

12 March 2021

Dear Parents,

As we draw closer to the end of term, students are preparing for their final test assessments and teachers will begin writing their reports in earnest, please support your children in this regard.

Extra-Curricular Activities

Our extra -curricular programme has kicked off with mixed success in certain areas of our school.

I am concerned by the lack of basic fitness by a greater part of our student community. I would like parents to support us as we try and instill a culture of health and fitness in our ISSA community.

The activities programme is designed in such a way that students have the benefit of doing a sporting activity, balanced by a cultural activity. In the junior part of the school these activities are compulsory. The common excuse I receive from students when I approach them for not getting involved in activities: "My parents know that I do not do sport." I feel completely paralysed when I hear this comment. As a leader of this institution, I am a firm believer in the educational philosophy of Healthy Body = Healthy Mind, because of the immeasurable success this combination yields, something I have personally witnessed in students after 36 years of serving in the profession. Parents I ask for your undivided support in this area.

I share an edited version of 6 Benefits of participating in High School Sports, by Michelle Crowley.

Physical Health and Wellness

High school sport promotes physical health during arguably the most important time of a young person`s life. Students that are engaged in sport are less likely to get involved in activities that will have a negative impact on their health. In addition to physical health, sports participation also promotes mental wellness. The stresses of performing well both academically and socially can be a heavy burden for students. However, by participating in sports, students not only gain an outlet to relieve stress, but also improve their mental wellness overall.

Leadership and Teamwork Skills

Teamwork, inclusion and equality are all major benefits of participating in high school sports. Sports also cultivates valuable life skills, such as empathy. As students experience what it is like to work as a team towards a common goal, they develop a better understanding of their peers. The teamwork and leadership they develop on the field often carry over into the classroom and beyond, creating a more positive culture in the school.

Mentorship

Coaches are the ultimate mentors for students. Coaches in our cases our teachers, who not only help students on the field, but also with academics, extra-curriculars and service opportunities as well as empower students to get more involved.

Time Management

Participation in sport teaches students the importance of properly managing their time. Whether it is a test schedule around a big game or event, students learn to balance schedules on a consistent basis. Like many other benefits of participating in the extra-curricular programme of the school, learning proper time management has a profound impact on students well beyond high school.

Improved Academics

Several studies have linked positive academic results from students participating in sport. Coaches and administrators agree that there are several transferable parallels between the classroom and the field. Some of these shared universal traits include being prepared and communicating effectively through team collaboration and inclusion.

Accountability and Responsibility

High School sport is beneficial because it teaches students to be responsible. The daily requirements of sport, such as showing up to practice prepared and on time, may seem small but they add up to build accountability into your adult life.

Celebrating Language and Culture

This morning I had the privilege of attending the Primary School Assembly to listen to our guest speaker, Mr Thapelino Medupe who is a Setswana Talk Show host on Mahikeng FM. He spoke to students about taking pride in their mother tongue and also spending time to understand the depth of their culture and embracing it with pride and dignity. Mrs. Mokoena our new Setswana teacher, shared with the audience that every Setswana surname had some deep significant meaning and our students needed to go back and research what their surnames meant. She also alluded to the fact that we needed to see Setswana books in the school library if we were to develop the language more seriously in the school, and encouraged students to write stories and poetry in their mother tongue. The Assembly was rounded off beautifully with Mr Medupe reciting Setswana poetry, and our students reciting and reading English and Afrikaans stories and poetry. I found the Assembly most educational and liberating. Congratulations to all the staff and students for celebrating our diversity in such a beautiful and meaningful way.

After-Care

I am conscious that some parents have been enquiring about Aftercare in the Primary School. This really is dependent on numbers and we are currently looking at a way we can provide this service to parents in an affordable way. Naturally if the numbers are bigger we will be able to keep the costs down. So I urge parents to please contact Mrs. Jenny Matthews telephonically or through the survey that was sent out, so we can have a fair idea of what the demand looks like.

I would like us to introduce Aftercare from the beginning of Term 2 if everything goes according to plan.



In conclusion, I would like to thank parents for their continuous positive support of the school. Please do not hesitate to call me if there is anything you wish to clarify.

Yours sincerely

Bruce Wells
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"If it's important to the child, it's important to us."

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