

9 October 2020



What a busy, constructive and exciting couple of weeks we have enjoyed.

There was, as always, much sport on the go, but so much else happened too. There certainly has been some “lock down” lack of fitness that has needed to be run off, but I am confident that our children will be competitive and prepared for their upcoming IHAthletics and Cross-Country events next week.

The opening of any new facility in a school is always an exciting occasion. Such an occasion would generally represent a school that is in a healthy space and would symbolise the progressive nature of the school. This is indeed the case at Musikili Primary! The opening of the Justin Enrichment Centre last Monday morning was extra special, as it is the first new educational facility to be built under our #2022 Vision. There is a great deal of sentimental value associated with the building, along with much community involvement as well. The setbacks of 2020 could so easily have been compounded by a lack of progressiveness, however, with the opening of the JEC, an Astroturf nearing completion and the expected arrival of brand new classroom furniture by the end of the Term, Musikili is delivering its promise towards offering the best possible education for those who invest with us.

The opening of this wonderful facility constitutes just one component of the greater #2022 programme and reflects our strategic intent, to offer an educational programme that is world class, and which takes place within modern and contemporary facilities.

The multi-purpose Centre for Academic Enrichment has been designed with flexibility and modern and relevant educational programmes in mind. The furniture is mobile, and allows for a multitude of seating and working configurations, further supporting the key design factor of flexibility. As we continue to drive our academic approach towards more modern ways of thinking, while not losing touch with our school mission and values, Musikili’s cross-curricular integration innovations are developing, as we strive to offer more meaningful and exciting approaches to thinking and learning.



In this regard, the centre will house all Academic support, enrichment as well as various 'split' class lessons. Under the leadership of Mrs. Kelly and with the support of an ever progressive teaching body, I have little doubt that the JEC will provide the 'Sunshine' on many young minds.

In the past two weeks we have welcomed a few new members to the Musikili family at our main campus. Mutende Chanda and Alice Meaby joined our Grade 4 class, Hugo Meaby and Alexander Horwood were welcomed in Grade 3 and Francis Mukosa, Jake van Heerden and Heidi Green joined the Grade R class. Pierre Lombard in Grade I has also joined the Musikili Satellite class in Lusaka. We trust that all the children and their families will have an enjoyable experience and we thank them for trusting to invest with us for their children's education.

I am extremely excited for next week's athletic activities as it seems an absolute life time since our children enjoyed the chance to compete competitively. Is there really a better arena for Musikilians to compete than on their home turf, representing their respective school houses? I believe the activities, which start on Wednesday afternoon and conclude at noon on Friday, will be fiercely competitive and that the final outcome will only be determined by the boys and girls who display the most GRIT.

On Friday we host our Grade R and I Orientation Day. I must thank all the staff associated with putting the day together, but especially Mrs. Hein who oversees the Foundation Years. I have little doubt that those new to Musikili will be impressed, while those that are progressing from the Early Years programme to 'Big School', will be reassured that their children are in the best possible hands and environment conducive to learning.

This past Monday was World Teacher's Day. At Musikili we are truly blessed with committed, passionate and experienced teachers. We thank them for the difference that they make every day, for inspiring hope, for igniting imagination and for installing a love for learning in each Musikilian. We applaud all teachers across the globe, but more importantly our Musikili teachers. We trust that they had a wonderful World Teachers' Day and a splendid week.

We look forward to welcoming our parents to school next week for the IH events. Please can I remind all parents and visitors of the importance of wearing face masks and responsible behaviour. I know your children will be delighted to have you alongside the fields, voicing your support.

Mr. Hayes has kindly written an article for this week's edition of our Newsletter on Emotional Intelligence. The article provides much for all of us to reflect on, whether as parents or educators. Have a great week and an even more wonderful half term on the 17th of October!



Emotional Intelligence (EQ)

EQ is the ability to be smart about feelings—our own and other people's. It involves being able to notice, understand and act on emotions in an effective way.

While the world has been so focussed on IQ and academic achievement over the years, the emotional side of learning has largely been ignored. Studies have shown that emotions matter immensely for all of us. Emotions influence our learning, memory, attention, relationships, decision making and above all our physical and mental well-being. Dr John Gottman even suggests that EQ is twice as strong a predictor as IQ of later success.

The great news is that emotional intelligence isn't just a gift. It is a skill which can be taught and learned by children as young as toddlers. Parents and educators therefore play an important role in nurturing these skills.

The Role of Parents

Amy Morin lists 5 steps for parents to help raise an emotionally intelligent child:

1. Label Your Child's Emotions

Kids need to know how to recognize how they're feeling. You can help your child by putting a name to their emotions—at least the emotion you suspect your child is feeling. Emotional words such as “angry,” “upset,” “shy” and “painful” can all build a vocabulary to express feelings. Don't forget to share the words for positive emotions, too, such as “joy,” “excited,” “thrilled” and “hopeful.”

