

# The Chelsea Signal



## MUSIC



### Impromptu musical item

Grade 7 Blom started an impromptu (spontaneous and without rehearsing it) musical item during their lesson.

## PERFORMING ARTS



### A walk in the bush to music

The Grade Six Performing Arts Assessment for term two was "A walk in the bush to music". Here are some of the pupils after their "walk in the bush".

## From the Acting

## Principal's Desk

**"Safety of our children - our main focus."**

Thank you to all the parents who attended the Tablet presentation evening on the use of tablets and technology in Grade 6 and 7. Chelsea continues to be a leading school in order to provide our pupils with the best possible academic opportunities.

Thank you too for attending the presentation by Clive Human on the 'Dangers of Social Media'. We are reminded again that the legal age for the use of Facebook, Instagram, We Chat etc. is 13 years old, What's App 16 years old and You Tube accounts 18 years old. Chelsea blocks all these sites and the control of such use of technology is the responsibility of parents, with an incredibly high percentage of pupils having their own cell phones.

As we move closer to test week, I request that you check daily the written proof your child is doing in preparation. A parent I chatted to recently was quite unaware that her child had not been doing any homework, so I urge you to keep in touch with your child's learning programme. Thinking maps, spidergrams, key words and mnemonics should be used regularly in studying, and the only real way to learn Maths is by practising and re-doing activities.

Tickets are on sale for the 'Musical Moments' show, a magical evening of music, dance and drama, which will include performances by the Chelsea and Northway choirs. As parents and families of both campuses are invited, you would be wise to buy your tickets early to avoid disappointment.

There will be no extra mural activities during the exam week from 28 May to 5 June 2018. Please be sure to make arrangements well in advance for fetching your children from school. Thank you to Mr Klingbeil who has transformed the area under our big beautiful tree near the Chelsea Drive entrance into a garden with benches, bird feeder and bird bath.

We have put a number of measures in place in an attempt to increase the safety of our children during the school day, and to increase the visibility of our car guards during functions for the safe keeping of cars, and we really appreciate parents who are using our drop off zone in the bottom car park correctly. I appeal to parents to remember to respect others when fetching and dropping off your children. Consideration to others, is what we try to teach your children at school, and if parents can remember this simple value, it will go a long way to ensuring the safety of our children. Sadly one of our car guards was knocked off his bicycle when doing car patrol on Saturday morning. Although he is fine, he needed to be taken to hospital by ambulance.

A concern is the number of parents fetching their children after 2:30 pm in Chelsea Drive. The rule is if parents have not fetched their children by 2:30 pm in Chelsea Drive, the guard will ask them to wait in the bottom carpark waiting area. Likewise, if parents do not fetch their children promptly at 3:30 pm after extra mural activities, they will be sent to the bottom waiting area.

Enquiries have again been made with the traffic department about improving safety outside Northway, and due to the classification of Kenneth Kaunda, speed calming devices may not be installed. We appeal to parents to exercise extreme caution when fetching and dropping off your precious children at Northway.

**S WILLIAMS (Mrs)**

**ACTING PRINCIPAL**



**Grade 6 and 7 Presentation on "Dangers of Social Media"**

**A. The Feeling Brain (pleasure centre)**



The Feeling Brain - in charge of keeping my body alive. For example, sweat when hot - feeling brain telling your body to sweat to cool you down. Shiver when cold so put a jacket on etc. Feeling brain is also in charge of your basic drives that keep you alive. It makes you feel hungry or thirsty.

It also has a special system that gives you the feelings of pleasure when doing important things. Doing well at school, or at sport, makes one feel good.

One big problem with the feeling brain is it doesn't know right from wrong!

### **B. The Thinking Brain (frontal lobe)**

The Thinking Brain - helps to solve one's problems and it makes plans and exercises self-control. It helps you make good choices because it remembers the consequences of your bad choices. So the 'thinking brain' helps to solve problems, use self-control, and make smart choices between right and wrong, good and bad.

A good thing about the 'thinking brain' is that by exercising your 'thinking brain' you can make it stronger.

Academics and sport as an example.

**Both our brains are important** but as we grow up we need to make sure the 'thinking brain' is in charge because the 'feelings brain' does not stop to think of consequences before acting. You can stay safe by keeping your 'thinking brain' in charge.

