

Dear Parents, Staff, Boys and Girls

FROM THE OFFICE OF THE PRINCIPAL

Do you have an over-developed guilt gland?

How big is your guilt gland? Has anyone ever asked you this? I have to say that women, particularly mothers, seem to have a more sensitive or over-developed guilt gland. Regardless, if you are a woman or a man, this message will help you sidestep the manipulation that comes with guilt.

If you feel bad when your child says things like, "You never give me what I want!" and in Covid-times I am sure you have often heard, "But life's so unfair!" then maybe you need to get your guilt gland in check by taking some assertive action.

From a parenting perspective, when you feel guilty, you are putting your children in the driver's seat. It's the same with your adult relationships too. Someone has said something that hits a nerve and you become easy to manipulate, allowing others to call the shots. The more guilty you feel, the harder they'll squeeze, and often get exactly what they want. Entitlement doesn't start with children, it starts with us. Manipulation can only happen in our personal and professional relationships if we allow and enable it.

When is guilt healthy?

- When it's in the form of a stab of conscience if you have perhaps been operating unconsciously.
- If it causes you to make better decisions in the best interests of your own life, your relationships with your colleagues or with your partner and your children.

When is guilt debilitating?

- When it leads to over-indulging people in your life even when you can't afford to. For example, helping people out financially, while they continue with their takeaway coffee addiction that's costing them R35 or more a day.
- Lowering your expectations of others to compensate for whatever it is you are feeling guilty about. An example of this is when people speak to you disrespectfully and you allow it because they have experienced a loss or trauma in their life

How to take action to diffuse guilt

When your guilt gland is squeezed and you want to turn the tables, trying to say something like, "You're absolutely right, I never thought of that" and simply walk away. This will usually take the wind right out of the sails of your 'would be' manipulator, and they'll let go of your guilt gland in a flash. It also creates a buffer zone, providing a moment of pause, preventing you from going straight into a reactive mode. Who knows what they will do with that, but it might make them think or act a little differently.

FROM THE OFFICE OF THE PRINCIPAL

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Guilt is an energy leak you need to become more aware of in all your relationships both at work or at home to avoid being manipulated. Take a moment today to consider who you are allowing to yank your chain and squeeze your guilt gland.

Takeaways to win at work

- Become more aware of how you react in the moment. Do you respond or react? Do you just feel horrible inside?
- Consider why they manage to hit your tender spot so easily. Are they bringing your awareness to something or an issue that needs to be addressed now? Are they just hitting an old trigger from your past that has nothing to do with them that you need to work on to diffuse? Are they actually trying to manipulate you?
- Try taking the sting out of the 'would be' manipulator with the action step above, keep in mind, this is not a confrontation, say it and casually walk away, you are not opening up a conversation but building in a buffer zone

Takeaways for winning at home and life

- Who is squeezing your guilt gland?
- Is it for good reason? What are they bringing your attention to? What are they getting out of the manipulation? How is that working for you? Has it helped you make better decisions? What are you learning about yourself, your past conditioning and your emotional triggers?
- Try using the 'take the wind out of their sails' action step and see what happens, particularly to you as you drop the guilt and leave it where it belongs.
- Children (and partners or spouses) provide amazing mirrors for our self-growth. Acknowledge their role in your development. Work at desensitising your guilt gland.

Extracts from: Nikki Bush

Facebook:
Montrose Primary School South Africa

Instagram:
@MontrosePrimary

Our **hashtags** across both platforms are:
#MontrosePrimary
#YieldNot

GENERAL MONTROSE NEWS

2022 Online Admissions (public schools)

Phase 1 (10 August - 3 September): For **Grade 7 learners in public schools going to Grade 8**; placement will take place from 15 October - 30 November.

Phase 2 (13 September - 20 October): For **Grade 1** (and Grade 8 not in public schools); placement will take place from 15 November - 15 December.

Parent Survey

Thank you to those parents who have already completed the parent survey. Please note that the survey will be closed on Wednesday, 11 August 2021.



