



Dear Parents

03 February 2023

The first term of the year is dominated by athletics and today is another Athletics Meet at Louis Trichardt High School this afternoon/evening. The positive impact of participating in sports goes beyond the 'natural high' of winning; there are multiple developmental, emotional and social benefits to physical activity. The portion below is an abstract from Health Direct:

How will my child's development benefit from sport?

The benefits of participating in sport go beyond learning new physical skills. Sport helps children develop better ways to cope with the highs and lows of life. When they're playing sport, sometimes they will win, while at other times they will lose. Being a good loser takes maturity and practice. Losing teaches children to overcome disappointment, cope with unpleasant experiences and is an important part of becoming resilient.

Playing sport helps children learn to control their emotions and channel negative feelings in a healthy way. It also helps children develop patience and understand that it can take a lot of practice to improve their skills. Children can then apply skills like perseverance and resilience in other areas of their life, including in the classroom at school and with other non-sporting hobbies.

What are the social benefits of participating in team sports?

Playing in a team helps children develop many of the social skills they will need throughout life. It teaches them to cooperate, be less selfish, and to listen to other children.

It also gives children a sense of belonging. It helps them make new friends and builds their social circle outside school. An important part of playing in a team is accepting discipline. Playing sport means children are expected to follow rules, accept decisions and understand that they could be penalised for bad behaviour. It teaches them to take directions from the coach, referees and other adults. Sport also teaches them about teamwork.

Are there other benefits to participating in sport?

Physical activity has been shown to stimulate brain chemicals (called neurotransmitters) that make you feel better. Playing sport regularly improves children's overall emotional wellbeing. Research shows a link between playing sport and self-esteem in children. The support of the team, a kind word from a coach, or achieving their personal best will all help children feel more confident.

What role do parents play in children's sports?

To keep your child interested and enjoying sport, try to make it a positive experience for them. Focus on having fun, giving it a try and being active, rather than winning or losing.

You can help your child develop a positive sporting attitude by praising the team's or other children's efforts, even if they don't win. Point out to your child how important it is to try and do their best.

Make sure comments from the side-lines are positive, and don't criticise children who make mistakes.

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Developmental benefits

Development from sport goes beyond learning new physical skills. Sport helps children develop better ways to cope with the highs and lows of life.

When they're playing sport, children learn to lose. Being a good loser takes maturity and practice. Losing teaches children to bounce back from disappointment, cope with unpleasant experiences and is an important part of becoming resilient. Playing sport helps children learn to control their emotions and channel negative feelings in a positive way. It also helps children to develop patience and understand that it can take a lot of practice to improve both their physical skills and what they do in school.

Emotional benefits

Physical activity has been shown to stimulate chemicals in the brain that make you feel better. So, playing sport regularly improves children's overall emotional wellbeing.

Research shows there's a link between playing sport and self-esteem in children. The support of the team, a kind word from a coach, or achieving their personal best will all help children to feel better about themselves.

Social benefits

Playing in a team helps children to develop many of the social skills they will need for life. It teaches them to cooperate, to be less selfish, and to listen to other children.

It also gives children a sense of belonging. It helps them make new friends and builds their social circle outside school.

An important part of playing in a team is accepting discipline. Playing sport means children are expected to follow rules, accept decisions and understand that they could be penalised for bad behaviour. It teaches them to take directions from the coach, referees and other adults. Sport also teaches them about team work.

Reference:

<https://www.healthdirect.gov.au/developing-life-skills-through-sports>

ATHLETICS – LTT HIGH SCHOOL

Our athletes will be competing at LTT High School this afternoon/evening. Items commence at 13:00. All events will be concluded at approximately 22:20, please can we remind parents to collect their children promptly after the athletics.

USER-GROUP CONFERENCES

Our Grade 12 teachers will be attending various IEB User-Group Conferences over a three-week (weekends) period.

SATURDAY CLASSES TOMORROW

The following Saturday Classes will be underway tomorrow:

Grade 12s – Accounting (08:00-10:00) & Chemistry (10:30-12:30)

Grade 11s – Accounting (08:00-12:30)

GRADE 8 INDUCTION CEREMONY

We will hold our Grade 8 Induction Ceremony on Tuesday morning (7 February) during the Assembly slot. This is our formal welcome ceremony for our new Grade 8 pupils.

GRADE 8 & 12 EVENING

Our Grade 12s and staff will host our Grade 8s on Friday 10 February. Information has already been circulated on arrangements for the evening. It is an afternoon/evening of fun allowing our Grade 8s to engage with their seniors and reinforce their welcome to the Ridgeway High School Family.

KIND REGARDS

Dr. G.W Elliott

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