



WEEKLY SCRIPTURE

The 'magic' words: "THANK YOU"

Teaching our children to say "Thank-You" is something done from a very young age. (Think back to your 'Motherese' self insistently saying "Taaa" as you handed your little one something....)

In the same way, shouldn't we be more aware of saying Thank You to our Lord & Saviour...?

"Giving thanks is so important to being able to hear God's voice because, like praise and worship, it is something God responds to. It's something God loves and something that warms His heart. According to [Philippians 4:6](#), everything we ask God for should be preceded and accompanied by thanksgiving. A good habit to develop is starting all of our prayers with thanksgiving. Be encouraged to examine your life, to pay attention to your thoughts and your words, and see how much thanksgiving you express. God's word for you today: Speak words of thanksgiving."

[Adapted from the book: Hearing from God Each Morning by Joyce Meyer. Published by FaithWords]

Colette Jagles

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Mums Who Pray

We would like to encourage our TMC Mums to join the 'Mums Who Pray' every Thursday at 7.30am in the Great House Indaba Room ~ All are welcome. Tea/Coffee provided. The mums are diverse, approachable, and an always willing to help group of ladies. Join them as they pray for our children, parents, teachers, school and country.

Contact **Laura O'Loughlin** on 079 3317672 for more info.

GENERAL INFORMATION

2020 Term Dates

Please follow the link to our 2020 Term Dates [HERE](#)

Primary School Assessments (new applicants for 2020)

If friends/family were unable to attend the Open Days, please encourage them to contact Mrs Hartley who will gladly schedule a tour of the school and time to answer any questions they may have. Grade 00 (21, 22 & 23 May) and Grade 1 - 7 (25 May). Please contact Juliet Hartley should you have any queries on 031 764 8640 or jhartley@thomasmore.co.za.

Photography/Media Consent Forms (URGENT)

If you have not returned your consent form via your oldest child's register teacher - please may we request that you do so at your earliest convenience.

Transport

In order to assist with your transport, we have two bus routes available to students at Thomas More College. These include a bus that travels from the Westville area, and another that starts in Waterfall and travels through Hillcrest.

If you would like to make use of this facility, please complete one of the forms below:

Waterfall/Hillcrest Bus (mornings only) [Form](#)

Westville Bus (mornings and afternoons) [Form](#)

MESSAGE FROM THE HIGH SCHOOL HEADMASTER



Our children are more than capable of doing hard things when we allow them to. Having spent some time on Quest with our Grade 10s this past weekend, I was constantly reminded of their capacity to accept and navigate incredible challenge. The body is tired, the mind is fatigued, there's no cell phone comfort available, no fast food outlets for that convenient filler, no excuses – nothing but their own resilience, character and attitude. And our children show tremendous capacity to rise to meet that challenge.

Unlike our parents before us, today's parent is (typically) massively involved in their children's lives. This is not a bad thing at all; it is wonderful that families are sharing extensively in each other's experiences. However, we must safeguard against jumping in too quickly to form a buffer between our children and challenge. As previously expressed, our children are gifted with significant creativity in its many guises, a natural curiosity which we must nurture and encourage, and somewhere in their psyche they value challenge and the opportunity to traverse through challenge.

Being Tomorrow's Leaders Today, these are key tenets which we will have to cultivate in our young people if they are to flourish as successful adults. They will be expected to do hard things. Let us allow them to do so, because they can.

I want to thank all the staff who went away with our Grade 10s and 11s for gifting our children with their time away from home and their own families.

I also want to congratulate Mrs Meg Logan on her appointment as the IEB National Examiner: Dramatic Arts. As examiner, she has set some of the Grade 12 IEB Dramatic Arts examinations and, as such, will head up the marking committee in November. We are very proud of you, Mrs Logan, for representing Thomas More College in this space!

We bid a temporary farewell to Mrs Ballard today as she goes off on maternity leave. We wish her family every blessing and joy as they welcome their second child into their family.

I wish everyone a wonderful Long Walk.

Dave Wiggett
HS Headmaster
dwiggett@thomasmore.co.za

NEWS FROM THE PRIMARY SCHOOL HEADMISTRESS



Our netball girls are to be commended on the excellent progress they have made in their skills and agility. They were a delight to behold at the netball festival at St Mary's on Saturday and they did themselves, the school and their coaches proud. Very well done!

