



Laerskool Paardekraal

Registration Number (EMIS): 700250803

Pay Point Number: 902076 / School ID Number: 4028002050009

Newsletter 27/29 August 2025

Dear Parents/Guardians

The past few days were a bit warmer than the previous week, and I hope that the weather will continue to improve. Get stuck into your garden and prepare the beds for the new season...

Please take note of the following important matters for the coming week:

ACIEVEMENTS OF THE WEEK:



The GR. R's performed Pinocchio at the GR. R Celebration on 22 August at Learskool Ebenhaeser. From left: Phethedi Kganyago (Narrator), Adorable Nethengwe (Fairy), Onthatile Mahuma (Pinocchio), Kelebogile Mpumlwana (Cat), Azizi Senna (Geppeto). We are very proud of them!



We're excited to announce that Oratile Diane will be representing our school at the District level Spell-a-Thon on September 2nd at Laerskool Randfontein!

We're rooting for you,
Oratile -
go make us proud!

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ADMISSIONS FOR 2026:

Please note that the application period for Grade 1 and Grade 8 admissions for the 2026 academic year closes today. Any outstanding documentation may still be submitted directly to the school for verification.

For parents seeking placement in Grades 2 to 7, enrolment forms are available at the school. We encourage you to collect and submit these forms as soon as possible, as space is limited. Unfortunately, we cannot guarantee placements for all applicants.

TEACHER RESIGNATION – MRS C DA SILVA:

We regret to inform you that Mrs Candice Da Silva, Grade 5 teacher, has resigned from the school with immediate effect.

Mrs Da Silva has cited the increasing levels of disrespect, lack of cooperation, and rude behaviour from some learners as the primary reasons for her difficult decision to leave. It is deeply unfortunate that such conduct has led to the departure of a valued and dedicated educator.

We would like to extend our heartfelt thanks to Mrs Da Silva for her hard work, commitment, and the positive impact she has made during her time with us. Her expertise in the Mathematics department and her passion for teaching will be sincerely missed.

We wish her all the best in her future endeavours and hope she finds the professional fulfilment and respect she deserves. It is truly saddening that her journey with us has ended under these circumstances.

We are trying our utmost to have a teacher to start on Monday in Mrs Da Silva's place, but with the printing of the newsletter, we could not secure a new appointment yet. We will keep you updated.

LEARNERS WITH BEHAVIOR PROBLEMS:

Since the start of Term 3, we have observed a significant decline in the behaviour of some learners. Incidents of disrespect toward teachers—including swearing, mocking, backchatting, lack of focus on schoolwork, and inappropriate conversations—have become increasingly concerning. Over the past two weeks, several parents have been called in to address their children's conduct.

Please be advised that, should this behaviour persist, disciplinary action will be taken without hesitation. This may include suspension. Kindly note that any suspension is formally recorded on the learner's file and may be disclosed to other schools or high schools the learner applies to in the future.

We urge parents and guardians to speak with their children about the importance of respect, responsibility, and appropriate conduct at school.

SCHOOL FEES:

We extend our sincere thanks to all parents who consistently pay their school fees. Your ongoing support enables us to maintain the high standard of education provided to our 1,035 enrolled learners. We truly appreciate your commitment.

However, we must remind parents with unpaid fees or those in arrears without formal arrangements that accounts are still being handed over for collection. Unfortunately, this may lead to blacklisting, which can be both time-consuming and costly to resolve. Court dates have been confirmed for a number of cases where prior notices and requests for payment were not addressed.

If you are experiencing financial difficulties or need to make payment arrangements, please contact Ms. Lynch in the finance office without delay. A single phone call can help prevent unnecessary legal action, reduce financial strain, and provide peace of mind.

SCHOOL BASED TEST DURING SEPTEMBER – TERM 3:

Learners in Grades 4 to 7 are currently preparing for the school-based tests and assessments scheduled for September. These assessments are an important part of the academic programme, and the marks obtained will contribute significantly to the final term results in December. We kindly request parents to support their children during this time by ensuring they complete all homework and adequately prepare for upcoming assessments and assignments.