Addiction – by spending too much time on Social Media and gaming, one can become addicted, so we need to be aware of how much time is spent on these activities daily.

In China – Boot Camps have been held in holidays for 4 – 6 weeks, to help children cope without electronic devices on a daily basis.

Be aware of having cell phones etc. next to you while studying and doing homework as this disruption can affect learning.

### **Legal age for Social Media:**

- Face book, Instagram, We Chat etc. – 13 years old
- WhatsApp – 16 years old
- You Tube accounts – 18 years old

Parents have a right to check children's use of electronic devices. Parents have taken out the cell phone contracts and are responsible for children up to 18 years old.

Terms and conditions when opening Social Media accounts give permission for any postings to be used, so be very careful what you post: messages and photos.

Private settings are useful and a must, but not completely safe.

Sexting is sharing photos of yourself or other people naked and is a criminal offence, which can affect your ability to get visas and jobs later in life, as anything posted, is on the internet forever, even if you post something and delete it within seconds.

If children see something online they are worried about, don't understand, or feel uncomfortable with, it is critical they speak to their parents or an adult they can trust. Keeping the information to themselves can cause unnecessary worry. It is extremely important that they can express their feelings to their parents. Their parents will be grateful they have the opportunity to discuss the concerns with their children.

Be brave enough to talk to parents.

If a child feels they can't talk to their parents or an adult, they may consider writing a note to the adult. It is very important to make wise choices and to think before posting or sending a message.

Cyber bullying is sending unkind and mean messages about others. One should never message without considering what it would be like to be on the receiving end of harmful, often untrue information, and which they would not like to be said about themselves. Don't say anything online that you wouldn't say face to face with someone.

Guidelines for personal information

- Never have your location turned on.
- Do not hand out your address or phone numbers to anybody. If you are on WhatsApp, other people will have your contact numbers.
- Be aware of Stranger Danger.

Online gaming. Be aware you may be playing a game with someone you don't know and they may be building up personal information about you. This can be unsafe as they can stalk you. Not everyone who is online, is who they say they are. Strangers can befriend you without you realising it.

Gaming can be addictive and takes up so much time, that studies can be affected, especially when playing games with people in different time zones in the world. Many university students have fallen out of university for this reason.

Clive speaks in prison to people who have made bad choices, so think before posting or sending messages.

There is no app more dangerous than others. It is how you use the apps that make them dangerous.

Can Social Media be good?

Yes, if used correctly and wisely. Internet and Social Media can be incredibly useful. It has made the world a smaller place and has enabled much learning.

Clive showed the video that the parents were shown in the evening.

<https://www.youtube.com/watch?v=Bb1hkljcSJQ>

**Manage the time your kids spend on their tablets and smartphones.**

**Parents may like to investigate this app that allows parents to monitor use of cell phones and electronic devices.**

<https://screentimelabs.com/>



## SPORTS NEWS

Dear Parents

With the examinations almost upon us, this will be the last week of sport practices for a while. Practices come to an end on Friday 25 May and resume on Tuesday 5 June, the day examinations conclude. There will be no sport this weekend with the exception of the U12A and U13A netball teams playing in the Fatima netball festival on Saturday 26 May. There is, however, a round of rugby and netball fixtures on Saturday 2 June away to Penzance Primary.

This situation is unfortunate, we do however have no choice but to honour this fixture due to all our fixtures for this year being finalised in 2017. We do appeal with parents to please assist us in allowing your children to please participate in these matches against Penzance on Saturday 2 June as we do need them to play otherwise teams will be short of players. We apologise for this being during the exam period but as explained, these fixtures were finalised before our examination dates were.