2. Show Empathy

When your child is upset—especially when their emotions seem a bit on the dramatic side—it can be tempting to minimize how they're feeling. But dismissive comments will teach your child that the way they're feeling is wrong. When your child sees that you understand how they're feeling on the inside, they'll feel less compelled to show you how they're feeling through their behaviour. So, rather than scream and cry to show you they're angry, they'll feel better when you've made it clear that you already understand they're upset.

3. Model Appropriate Ways to Express Feelings

Kids need to know how to express their emotions in a socially appropriate way. So, while saying, “My feelings are hurt,” or drawing a picture of a sad face could be helpful, screaming and throwing things aren't OK. The best way to teach your child how to express feelings is by modelling these skills yourself.

4. Develop Problem-Solving Skills

When your child makes mistakes, work through what could have been done differently and what your child can do to resolve any lingering issues. Try to act as a coach, rather than the actual problem-solver. Provide guidance when necessary but work on helping your child see that they have the ability to solve problems peacefully and effectively on their own.



5. Make Emotional Intelligence an Ongoing Goal

No matter how emotionally intelligent your child seems, there is always room for improvement. And there are likely to be some ups and downs throughout childhood and adolescence. As they grow older, they're likely to face obstacles that will challenge their skills. So, make it a goal to incorporate skill-building into your everyday life. When your child is young, talk about feelings every day.

The Role of Educators

It is important for educators to establish a classroom environment where children feel free to express their thoughts and feelings openly. The following techniques could be used to help establish a classroom environment which is emotionally aware.

- Help the children gain an understanding of their feelings through the use of books, board games and interactive storytelling or role-plays.
- Encourage children to identify and verbalize their feelings.
- Accept emotional responses as legitimate, even if the educators don't like the behavior the feeling produces. For example, when a child hits, the feeling of anger is demonstrated. Stop the child and say, "It's okay to feel angry; it's not okay to hurt others. Talk to me about what your feeling is."
- Communicate understanding and empathy by reflecting the observed emotion. For example, say, "You seem sad" or "You seem upset." Then, if the child confirms your reflection and begins talking, be quiet and listen.
- Avoid negative statements (like, "Can't you do anything right?" or "What's your problem?"). These comments discourage open communication and suggest that when a child does not behave perfectly, he or she is "bad." (Davies, 2007)

The benefits of an Emotionally Intelligent child

According to Goleman, children with high EQ have the abilities to recognise, understand, and express emotions constructively. They are able to handle their intense emotions like frustration, anger, fear and disappointment and manage them effectively. Children with higher EQ are more motivated, focussed, responsible, perform better academically and form better relationships with the people around them. They are also less likely to experience depression and other mental illnesses.





A 19-year study published in the American Journal of Public Health found that a child's social and emotional skills in pre-school may predict lifelong success. Children who were able to share, cooperate, and follow directions at age 5 were more likely to obtain college degrees and to begin working full-time jobs by age 25.

The benefits of emotional intelligence make sense. A child who can calm themselves when they feel angry is likely to do well in difficult circumstances. And a child who can express their emotions in a healthy way is likely to maintain healthier relationships than a child who screams or says mean things when they're angry.

Emotions can either hurt us, or help us. EQ skills are the most fundamental skills everyone needs to function in today's society. It is therefore so important for parents and educators to work together to equip our children with these skills. Doing so will help them thrive in this world full of challenges and opportunities.

