We all reap what we sow.**

Paul's letter to the Galatians 6: 7-8 says,

*'Do not be deceived: God cannot be mocked. A man reaps what he sows. Whoever sows to please their flesh, from the flesh will reap destruction; whoever sows to please the Spirit, from the Spirit will reap eternal life.'*

The discipline of children should not be overly permissive nor autocratic. One gives rise to brats and the other to traumatised individuals. In both cases, they go into the world as dysfunctional adults.



**Discipline with dignity** and clear conversations about expectations and **reasonable non-violent consequences**. We are fortunate parents who can be creative about consequences that are not destructive. One always tries to make the consequence relevant to the crime.

If a child creates a mess, they can be expected to clean it.

If a child is disrespectful it is appropriate that they apologise but that may feel insufficient and there is not an obvious short-term consequence that can be metered out that perfectly fits the crime.

This is where we may add a consequence that the child would prefer not to have.

As modern parents, we can disconnect the internet or put devices into time out as the quickest and easiest way to discourage poor behaviour and encourage good behaviour. For example, 'I need to see that you have done some reading and exercise before you may have your phone back.' This encourages good habits.

I am not suggesting that this is wielded as a weapon, but **if we want to raise self-disciplined adults it is important that they are held accountable for their choices** as children.

Constructive parenting suggests that a family meeting is held to discuss the expectations in your home and what the consequences would be if those expectations are not met. **The secret to effective parenting is effective and consistent communication.** Make time to stay in touch with your children's lives.

If we keep the doors of communication open we can help our children to make good choices and **form healthy habits**. We can **impart wisdom** to our children and assist them in building lives of significance. We owe it to our children to **guide them into being tomorrow's leaders**.

Children are fed a media diet of quick fixes and easy success and we need to remind them that **any success we enjoy has come at the price of hard work**.

In our engagement with our children let us seek to identify how to make them feel loved. Research is very clear that children who derail during adolescence almost all FEEL unloved by one or both of their parents. I know that almost all parents do love their children, but sometimes that child does not realise that, when we are always away for work, it is because we are working to provide them with a good education or when we are providing discipline and structure we are doing it to set them up for success.

I encourage you to explicitly tell your children that you love them and how the choices you make and the lifestyle that you structure shows them that you love them. Many of you will have come across Gary Chapman's Love Languages. Try to identify what makes your child FEEL loved and then prioritise doing more of that. In the long run this could save you a great deal of time and heartache since emotionally-complete children engage more positively with life.

There are abundant resources available online that explore using Love Languages to benefit your family's emotional health.



GET INTO THE  
HABIT OF ASKING  
YOURSELF "DOES  
THIS SUPPORT  
THE LIFE I'M  
TRYING TO  
CREATE"

JADEMARIE.CO.UK

# the LOVE LANGUAGES



Love Language of  
**Touch**



Love Language of  
**Service**



Love Language of  
**Words**



Love Language of  
**Time**



Love Language of  
**Gift**



As we head into the Christmas season and with Black Friday just around the corner, I encourage all PEPPS families to consider their environmental impact. PEPPS is a WESSA Eco-school and we hope to have our families always considering what is best for the environment.

Consumerism is often unnecessary and perhaps money can be spent on charity or time can be spent making gifts. Consider supporting small businesses rather than corporate giants and perhaps spend money on time together as a family or a wonderful shared meal.

There are many ways to make Christmas more personally special and less about buying more and more stuff.

Below are two links to articles with ideas:

<https://ethical.net/sustainability/eight-tips-for-a-non-consumerist-festive-season/>

<https://holidaypy.com/holidays/How-to-Have-a-Non-Consumerist-Christmas>

## ANNOUNCEMENTS

Vaping has started to trend among pupils as young as 10 and 11 in Limpopo. The perception is that vaping is harmless. The vaping industry consciously targets younger users by creating lovely tasting and smelling flavours. Although vaping may not contain all the harmful chemicals of tobacco smoke, it is obvious that sucking foreign chemicals into one's lungs cannot be a healthy choice. As adults, we can make the choices that work for us, but I ask all parents to **discourage vaping and also to remind their children that vaping is also dangerous**. Popcorn lung is a new condition that seems particularly linked to vaping. It also statistically increases the risk of seizures, stroke, bronchitis and heart attacks.



From the start of September, Mrs Delyn Jacobs has been offering **private Adult Learn-to-Swim lessons at PEPPS Polokwane** in the early evenings. She is a qualified swim instructor and can be contacted on 073 852 1506, after 17h00, if you would like to join the classes.

**Thank you to all families who have kept their fee accounts up to date** this year. If every family fairly contributes to our schools we are in a position to grow and thrive. The last fee invoice has just gone out at the start of November. There is no December invoice. Respectfully, I ask that all families ensure that the final outstanding amounts on the fee accounts are settled before school closes in December.



Yours in excellent education

*Annabel Roberts*

PEPPS Executive Head