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**2015**

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# Unity College Weekly Newsletter

Download the following documents from our website:

Term plan Term 1  
School Calendar 2015 (UPDATED)

## Unity Annual General Meeting AGM

The Chairman of the Unity Board invites all parents and interested parties to our Annual General Meeting

**On Monday 16 March 2015**

Cocktails at 18h00  
(in Vicky Lamb's classroom (old J1 class) near the hall)

AGM starts at 19h00  
to be held in the school hall

Children are welcome and will be supervised in the junior m classroom which is accessed through the hall.

Please make every effort to attend this important and informative evening

We look forward to sharing this evening with you

**DISCLAIMER:**

Any advertisement placed in this newsletter is done as a service to the community Unity serves. This should not be viewed as an endorsement or recommendation of any product or service advertised.

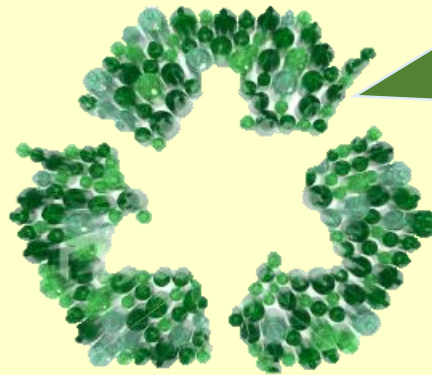
## The Glass Recycling Company Schools Competition

**HELP US WIN R30 000 FOR OUR SCHOOL.**

Collect empty glass bottles and jars from family and friends to deposit in the bin at Unity.

Before putting glass bottles in our bin, all lids should be removed and the contents of bottles removed.

Acceptable glass products are alcoholic beverage bottles, juice and soft drink bottles and food jars such as mayonnaise, chutney and peanut butter jars etc.



Remember to drop your empty glass bottles or jars into the bin at Unity.

## Junior Cake and Candy

On Friday 6 March, our Juniors will be selling hamburgers and ice lollies at their Cake and Candy. Please support them.

Hamburgers - R15

Ice Lollies - R5



## Talk at Unity 20 March 2015

We are delighted to INVITE YOU to an informative talk by Clinical Psychologist Jeanine Lamusse who graduated Cum Laude at the University of Johannesburg when she completed her masters in Clinical Psychology.

[Read more...](#)

## Upcoming Events

**UNITY SPORTS DAY**  
Saturday 14 March at 09h00

Children to be at school by 08h30 dressed in their sports kit and school cap.

Remember to apply sunblock.

**ANNUAL GENERAL MEETING**  
Monday 16 March at 18:00

**PLEASE DIARIES THESE EVENTS**

<http://unity-college.org.za/events/2015-03/>

## Music Appreciation Lessons

If you're wishing to develop your child's love for music, whether it be expanding their music reading ability, teaching them the skills to play their favourite songs on the piano or purely introducing them to the instrument...

With Teacher Tracey's dad!

- ♪ Piano lessons specific to your child's abilities
- ♪ Therapeutic expansion



Contact Clive Holliman  
082 848 5605  
[clive@cshprojects.co.za](mailto:clive@cshprojects.co.za)

## Aftercare

Aftercare is open daily throughout the term from 13:30 / 14:00 / 15:00 until 17:30.

### FEES:

Regular - R1000.00 per month  
Casual - R 100.00 per day

Please contact Hazel on 083 755 5968 should you require further information.

## Unity School Caps

The wearing of these caps is compulsory. The caps will be kept at school in your child's register class. The caps have arrived! Hurry to order your cap with Debbie at the office. Payment of R55.00 will secure your order.

A promotional banner for MySchool. The top part features a rainbow logo and the text 'MySchool MyVillage MyPlanet'. Below this, it says 'R15 000 CASH JUST FOR YOU' and 'Update your profile before 28 Feb &amp; stand a chance to win.' There is a 'Update profile &gt;' button. The middle part says 'Get a MySchool Card now &gt;' and 'Only takes one minute'. The bottom part features a map with location pins and says 'Partner store locator &gt;' and 'R15 000 CASH JUST FOR YOU! Update your MySchool profile before 28 Feb Update online - now &gt;'. On the right side of the banner, there is a photo of a smiling woman.

## Unity's New School | Progress

Please feel free to pop in to our new school premises in Runnymede Avenue, Chartwell.

Mr. Botha is permanently stationed there and invites all parents to visit and have a personalised tour of the facilities. Call him on 082 801 1918 or (011) 460 0017.

[Read more...](#)

## Kids News Website

Kids News is a portal site for South African parents, teachers, therapists and others involved with children.

Our website and newsletters will help to keep you up to date on events and workshops - educational and recreational - as well as holiday camps and entertainment, products and services for children, and other ideas to help you in your role as parent.

Register for the newsletter in your area (see left menu) and we will keep you informed. We don't share your email, and you may adjust your subscription

[Read more...](#)



## Unity Celebrating Women's Day

We will be celebrating International Women's Day on Friday 6 March 2015. Please share all your photos and comments with us online via our twitter feed. All the hashtags that have been identified for the day are on our events page.

[Read more...](#)

## Extra-murals swimming

On MONDAY 09/03/15 the JUNIOR BLUE CRANES will be swimming.

On WEDNESDAY 11/03/15 the SENIOR RED BISHOPS will be swimming.

Remember to bring swimming costumes, towels and sunblock on these days.

## OT Department Request

The OT Department is looking for corduroy/denim jackets that are perhaps too small for your child which will be used to make weighted jackets.

Please telephone Adri on 083 449 2957

## Tuck shop

On 11 March, the tuck shop will be selling chicken mayo rolls R15 and toasted cheese sandwiches R12.

## From the Principal's Pen

Last week I quoted from Nancy Millers' book: **"Nobody's Perfect. Living and Growing with Children Who Have Special Needs"** wherein she noted that understanding our children and gaining knowledge and mastery of our situation is the key plotting new destination points and not merely acceptance.

Nancy Miller's reflects her philosophy in these 20 points. These goals are destination points in our lives that help us to stretch our limits and grow to new definitions of ourselves.

### Twenty Goals to grow with:

- I have a realistic view of my child's abilities and limitations and clearly value my child as a total person.
- I do not allow myself to live with unrealistic expectations - and therefore repeated disappointments - about what my child cannot do or may never do.
- I plan what I can for the future, but live a day at a time with a sense of trust that I will handle what happens tomorrow, next year, or in 10 years.
- I have the knowledge and skills to seek out information and resources in assertive, creative ways.
- I have hope without expecting miracles.
- My self-esteem is intact. I do not measure my worth by my child's abilities or limitations.
- I try to see the world from my child's point of view.
- I am able to empathize with others, to be sensitive to other viewpoints, while maintaining my own sense of priorities.
- I have freed myself from unproductive feelings of guilt, anger, shame, blame, and self-criticism.
- I generally see the glass as half-full instead of half-empty, and am able to live each moment to the fullest.
- I have a sense of perspective about my life, my problems, and my daily hassles.
- I have a sense of humour and can laugh at myself.
- I have an understanding of and appreciation of individual differences.
- I have maintained a support network of family and friends.
- I do the best I can within the context of my total family's needs.
- I realize that I will not be able to do everything, and I will not feel guilty about that.
- I will not spend every moment trying to teach, stimulate and cure my child. I will have times with her that are totally about fun.
- I will not blame myself for any areas in which my child is unable to make progress.
- I do not need to explain myself and or my child to everyone.
- I cannot control what other people think.

Till next week ~ Bruce Lindsay