STRATEGIES TO HELP YOUR CHILD MANAGE EXAM STRESS AND ANXIETY:

When taking a test or exam, your child could be dealing with a number of the following challenges:

- Their working memory is impaired, which makes recalling information based on long texts difficult, thus they end up reading and re-reading information.
- They have trouble retaining and retrieving large chunks of factual information due to long term memory challenges.
- They have difficulty identifying key information and organising their thoughts around key points.
- It's difficult for them to shift focus from one activity to the next, so in an exam, it can be difficult for them to move on from one question, not leaving enough time for other questions.
- This is also linked to poor time awareness, as they have difficulty managing their time while sitting for an exam.
- They tend to make careless mistakes.
- They're easily distracted, either by the exam environment or they can become preoccupied when other students complete their exams early.
- Their divergent thinking patterns can also make multiple answers seem correct, which again makes it difficult for them to move on or keep time.
- They have difficulty following directions.
- They may also experience cognitive fatigue during the exam.

For this reason, we have listed some tips and strategies to assist your loved one reduce stress and anxiety before and during an exam. Different strategies work for different students, so work with your child to see what works best for him/her.

Emotional strategies:

1. Let them express how they feel about the upcoming exam. While talking about their anxiety symptoms is good, research out of the University of Chicago showed that 10 minutes of expressive writing (about the anxiety) is even better for reducing symptoms. This assists with controlling excessive overthinking and unhelpful thoughts.
2. Reframe negative self-talk. You may have heard your child say, "I never get good marks," or "I won't pass this test." Encourage your child to come up with positive statements such as "I am prepared and I'm going to do the best that I can." Self-talk is part of cognitive behavioural therapy (CBT) and has been found to be a successful

form of therapy for reducing ADHD-related symptoms. Not only does it reduce the anxiety, but also builds self-esteem.

3. Reframe the symptoms of test anxiety. Explain to your child that their physical responses, such as sweaty palms, rapid heartbeat or having “butterflies” in their stomach, can be helpful for thinking and reasoning. This can keep them centred even if their body is undergoing stress.
4. Make them visualise the “perfect test day,” in detail. This cognitive rehearsal exercise helps with anxiety on the day.
5. Teach them relaxation techniques which they can apply during the exam as anxiety symptoms come on, e.g. deep breathing, clenching and unclenching fists or tapping.

Lifestyle strategies:

1. Ensure that your child gets enough sleep.
2. Regular exercise helps with focus and executive functioning skills, especially for students with ADHD. Thirty minutes of aerobic exercise a day, four to five days a week, improves focus. (Sleep and exercise are also fundamental in regulating your child’s anxiety and cortisol levels.)
3. Use essential oils as a stress reliever and for memory. The media network for ADHD information, attitude, reported that if you are exposed to the same smell when you study and sleep, you may remember more. So, leave a small dish of essential oil near your child when they study, or at their bedside. Certain oils such as peppermint oil can be used for stress relief.

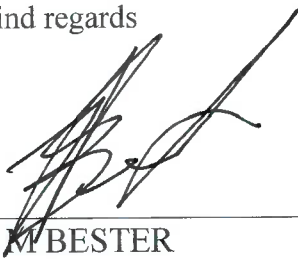
ANNUAL FUN DAY REMINDER:



GENERAL:

Enjoy a happy and warm weekend with your families.

Kind regards



H M BESTER
Principal

The only thing that could spoil a day was people. People were always the limiters of happiness except for the very few that were as good as Spring itself.

Ernest Hemingway

VISION & MISSION OF LAERSKOOL PAARDEKRAAL

- Our vision is a smart delivery of quality public education, which promotes a dynamic citizenship for socio-economic growth and development in Gauteng and South Africa.
- We will be at the cutting edge of curriculum delivery and provide access to quality lifelong learning opportunities.



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