Sincere thanks to Mrs Cynthia Petzer and her team, Mrs Roberta Ramasamy as well as all those from the school who were involved in the organization, or offered support to our Grade 7s who took part in the Zenith Graduation on Monday evening. I thoroughly enjoyed the evening and commend all of the speakers on the progress you have made and the expertise and confidence with which the speeches were executed. This is a life skill which will stand you in good stead.

I was very proud also of our choir who took part in the Hillcrest Easter Festival on Tuesday evening. They really sang well and were also very well behaved, flying our TMC flag high. A huge thank you to our HOD: Culture, Mrs Ramasamy and to Mr Sherwin Ganasen for all the work that has gone into this, as well as to Mr Andile Madonsela.

Our cricketers play their final cricket match of the season against our old travelling friends from the UK, Papplewick, next Thursday, despite it being a public holiday and part of a long week-end. Thank you to those families hosting.

Tomorrow, Saturday 16th March sees our compulsory Long Walk. As already explained, the Senior Primary will start the 25 km route in Elizabeth Road Park in West Riding (Hillcrest). **Children should be at the open fields by 07:00 to register etc. for a 07:30 staggered start.** This area is strictly a drop and go area. Only parents who have registered may walk with the children. They will need to be dropped off as **the cars may not be left there.**

A few reminders:

- **Next Monday, 18 March, is a civvies day** to say thank you for the donations received for our Sponsored Walk.
- Our SP long distance gala takes place on **Wednesday 20 March from 10:20 to ±12:00.** School closes normal time.
- Next Thursday is a Public Holiday and next Friday is a school holiday,
- **Monday 25 March are our Parent/ teacher interviews** from 15:30 to 18:30 in the Habberton Hall.
- **Our inter-house gala** is also the following week, **26 March** starting at 08:00. Children will be able to go home straight after the gala which ends at around 13:00.

Wishing you all the best for a successful and enjoyable Long Walk and for the busy, but short week ahead - the last week for extra-murals this term unless by special arrangement.

Barbara Taljard
PS Headmistress
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NEWS FROM THE FOUNDATION PHASE HEADMISTRESS



The excitement of Long Walk is tangible! Our children can't wait. A big thank you to our Class mums and those parents who have helped to make this a wonderful day.

Last year, we appealed to parents not to allow children to play Fortnite, Chuckie and the likes. This year we have a new worry – Peppa Pig with bloody tears, as well as the MoMo challenge.

So, again I am urging you not to allow your children to go onto the internet unsupervised. If your children are watching Peppa Pig or similar, please don't allow them to watch from YouTube. There are all sorts of "nasties" embedded in the clips. Children's programmes from DVDs or downloaded from the internet may be safe, but I was reading some very alarming stats which state that an hour of screen time for a young child is

like a "shot" of cocaine! Dramatic you may think, but it is my belief that screen time has a direct impact on the way children behave and socialise.

Our children are natural techno-boffs from a very young age, and we can only marvel at how quickly they learn to use the iPad or cell phone. Whilst it may be true that technology leads to advancement and future jobs, where is the creativity and problem solving or entrepreneurial thinking that are the skills, which will create a well-rounded child with a mind, open for learning? Rather than a mind addicted to instant gratification as well as a child who can be aggressive, can't sleep at night, lacks social skills and has delayed speech and motor skills?

It can also be argued that children need these techno skills to have an advantage over others at a later stage, but stats also show that children need exposure to outdoor light as opposed to the blue light from devices and screens. The light from screens overstimulates the brain, which inhibits sleep, and, we are noticing more and more children having to wear glasses from a very young age, which supports the theory that natural outdoor light is good for brain and eye development. I have

read that children who develop myopia do so because the eye grows to focus on the frequently observed, near-viewing field. Of course, this could also be hereditary. My research also showed that a child needs about 14 hours of outdoor time a week to reduce the risk of near-sightedness.

I also believe that life is all about balance and we need to get this right from a young age. Exposure to every life opportunity rather than narrowing the field to one kind of lifestyle will give children this balance.

Going back to my paragraph about Peppa Pig, please use the link below to see the dangers of YouTube and seemingly innocent children's videos. If you don't wish to watch the whole thing, skip to the clip at about the 3 minute mark, to see.

