



11 June 2021

## NEWSLETTER NO. 16

Dear Parents and our SACS Students

### HEADMASTER'S INTRODUCTION

We continue to forge ahead in these uncertain times. We are fortunate at SACS to have very few active COVID cases at the moment. I would like to thank our parents especially for your positive response to last week's letter to monitor your sons for any symptoms and keep them at home should any of these present. Schools close to us have had to close or send whole Grades home, and this is a situation we wish to prevent. The WCED has informed us that vaccination of our staff members is scheduled to occur within the next few weeks. This will be another positive step in the right direction. I again pay tribute to our incredible staff and all they are doing for our sons in these challenging times. There are so many that go way beyond the call of duty and they are just gold for our school. Times are tough, but I remain ever grateful to the good people of our community who are helping our school not only to maintain what we have, but to become even stronger and more resilient.



Anne Cawood speaks to us about

Identifying anxiety, the signs of anxiety, managing anxiety and building resilience in difficult times

17 JUNE 2021 • 7 PM TO 8 PM  
Online / Google Meet

Ticket Cost: R120 / Payment: EFT/Snapscan

For more information:  
[sacsjuniorpta.co.za](http://sacsjuniorpta.co.za) or SACS Junior PTA Facebook Page

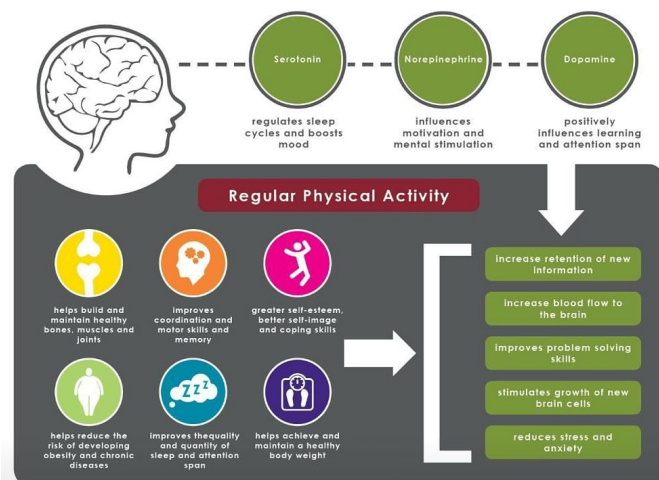


The SACS Junior PTA talk for this term will be held online. Anne Cawood will be presenting a talk on "coping with anxiety during the pandemic". There have been some alarming statistics of late as to how the pandemic has increased levels of anxiety and impacted mental health in both children and adults. Anne Cawood is a registered social worker with many years' experience. She has previously worked as a school counsellor at schools in Cape Town. She places a strong emphasis on problem-solving and life-skills training. She is also the author of 5 published Parenting Books.

### Sport & Exercise During Exams

Reasons why students should exercise and play sport during exam period

The following is released during exercise



Yours sincerely

B.J. GRANT  
HEADMASTER