



ST BENEDICT'S
COLLEGE



October 2016

Dear Parents

Welcome to St Benedict's! We look forward to you and your son becoming loyal Bennies' supporters.

I trust that you will find the following information of assistance to you and your son in making his transition to his new school, St Benedict's, as easy as possible. Should you have any queries at all, please do not hesitate to contact my personal assistant, Claudia Carrozzo, who will be able to provide any additional information you may need. We look forward to a successful and exciting year in 2017!

The following activities are planned during the first two weeks of January 2017:

- 9 – 14 January: Rowing Camp (all age groups)
- 17 – 20 January: Grade 8 Camp (Compulsory for all Grade 8 boys and College Leaders) at Parnassus
- 18 – 20 January: Grade 9 Writing skills/Research and Summer Sports Camps at school
- 18 – 20 January: Grades 10 and 11 English, Afrikaans, Mathematics and Science workshops at school
- 18 – 20 January: Grade 12 IT PAT and Grade 12 ORT
- 23 January: Compulsory Gr 8 Parents Meeting (18:30 - College Hall)

Although the first full academic day is Monday, 23 January 2017, all boys are expected to be involved in the activities scheduled from 18 – 20 January. All College boys will attend a College Assembly in the School Hall at 7:30 on Monday, 23 January and will then be allocated to classes. Although new parents are most welcome, it is not necessary for College parents to accompany their boys to the assembly. Boys need not bring all their books to school on the first day: an examination pad and basic stationery are adequate.

Please be aware of the fact that the 2017 Stationery and Textbook List are available for download on the school website. (College – Academic Support – Textbooks and Stationery). Visit the Newsletter page to retrieve these if you have not done so already.

I take this opportunity to wish you and your family a very blessed Christmas and every success for 2017.

Yours faithfully

D Jeffrey
College Headmaster

Headmaster: David Jeffrey, BEd (Hons), HDE
Deputy Headmaster: Toby Craig, BA, HDE
Deputy Headmaster: Morné Nel, BCom Sport Management, HDE

Executive Headmaster: André Oosthuysen, BA (Hons), HDE
Campus Headmaster: Deon Oerson, HDE, BA, BEd, MEd, DEd



WORRIED ABOUT STARTING AT A NEW SCHOOL?

There are many reasons why you might be starting at a new school - leaving primary school to move onto high school or choosing a different school that better suits you and your needs. Whatever the reason moving into a new environment such as a new school might be an intimidating and nerve-racking experience.

Some of the things that might cause you stress include:

- being in an unfamiliar environment
- feeling sad about not being able to hang out with old school friends
- feeling worried about making new friends
- being nervous or worried about your workload
- having low energy levels as a result of getting organized for school

It may help to remember you are not alone; it is likely that other people have similar feelings to you. Some suggestions for making the move to a new school as stress-free as possible are:

Get involved: A good way to make new friends is to become involved in school activities as soon as possible. This way you are meeting other boys with whom you have things in common.

Breaking the ice: Often other boys are feeling just as nervous about making new friends. It can make it easier if you suggest doing something to break the ice. You may like to ask someone in your class to kick around a soccer ball at break or to go see a movie on the weekend. A great thing about starting a new school is that it provides an opportunity to break out of those old cliques. It is often easy to identify different groups: popular, academic, sporty, rebellious, etc. However, interacting with anyone (no matter what group they sit in at break) can help you to be more open-minded.

Express yourself: Being able to express how you are feeling may help to release some of the tension you may be experiencing. Speak to your parents or someone else in your family about your daily experiences at your new school.

Stay in contact with old friends: While you are making new friends it may help to stay in touch with your old ones. You might like to chat with your old friends about how it feels to start at a new school. As well as face-to-face, you can keep in touch via email, messaging, or by phone.

Have something to look forward to: Sometimes it is helpful to plan ahead so that you have something to look forward to. You may want to plan to catch up with friends after school or plan to do something special at the weekend.

Get your bearings: Try and become familiar with your timetable, where your classes are, who your teachers are, and where the school's various facilities are.

Give it time: Adjusting to big changes like starting a new school often takes time. Allowing yourself time to get used to the change is important. Try to take it one day at a time.

It is likely that life will start to get easier as you become more familiar with the school routine and start to make new friends - the new school won't seem 'new' anymore. Friends will be made, new experiences will be had, and you will learn things that will stay with you for life. If you try to make going to your new school a positive and pleasurable experience - then you're pretty much set.

Get help: If you find that a few weeks down the line, you are still not feeling comfortable, it may be useful to talk to someone who is not so close to the situation. They may be able to give you a different perspective on things and have other suggestions for dealing with situations. This may be someone like the College counselor or a teacher - it's part of their job to be there to support boys at the College