<https://www.youtube.com/watch?v=viw54a7EVeY>

Wishing you all a wonderful weekend.

Dr. Seuss says: "I like nonsense, it wakes up the brain cells. Fantasy is a necessary ingredient in living."

Deni Hornsey
FP Headmistress
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ACADEMIC, SPORT & CULTURE ACHIEVEMENTS

Please remember to submit your achievements to the cultural or sports HOD in your phase for inclusion in the weekly newsletter.



Weekly Achievers

Sponsored by Roman's Pizza (Kloof). We encourage our families to please support Roman's as a token of appreciation for all that they do for Thomas More College.

1B	Isabella Harrison for the lovely improvement in her work pace and the neat presentation of her tasks.
1R	Cheyenne Gowar for her hard work this week and for her happy smile
1S	Ethan Cochran for super progress with his sight words and for trying hard to work independently
2D	Ethan Saint for showing such good self-control this week and trying hard to do neat work in his books.
2K	Maddison-Rose Gibson for her joyful and gentle disposition and for obtaining 2 silver medals in her Irish Dancing competition. I am proud of you!
2R	Jocelyn King for kindness shown towards her peers and for her wonderful work ethic.
3B	Thomas Stephens for working consistently well and for being well mannered and helpful in the classroom.
3M	Amy Boyd for always giving of her best and always helping others.
3V	Ethan Horne showed great enthusiasm during our cross curricular week. He particularly enjoyed the various Science experiments.
4J	Tara Saint for always giving of her best effort towards her schoolwork.
4D	Rachel Beyers for her responsible approach to her school day and always willing to help others.
4C	James Dreyer for his excellent Maths and manners.
5McG	Kathryn Hodges for her wonderful manners, consistent effort and positive attitude.
5M	Keira Browning for always working hard in the classroom and giving of her best on the sports field.
5V	Lwezi Ngcobo for his cheerful, friendly nature and for his neat work in all of his books.
6F	Grace Brien for her dedication in Maths lessons and for her enthusiasm in the subject.
6L	Mackenzey Layden for her positive attitude to her school day and always giving of her best.
6McC	Dhruv Kalicharan for his friendly smile and his happy and positive attitude towards his school day.
7J	Yandiswa Sibisi for her enthusiastic participation in class and her tenacity.
7CH	Michael Dreyer for always being willing to help and his wonderful manners.
7M	Brayden Doran for being an exemplary gentleman and a positive role model.
7C	Yogindra Pillay for his good manners and humble nature.



SP Toppies 'n Tots Golf Day

Congratulations to the winners of our 1st Term Toppies 'n Tots Golf Day - Anthony and Miguel de Freitas. [pictured left]

Snake Ball Comp: Guy and Brunton Bigalke
Longest Drive: Ross Hofmann
Nearest the pin: Adam Gray
Hacker Award (Toppies): Zach Buchan
Freshee Award (Toppies): Josh Wiborg

KZN Cricket

Congratulations to Kai McCormick on being selected to attend the final KZN U11 Cricket trials in August.

Diving

Congratulations to Madison Campher on being placed 3rd in the KZNA Inter Schools' Diving Competition.



Dance Sport

The High School dancers [pictured left with coach - Jaime Wiggett] competed in their final inter school dance sport competition at Westville Girls' High this past weekend. The girls came out victorious winning the Girls' league for 2019. The following pupils were also chosen to go to the second round of KZN trials.

Nomswazi Shembe
Kailin Wiggett
Luyanda Mlambo
Lyanda Mtolo
Nothabo Dlamini
Rorisang Dlamini

Ballroom Dancing

Congratulations to Isabelle Gard and her partner who placed 1st in Bronze Star Grade Juvenile Ballroom and 2nd in Gold Star Grade Juvenile Latin American at the Autumn Festival in Hillcrest. Isabelle was also awarded Princess of Latin. Well done Isabelle.

Modern Dancing

Congratulations to the following pupils who were examined in Imperial Society of Teachers of Dancing Modern Dancing:

Sarah Clark - Grade 2 Distinction
Emma Croucamp - Grade 2 Distinction
Sienna Raath - Grade 2 Distinction
Tara Saint - Grade 2 Distinction
Ethan Saint - Grade 2 Distinction
Jamie Croucamp - Primary Distinction

Cycling

Anvia Bredenkamp competed in the SA Downhill Cup Series at Cascades and won silver medal in U16 girls. Well done Anvia.

