

RIDGEWAY PREPARATORY NEWSFLASH

Issue 44



16 April 2021

Dear parents,

Welcome back to the start of Term 2 academic year.

On Wednesday, we hosted a special assembly which included the announcement of our 4 Head Leaders for this academic year. Congratulations to Ayush Patel (Head Boy), Abigail Manyoha (Head Girl), Victor Gumbo (Deputy Head Boy) and Shazana Asvat (Deputy Head Girl). We wish them all of the best with their new responsibilities and know that they will do a sterling job.

Our Tuck shop will start operating from next week Monday, 19 April. However, we will only serve a limited menu for now. More products will be introduced once we have a safe and Covid- friendly procedure in place during break time. Toasted sandwiches, crisps, juices, chocolate, biscuits and juice will be on sale. Please do NOT allow your child to travel to school carrying large amounts of money, it is not necessary. Students must also keep their money in a safe place where possible. The school cannot be held accountable for the loss of any monies carried by the students for tuck shop purposes. Covid rules in terms of sanitizing the relevant surfaces will be strictly adhered to.

Last, but not least, we are currently busy with interviews for the vacant post in our Grade R class at the ECD. We are hopeful that we will be able to appoint a suitable candidate within the next 2 weeks – we will keep parents updated.

This week during assembly, we once again spoke about the 4 G's we promote in our school namely GREET, GROUNDS, GROOM, GENEROSITY. In light of our discussion, I would like to share the following article with you – it is worth reading and sharing with your child/children:

IS YOUR CHILD A BUCKET FILLER OR A BUCKET DIPPER?

When children are toddlers we tell them to be nice to the cat and to stroke the dog softly. One of our responsibilities as parents is to bring our children up to be kind to others.

Kindness, compassion and empathy are wonderful character traits that are not exactly taught but are generally caught, through real life experiences.

Most of our children have wept over situations where another child has been horrible or unkind to them. This is how they learn about life. They need to experience both sides of the coin to understand what kindness feels like; otherwise it is just an abstract concept.

I came across an award-winning children's book recently, called **Have You Filled a Bucket Today?** by **Carol McCloud (Fern Press, 2006)**. The practical and teachable concept behind this happiness guide is that everyone is born with an invisible bucket that needs to be filled with love and nurturing, healthy touch, singing, play, attention and safety. Children need to learn that everyone else also has an invisible bucket that needs to be filled, and they can help to fill those buckets too.

In order to teach our children to be bucket fillers, we must role model bucket filling by filling their buckets on a regular basis and pointing out how others fill our buckets in different ways.

Carol writes: "Your bucket has one purpose only. Its purpose is to hold your good thoughts and good feelings about yourself. You feel very happy and good when your bucket is full, and you feel very sad and lonely when your bucket is empty. Other people feel the same way too...When you make someone feel special, you are filling a bucket."

She also talks about 'bucket dippers' who are people who makes others feel bad, sad, upset and lonely, to name a few. When we do that we steal good feelings from someone else's bucket. Bullies who do mean things or make others feel bad are bucket dippers.

"Many people who dip have an empty bucket. They think they can fill their own bucket by dipping into someone else's....but that will never work. You never fill you own bucket when you dip into someone else's. But guess what.....when you fill someone's bucket, you fill your own bucket too!"

The bottom line is that we are either filling up or dipping into each other's buckets by what we say and do. Our planet needs lots of great bucket fillers to make the world a better place. A lovely dinner table conversation could start with this question: "So how did you fill a bucket today?"

Kind regards

Jannie Le Roux



HEAD LEADERS 2021



GRADE 7A
FRIDAY
SHIRTS



GRADE 7B
FRIDAY
SHIRTS

Launching the new school flags