



Laerskool **Paardekraal**

Registration Number (EMIS): 700250803

Pay Point Number: 902076 / School ID Number: 4028002050009

Newsletter 28/28 August 2026

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:

ADMISSIONS FOR 2026:

Please note that the application period for Grade 1 and Grade 8 admissions for the 2027 academic year closes the 4th of September 2026. 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.

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.

In addition, the latest trend observed is that some learners are deliberately breaking their scissors to create threatening objects. This behaviour is regarded as a serious offence and will result in immediate suspension. Furthermore, the individual threatened may legally seek police intervention, as such conduct poses a direct risk to the safety and wellbeing of others.

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 1,041 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

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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 or email (joev@paardies.co.za) 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."
3. 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.
4. 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.
5. Make them visualise the "perfect test day," in detail. This cognitive rehearsal exercise helps with anxiety on the day.
6. 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:

FUN DAY
11 SEPT

R130

17+ JUMPING CASTLES
(Included in R130)

5 GAME STATIONS
Play to win a prize! **R10**

Boerewors Rolls and Cool Drinks

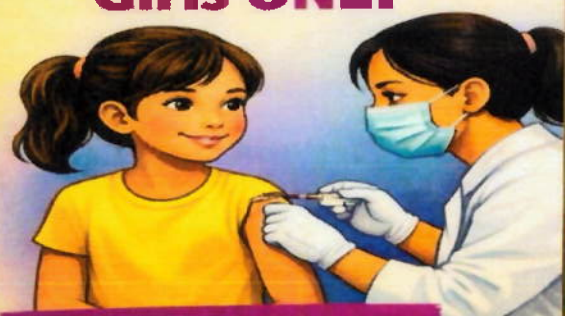
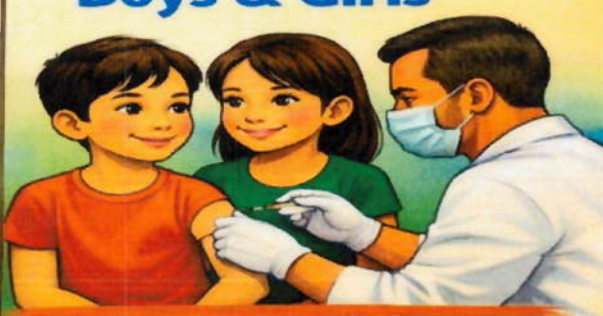
Face Painting **R10**

Last day to pay: 9 September | Jumping castles included in R130 | Food, drinks, sweets, games and face painting is an additional cost

GENERAL:

Enjoy a happy and warm weekend with your families.

15 September 2026

HPV Mop Up for Grade 5 Girls ONLY  Protect Against Cervical Cancer!	TD Booster for Grade 5 Boys & Girls  Tetanus & Diphtheria Protection!
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**KEEPING OUR GRADE 5
LEARNERS HEALTHY!**

— Don't Forget! —
PLEASE SEND CONSENT FORMS

Kind regards

A Martignone

A Martignone
Acting 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 LAERSKOOI 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.

ACHIEVEMENTS OF THE WEEK

Cross Country Championship 🏃 🏃

We are proud to share that Onthatile Sebogo and Omphemetse Tsetsewa represented our school at the Cross-Country Championship on 22 August 2026.

We would like to congratulate both athletes for making it this far. Their dedication, hard work, and commitment are truly commendable. We are proud of their achievement and wish them continued success in their athletic journey.

Well done, Onthatile and Omphemetse! We are proud of you! 🎉 🏆

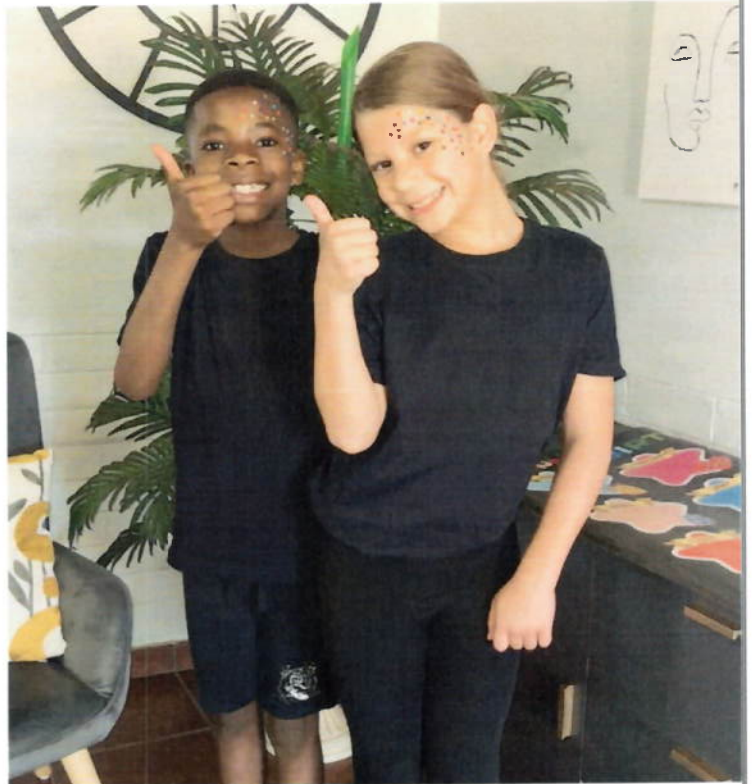


Grade 3 challenges

We are delighted to share that Olive Hiepner and Othabile Kubelo proudly represented our school in the Grade 3 Life Skills Physical Education Challenge, which featured cheerleading and acrobatics.

Competing against many other schools, these talented learners showcased their skill, teamwork, and determination earning an impressive 3rd place overall.

We are incredibly proud of their achievement and the way they carried our school's name with excellence. Congratulations, Olive and Othabile!



Kamohelo Modise and Sufyan Shabaz proudly represented our school at the cluster level Mathematics competitions after excelling as winners at the school level. Kamohelo took part in the Mathematics Challenge, while Sufyan showcased his skills in the Mental Maths competition. We are still awaiting the official results, but reaching this stage is already a remarkable achievement. Being recognized as the best in Mathematics at school level is something worth celebrating, and we are incredibly proud of their dedication and talent.