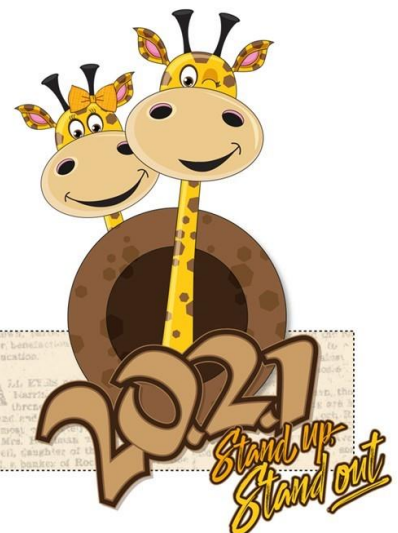
Learner Photographs

Please note that orders for school photographs have been extended and will now close on Friday, 27 August 2021. Should you still wish to order, please refer to the e-mail from the school of 20 May 2021.

Staff Birthdays



- 17 August: Miss Japp
- 29 August: Mr Stephenson



Don't forget to check the D6 Communicator and the Parent Portal regularly for more information and updates.

FROM THE INTERSEN PHASE DESK

Congratulations to the following learners for their outstanding achievements in Term 2:

Top 10

- Grade 4:** Sasha Bailey; Priyanka Pillay; Stefan Spiljevic; Arnesh Siddapur; Khyati Patel; Gomolemo Cebisa; Dylan Le Roux; Tanishka Ashok; Joshua Penumala; Darshan Govender
- Grade 5:** Aqeelah Akbar; Saish Dabhade; Simran Naidoo; Maryam Randeree; Aahana Kapil; Prahars Bommakanti; Layla Vawda; Yash Chandolika; Cassidy Chetty; Pranay Bansal
- Grade 6:** Keya Dedasaniya; Thatohatsi Molefe; Keisha Rai; I-shan Cheng; Mhlali Chikowero; Nina Peres; Cayden Maharaj; Sai Mandla; Anushka Jain; Rida Farooq
- Grade 7:** Mia Nupen; Anirudh Varadarajan; Many Saxena; Erika Moodliar; Kavin K; Renita Naidoo; Dimpho Mothengu; Sruthi Devaraj; Aayush Salil; Paolo van Schalkwyk; Jude Laschinger



Academic Bars

- Grade 4:** Sasha Bailey; Priyanka Pillay; Stefan Spiljevic; Khyati Patel; Arnesh Siddapur; Gomolemo Cebisa; Tanishka Ashok; Dylan Le Roux; Joshua Penumala; Darshan Govender; Ziyana Maku; Danielle Moodley; Onaka Nonyana; Warona Khalaki; Kayleigh Germishuizen; Matthew Louw; Sahej Katari; Tanvi Shanbhag; Anderson London; Archishmaan Bedbak; Sphesihle Ncube; Ezra Pillay; Kayla-Su Johnson; Khaleed Ebrahim; Daniel Naitslimane; Alec Grobler
- Grade 5:** Aqeelah Akbar; Saish Dabhade; Simran Naidoo; Maryam Randeree; Aahana Kapil; Prahars Bommakanti; Layla Vawda; Yash Chandolika; Cassidy Chetty; Shloak Joshi; Pranay Bansal; Aarav Kapur; Rudransh Bindra; Lyra Jane Tomlinson; Khothama Jantjies; Lohitha Palle; Indiphile James; Ezekiel Laher
- Grade 6:** Keya Dedasaniya; I-shan Cheng; Thatohatsi Molefe; Nirvana Pather; Nina Peres; Cayden Maharaj; Keisha Rai; Mhlali Chikowero; Sai Mandla; Sonwabise Maku; Samuel Bailey; Darshan Naidoo; Anushka Jain; Tariq Sukdev; Rida Farooq; Adwika Vyas; Arnav Sahni; Thendo Thenga; Milani Lusu; Urav Mukhija; Maliyah Smith; Ntokozo Galawe; Liolla Chinemasa; Troy Amorim
- Grade 7:** Mia Nupen; Anirudh Varadarajan; Many Saxena; Erika Moodliar; Kavin K; Dimpho Mothengu; Nayomi Ncube; Phoebe Binks; Renita Naidoo; Sruthi Devaraj; Jude Laschinger; Aayush Salil; Paolo van Schalkwyk; Erin Tron; Oghenero Abada; Tiya Sanjay; Demira Roopnarain; Olivia Darley; Simran Cara; Ethan Human; Tamryn Smith; Liamisha Aboo; Kaylee Niemand; Joyitha Palle; Sahil Pathan; Corban Bailey; Thrinay Naidu; Neo Booi; Michael Scheepers; Avnita Sinha; Danya Sosola; Oghenov Abada; Caleb Coates-Moggee; Kgahliso Solomon; Murendeni Raphadi

FROM THE INTERSEN PHASE DESK [CONT.]

