



## TEACHING VALUES TO OUR CHILDREN



As parents, we want our children to be honest, decent, caring individuals. Simply hoping our children will naturally acquire these skills is not enough. They must see what it means to be honest, courteous and generous. After all, children learn what they live.

Here are a few everyday situations that provide opportunities to shape your child's character.

**HOUSEHOLD CHORES** - If you ask your child to perform certain household duties such as taking out the trash or cleaning his or her bedroom, show your child how to do it (the behavioral steps) and clearly explain your expectations. When children know how to complete a task and take care of their personal belongings, they learn what it means to act responsibly.

**NIGHTLY HOMEWORK** - Study time at home should be part of your child's weekly routine. Set clear expectations for completing homework (assignments must be done before watching TV or playing a game). When children do what they are supposed to do, even when they don't feel like doing it, they develop character.

**MEAL TIME** - Sitting around the dining table should involve much more than breaking bread. Whether you're reminiscing about your youth or your child is discussing the events of the day, family "table talk" is for sharing and relationship building. You'll be surprised at how many of the stories serve as metaphors about values, discipline and character. Point those les-

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## DATES TO REMEMBER

**24-25 March GSAT**

No school for Prek - Grade 5 on these dates

**31 Mar & 01, 04-06 April**

Jr. and Snr. exams

**07 April**

Coffee morning with the Principal

**08 April**

Student Council Bake and Craft Sale

**14 April**

Spanish Vocabulary Competition

**15 April**

Last day of Term 2 (school closes at 12 pm)/ JET Environment Exhibition at Devon House

**16 April**

Sports Day

## PTA PRESIDENT'S REMARKS - Steve Wint

On behalf of the PTA Executive, I would like to take this opportunity to formally welcome you all to a new school term and to the reintroduction of the PTA'S monthly newsletter.

The PTA executive is renewed and committed to making the rest of the school year a success for the children of St. Hugh's Preparatory School. We are also open to your feedback and ideas, and invite you to email us at the PTA's email address: sthughspreppta@gmail.com or become a member of the facebook page:

sthughspreppta.

The PTA is the backbone of parental involvement in our school, and we can only succeed with your help and participation.

For the rest of 2011, we have a number of projects and events which we are very excited about.

Foremost in my mind is this year's Fun Day scheduled for May 21. We expect to have a great event for the young and young at heart. A committee has been

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**PRINCIPAL'S REMARKS** *Abby Wynter, MA, MEd.*

First off, I would like to thank the PTA for providing me with another medium with which to communicate with parents and the School community. I appreciate the chance to share School news through the PTA Newsletter.

Since my last report, there are a few news items worth mentioning. Many of these are shared at the Coffee Mornings, but not all parents can make those sessions so I hope to use the PTA newsletter to share what we discuss at Coffee Morning along with other newsworthy items.

We changed the Term 2 exam dates to give teachers more time to grade exams and prepare Report Cards before they will be distributed on the last day of term – April 15. In order to continue to improve the new Report Cards, the teachers kindly agreed to have exams and produce report cards in Term two. This is not customary and in the 2011-2012 academic year, we will return to two Report Cards per academic year – December and June.

Sports Day was moved to April 16 to facilitate the end of term exams and Report Cards. Other traditional School events and proposed PTA activities also could not be accommodated because of the exam week. We hope to have these activities on the 2011-2012 academic calendar by June 2011 so as to enrich the students' learning.

Some parents had questions about the School Fees for the 2011-2012 academic year. The Finance Sub-Committee of the Board as well as the Board of Governors, including the PTA President, deliberated long and hard to find the balance between affordability and meeting the expenses that we hope will enable us to maintain and improve the educational programme at the desirable high standard. As the Chairman of the Board explained in his letter regarding the 2011-2012 School Fees, the six percent raise of fees was based on the budget, taking account factors including the 11% inflation rate, staff salaries and statutory obligations and the actual and anticipated operating and capital expenses of the School for the 2011 - 2012 year. Already the increases in fuel prices threaten these forecasts.

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**FUNDRAISING REPORT**

The PTA has had two Fundraising events for 2011. The first was the Jeans and Junk Day and we were able to raise over \$50,000.

The other fundraiser was the Tile Drive where over 1,800 tiles were distributed. To date we have collected \$130,000. All parents who still have not turned in their sales please make an effort to do so immediately. The proceeds from the Tile Drive will be used to repair the perimeter fence within the next two weeks. Adele Bernard (above, centre) Aeryn's mom, sold the most tiles (140) and won a new Digicel Motorola Milestone.

Donations were also sought which allowed us to secure a lawnmower for the School.

We thank all those who participated and showed their support for the fundraisers!

**PTA PRESIDENT'S REMARKS**  
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established to coordinate this event and they will be calling on you to play your part in making this event a reality.

Please visit the school calendar or our Facebook page for other upcoming events and activities.

The PTA invites you to join us to make a difference in the education and quality of life for all children.

**HAVE AN ARTICLE, OR IDEA YOU WOULD LIKE TO SHARE IN OUR NEWSLETTER? PLEASE**  
**SUBMIT TO**  
**STHUGHSPREPPTA@GMAIL.COM**



## WHAT TO DO BEFORE AN EXAM

What can you do right before a big test to get the best possible exam results?