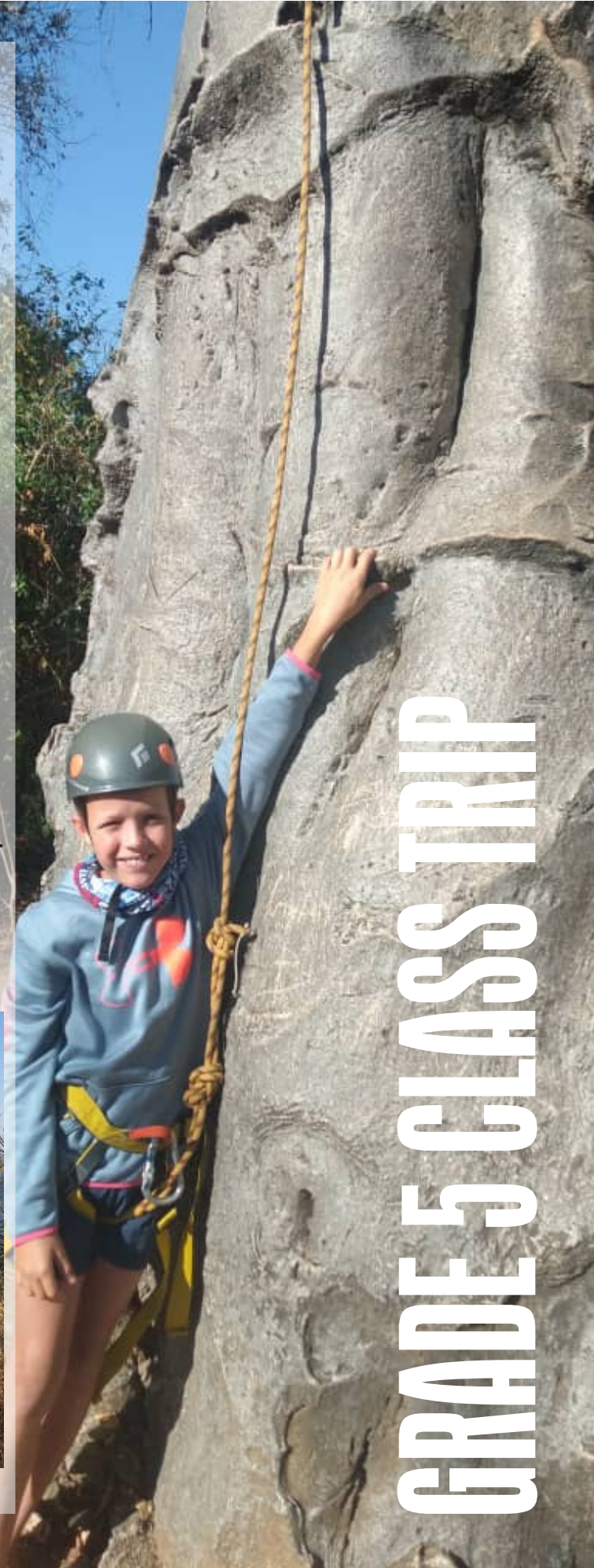
"A child needs an environment where they can feel comfortable expressing their inner worlds. Parents get the wonderful job of being curious and ready to allow them space for expression. This sets the stage" – Dustin Plattner



Grade 5 Camp - Wildtracks

“The buzzing of the bees in the Mopani Trees,
The air is clean and breezy,
Where the fish eagles soar and we’re learning
outdoors,
At Wildtracks Lower Zambezi!”

This chorus was sung repeatedly on the bus trip home after a fabulous time spent on camp at Wildtracks in the Lower Zambezi. The Grade 5s enjoyed 3 days on the banks of the river, where they were provided with opportunities to connect with the outdoors through structured activities and lessons. Stronger friendships were forged and self-esteem was boosted as the children were encouraged to step outside their comfort zones. Challenging activities such as baobab climbing and raft building allowed them to make decisions and understand the importance of teamwork. Fishing, bushwalks, team games, water challenges and a talent show were some of the other activities on offer – all thoroughly enjoyed by the boys and girls. The class can be proud of their behaviour and enthusiasm to get stuck into each and every activity with gusto. They were wonderful ambassadors for Musikili!



GRADE 5 CLASS TRIP





WILDTACKS LOWER ZAMBESI



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At Musikili we are truly blessed with the most amazing, committed, passionate and experienced teachers.

We thank you for the difference that you make every day, for inspiring hope, for igniting imagination and for installing a love for learning in each Musikilian.

This week we take the opportunity to applaud our teachers, all teachers across the globe, but importantly our Musikili teachers.

We trust that you had a wonderful World Teachers' Day on Monday and a splendid week.

WORLD TEACHER DAY





OCTOBER BIRTHDAYS

Dane Cantlay
Olivia Chikwanda
Luke Beukes
Rana Liebenberg
Rais Liebenberg
Chate Siame
Samuel Miers



UPCOMING EVENTS

INTER-HOUSE ATHLETICS

Wednesday 14 October

Inter-house Athletics Pre-Events

In order to prevent the day from extending into the afternoon, the following Pre-Events will take place during the afternoon programme

15:00 – 15:20 U12 & U13 800m

15:30 – 16:00 U9 Cricket Ball Throw

16:00 – 16:30 U10 & U11 Cricket Ball Throw

Thursday 15 October (No Maz Bus p.m)

14:30 – 17:00 Inter-house Cross-country

As usual, parents are welcome to camp on the school campus prior to the athletics on Friday.

Braai facilities will be available – more information in this regard will be distributed

Friday 16 October (No Busses)

07:30 – 13:00 Inter-house Athletics

HALF TERM DATES

Friday 16th - Monday 26th
(RETURN)



Reminders:

There will be NO buses on
Friday 16th October.

This week we took school photos.
Look out for more information on
how to order prints.



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