### **Upcoming tours and tournaments:**

1. Saturday 9 June 2018

- 1st team girl's hockey tournament at St Mary's

2. Friday 15 and Saturday 16 June 2018

- 1st team boys hockey tournament at Northwood

3. Friday 15 and Saturday 16 June 2018

- 1st team girls hockey tournament at Danville (tbc)

4. Friday 28 to Sunday 30 September 2018

- U10A cricket tour to Clifton Nottingham Road

5. Friday 28 to Sunday 30 September 2018

- U11A cricket tour to Treverton

6. Friday 28 to Sunday 30 September 2018

- U11B cricket tour to Kearsney College

7. Saturday 21 and Sunday 22 July 2018

- 1st team girls and Boys hockey tour to the Midlands

**Results of the netball matches vs Our Lady of Fatima:**

- U10A won 22 – 5
- U10B won 5 – 2
- U10C lost 2 – 3
- U10D won 8 – 5
- U11A lost 4 – 7
- U11B won 3 – 2
- U11C won 3 – 2
- U11D tied 3 – 3
- U12A won 26 – 3
- U12B won 9 – 8
- U12C lost 3 – 7
- U12D lost 4 – 10
- U13A won 12 – 11
- U13B won 9 – 8
- U13C won 15 – 2
- U13D vs Fatima U13C lost 3 – 9

**Results of the rugby matches vs Clifton:**

- U9A won 50 – 5
- U9B won 30 – 10
- U9C lost 5 – 30
- U10A lost 10 – 20
- U10B won 20 – 15
- U10C won 15 – 10
- U11A won 21 – 14
- U13A lost 15 – 10
- U13B won 12 – 0
- U13C tied 0 – 0

### **Sport this week:**

1. Friday 25 May 2018

- U13A Umlazi Netball Tournament at Hoy Park

2. Saturday 26 May 2018

- U12A and U13A Fatima Netball Festival at Fatima

### **Sport next week:**

1. Saturday 2 June 2018

- Netball and rugby matches vs Penzance at Penzance

## **WEEKLY CALENDAR**

### 24 - 30 May 2018



### **Thursday 24 May 2018**

- Pre Exams
- Boys U12/U13 KZN Hockey Trials at 3Schools Astro from 10:00 am to 5:00 pm

### **Friday 25 May 2018**

- Pre Exams
- Grade 7 move to hall at 11:00 am
- Service Team Meetings
- D&D Chess at Northlands Primary

### **Saturday 26 May 2018**

- U12/U13 Fatima Netball Tournament
- D&D Chess at Northlands Primary
- U10/U11 Tennis at St Mary's

### **Monday 28 May 2018**

- Exams

### **Tuesday 29 May 2018**

- Exams
- Grade 6 Soup Kitchen

### **Wednesday 30 May 2018**

- Exams



## PHYSICAL EDUCATION

### Grade 7 PE at Chelsea

Grade 7s having fun during their PE lesson.



## GRADE 6

### Particles of Matter

Grade 6 Morris hard at work on their Science projects.

This term's task was based on the particles of matter.

The learners had to use creative tools and ideas to create objects and particles to represent a solid, a liquid and a gas.







## ENVIRONMENTAL TEAM

### Plastic Collection



Environmental Team: Plastic Collection Presentation on Friday 18 May during assembly, urging the pupils to bring their plastic containers to school.

<https://www.facebook.com/151093884947135/videos/1788288961227611/>



## GRADE 7

### Natural Science Lesson



Mr Widdows' Natural Science lesson with Grade 7 Trytsman.

They were testing substances using litmus paper, to determine which household items are acids or bases.



## OLIVER'S TRAVELS

### Travelling all over South Africa

Oliver and Renèe-Marie Dorking had a wonderful visit to the Magwa Tea Estate and Magwa Falls in Mbotyi (Eastern Cape).



Oliver and Jade Delamere visited Mbotyi. She went to the beach with her parents where they saw some cows. They stayed in a hut on the Mbotyi Campsite and visited the Fraser Falls.



Kaitlyn Clarke and Oliver visited Mountain Splendour with her brothers. They enjoyed ice cream, visited the bakery playground and went on a zipline ride.



Kitari van Straaten and Oliver visited Tigers' Milk, Table Mountain, a restaurant in Stellenbosch and the Botanical Gardens in gorgeous Cape Town.

## FULL STOP

## Inspirational Quotes for Exams

"Don't stop until you're proud."

"Forget the mistake. Remember the lesson".

"Stop being afraid of what could go wrong and think of what could go right."

"It always seems impossible until it's done."

"You are so close to the victory, don't you dare give up now."

"Doubt kills more dreams than failure ever will."

*Author unknown*

## VALUE OF THE WEEK

"Consideration"



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