Here are five things you can do the day before to help create better results on your exams.

### 1. Review Key Points:

The day before your test is less than ideal to be first learning something. Hopefully you have already mastered the material, and it is just a matter of giving that material an extra polish.

2. **Eat Well-balanced Meals:** Remember the phrase, You are what you eat? Be sure to keep your body and your brain in peak condition by feeding it the nutrients it needs to perform at its best.

### 3. Feed Your Ruminator:

Whatever we spend time doing, thinking, and seeing in the 45 minutes before falling asleep is what our brains ruminate on throughout the night. So it's to your advantage to feed it -- the things you want to remember for the next day's exam.

### 4. Envision Your Success:

Just before you drift off to sleep, create a picture of yourself successfully completing your exam. It's most effective if you do it every night, but even one day before your exam could make a significant difference in creating better exam results.

### 5. Get A Good Night's Sleep:

You need your 7-8 hours of quality sleep to perform at your best.



7-8 hours of quality sleep helps you perform at your best

## EXTRA CURRICULAR ACTIVITIES ARE IMPORTANT!



Our footballers in action!

People think that to be successful in life, you have to have an excellent education. However there are other factors that lead to success as well, one of which is extracurricular activities.

Extracurricular activities allows your child to become a well rounded person, with both intelligence and social skills. Not only do extracurricular activities improve a child's education but they also promote good health and fitness. The most common extracurricular programme is playing sport, not only because it is easy to organize, but because it also benefits the children's personal development and wellbeing in keeping them fit and healthy. It helps combat one our greatest threats today - childhood obesity.



School Motto:

**LOYAL AND FAITHFUL  
TO THE END**

There are recent disturbing trends about the health of our children that are beginning to show. More and more children are being classified as overweight, and there are more sufferers of "lifestyle diseases" such as diabetes. These trends began when children stopped doing extracurricular activities and instead began staying inside, at home watching television or playing video games.

There are also some academic benefits to a child 's participating in regular extracurricular activities. For a child to learn successfully, they cannot just study all day long. The more information that you try and memorize, the harder it becomes to remember it all. By sending your child to an extracurricular activity you are giving them a break from study and a chance for their minds to try and retain all of the information that they have been given during their study session.

Apart from all of the benefits that extracurricular activities have on your child, there is one main reason for doing them and there is no excuse not to. You should be allowing your child to be happy! Childhood is a time that everyone should look back on later in life and remember all of the good times that they had.

**REMEMBER TO SUPPORT THE STUDENT'S COUNCIL  
EASTER CRAFT AND BAKE SALE: APRIL 8**

## PRINCIPAL'S REMARKS (cont'd from page 2)

This year, the School determined the fees and announced the changes earlier than we have done in previous academic years. The need to accelerate the assessment and selection process for new students resulted in the main from the fact that our competitor schools were providing offer letters in January and we may have lost prospective students if we continued to make offers in April for the ensuing school year. The Board and Administration decided that the existing parent body had to be advised of the school fees before prospective families were advised of the School fees in an offer letter.

We have had a number of new students join us this term. We wish them a warm welcome and invite new parents to become involved in the PTA and our School-sponsored events.

We would like to ensure that St. Hugh's remains a friendly, inviting and harmonious school environment and to that end we have a zero-tolerance policy for teasing and bullying. We have broadened our Anti-Teasing and Bullying Campaign to include student, teacher and parent workshops. We had our first student workshop on Monday 7 March; other classes will be scheduled for workshops over the course of the year. On March 17 we had the teacher workshop during our weekly Staff Meeting. For the rest of this academic year, the School will provide workshops for parents from particular classes. In September 2011, we will provide a required parent workshop.

In addition to the grant proposals that were submitted to Lime (Technology and Media Centre Grant Proposal) and American Friends of Ja. (Science Lab Proposal), we have submitted both grants to the Scotia Bank Foundation for their consideration. We hope to hear from Lime and the Scotia Bank Foundation by the end of this month since March is the beginning of their fiscal year.

The Student Council has been very active this academic year. Their first fundraiser was successful, resulting in a free Fun Day for the whole School.

The proceeds of this term's fundraiser—an Easter Craft and Bake Sale—will go towards charity and a new projector for the School. We are now down to one projector to share amongst all grades so please support the Student Council in their efforts to raise funds for these worthwhile causes. The Student Council is also planning a Palisadoes Beach Clean-Up on Labour Day – 23 May 2011. Please check the school's website for more details.

In closing, I would like to encourage you to check the Notice Board page on the St. Hugh's website for regular updates as well as your email for news from the School.



**On March 24 & 25 our Grade 6 students will be sitting the GSAT exams.**

**We wish them all the greatest success!!**



There are several projects and events that require your input, even if it is 1/2 an hour of your time. Ask your PTA class rep or email us @ [sthughspreppta@gmail.com](mailto:sthughspreppta@gmail.com)

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sons out to your children so they can relate true-life events to those abstract ideals.

As you see, the everyday moments of life offer opportunities for us to teach children positive values. However, all the teaching in the world can be undone if our kids watch us behave in ways that contradict everything we've said. If you want your children to learn honesty and sincerity, then be truthful and act kindly.

SOURCE: [www.parenting.org](http://www.parenting.org)