80% Overall Average

- Grade 4:** Sasha Bailey; Priyanka Pillay; Stefan Spiljevic; Khyati Patel; Arnesh Siddapur; Gomolemo Cebisa; Tanishka Ashok; Dylan Le Roux; Joshua Penumala; Darshan Govender; Ziyana Maku; Danielle Moodley; Onaka Nonyana; Warona Khalaki; Kayleigh Germishuizen; Matthew Louw; Sahej Katari; Tanvi Shanbhag; Anderson London; Nandini Mudaliar; Reyhan Ahmed; Archishmaan Bedbak; Bhakti Mistry; Sphesihle Ncube; Ezra Pillay; Kayla-Su Johnson; Muhammad Jhaveri; Tanya Sosola; Swapnika Kasireddy; Meera Saxena
- Grade 5:** Aqeelah Akbar; Saish Dabhade; Simran Naidoo; Maryam Randeree; Aahana Kapil; Prahars Bommakanti; Layla Vawda; Yash Chandolika; Cassidy Chetty; Dhruv Singla; Pranay Bansal; Aarav Kapur; Rudransh Bindra; Lyra Jane Tomlinson; Shloak Joshi; Khothama Jantjies; Lohitha Palle; Zareen Shaik; Bradley West; Keyaan Jogi; Riaan Dighe; Danyella Van Rensburg; Dhruv Ranchod; Hannah Richen
- Grade 6:** Keya Dedasaniya; Thatohatsi Molefe; Keisha Rai; I-shan Cheng; Mhlali Chikowero; Nina Peres; Cayden Maharaj; Anushka Jain; Sai Mandla; Rida Farooq; Darshan Naidoo; Nirvana Pather; Arnav Sahni; Samuel Bailey; Maliyah Smith; Adwika Vyas; Thendo Thenga; Milani Lusu; Urav Mukhija; Ntokozo Galawe; Muhammed Akbar; Sonwabise Maku; Robert Mitchell; Tariq Sukdev; Liolla Chinemasa
- Grade 7:** Mia Nupen; Anirudh Varadarajan; Many Saxena; Erika Moodliar; Kavin K; Renita Naidoo; Dimpho Mothengu; Sruthi Devaraj; Aayush Salil; Jude Laschinger; Paolo van Schalkwyk; Nayomi Ncube; Erin Tron; Ethan Human; Phoebe Binks; Oghenero Abada; Tiya Sanjay; Tamryn Smith; Liamisha Aboo; Sahil Pathan; Demira Roopnarain; Corban Bailey; Olivia Darley; Simran Cara; Kaylee Niemand; Thrinay Naidu; Joyitha Palle; Avnita Sinha; Neo Booi; Michael Scheepers; Danya Sosola; Oghenov Abada; Caleb Coates-Moggee

10% or More Improvement

- Grade 5:** Ethan Mutagahwya; Thandeka Ncube
- Grade 7:** Vedha Kokul Nair



UPCOMING EVENTS

- 12 August: Afrikaans Olympiad (by invitation) (after school)
- 16 August: Extra-murals begin (by invitation)



TUCK SHOP, AFTERCARE AND UNIFORMS

Aftercare

- The aftercare is open on a daily basis until 17h30 and operating under strict protocols. They will take both fulltime and part-time learners daily.
- Any queries regarding aftercare must be directed to Mrs Carbars on 082-888-0397 or via e-mail at carbars@mweb.co.za.

Tuck Shop

- The tuck shop is open but only to provide food to the children whose parents have pre-ordered and paid for the order. No child will be allowed to go to the tuck shop at all. This is just as a service to the parents. Please communicate directly with the tuck shop on 082-566-8566 should you wish to place an order or have any queries.

Uniforms

- Although our in-house uniform shop, Uniformity, is not operating on the school premises on a fulltime basis, they are open for business. For help or assistance please call Mrs Alexis Scott on 082 453 7875
- Uniformity School & Sportswear**
uniformity@outlook.com: 082 453 7875 (M)
- Attaché is the second uniform supplier and can be found at Unit 6 Sak's Corner, 140 - 11th Street, Parkmore. For any queries, feel free to contact Attaché: Tel: (011) 783-4037



COVID-19 Public Hotline: 0800 029 999
WhatsApp Support Line: 0600-123456

STAY SAFE
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Online Resource & News Portal
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Department of Health
REPUBLIC OF SOUTH AFRICA

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