Golf

Kwezi Mdulil and Luke Rall played in the SA kids golf at Kloof on Sunday. For age 13 to 14 Kwezi placed 2nd and Luke placed 3rd [pictured right]. Well done!

Irish Dancing

Hayley Parker, Stephanie de Moor, Danielle de Moor, Emily de Klerk and Naomi Easson competed in the KZN Feis for Irish Dancing on Saturday 9th March.

In the Priomh Comortas competition:

- Emily was placed 2nd overall for PC1 (1st in round 1) and 6th overall for PC2 (7th for hard shoe and 3rd for soft shoe)
- Danielle placed 6th overall for PC3



- Naomi placed 3rd in the PC3 soft shoe round
- Hayley placed 4th overall for PC4 (3rd for hard shoe)
- Stephanie placed 2nd in the PC5 soft shoe round

In the Ceili's (group dances):

- Danielle and Naomi's team won the 10yrs & under 3-hand ceili as well as the 10yrs & under 4-hand ceili
- Hayley's team won the 11-14yrs 3-hand ceili, and 2nd in the 15yrs & older 4-hand ceili
- Hayley and Danielle's team won the 11-14yrs 4-hand ceili

In the Feis (individual dances):

Hayley placed 2nd for Advanced Tus Slip Jig and Advanced Tus Hornpipe

Stephanie placed 2nd for Mean Slip Jig and Bun Traditional Set, 3rd for Advanced Tus Single Jig and Advanced Tus Hornpipe, and 4th for Advanced Tus Treble Jig.

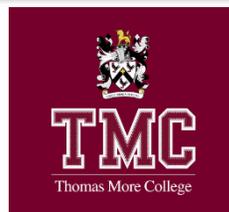
Danielle placed 4th for Bun Treble Jig and 6th for Tus Reel.

Emily placed 2nd for Bun reel, Bun Single Jig and Bun Slip Jig and 4th for Bun Light Jig.

Naomi placed 2nd for Tus Reel and 4th for Tus Single Jig.

Well done ladies!

QUICK LINKS / WHATS ON



PARENTAL CONTROL

Facilitated by Clinical Psychologist
Kirsten Baldocchi & Registered
Counsellor Debbie Cotton

Talk, Learn, Connect (TLC) is a parent support group available to parents, grandparents, guardians and caregivers at Thomas More College. The aim is to provide reassurance and a sense of community to people dealing with similar concerns. During our time together we would like to exchange information, find ways to cope better and be available to support each other.

LET'S CHAT ABOUT WHICH PARENTING APPROACHES ENCOURAGE, SUPPORT, GUIDE AND EMPOWER CHILDREN WHILE STILL BEING IN CONTROL, AS THE PARENT/GUARDIAN/CAREGIVER. JOIN US IN THE DISCUSSION ABOUT CONTROLLING THE SITUATION INSTEAD OF CONTROLLING THE CHILD.

When: Wed. 20 March 2019

Where: TMC, AEU

Time: 12.30pm - 1.15pm

Refreshments will be provided

RSVP

dcotton@thomasmore.co.za



Academic Calendars	Sporting / Cultural Calendars	Portals
	<p>Please note, the HS and SP share the SOCS programme for sporting fixtures & results, please ensure you check the age groups so as not to confuse the different phase fixtures.</p>	<div style="display: flex; flex-direction: column; align-items: center;"> <div style="display: flex; justify-content: space-around; width: 100%;"> <div style="background-color: #e91e63; color: white; padding: 5px; border-radius: 5px;">PARENT</div> <div style="background-color: #455a64; color: white; padding: 5px; border-radius: 5px;">STUDENT</div> </div> <div style="display: flex; justify-content: space-around; width: 100%; margin-top: 10px;"> <div style="background-color: #455a64; color: white; padding: 5px; border-radius: 5px;">ALUMNI</div> <div style="background-color: #e91e63; color: white; padding: 5px; border-radius: 5px;">STAFF</div> </div> <div style="background-color: #e91e63; color: white; padding: 10px; border-radius: 5px; width: 100%; margin-top: 10px; text-align: center;">D6 School Communicator</div> </div>