



# ST GEORGE'S PREPARATORY SCHOOL

30 January 2012

Dear Parents

Please remember to apply for your My School Card at any Woolworths store or on-line at [www.myschool.co.za](http://www.myschool.co.za) and support St George's Preparatory in this easy way to raise funds for our school that doesn't cost you anything! All you have to do is swipe your my School Card at participating retailers e.g. Woolworths, Wimpy, Toys R Us, Reggies, Mugg and Bean, Tiger Wheel and Tyre, Waltons, Engen garage shops, Super Quik Tyres, Kalahari.com etc. Please encourage all your extended family and friends to apply to and select St George's Prep as their beneficiary.

Many thanks

January 2012 Newsletter

## MAKING EVERY SWIPE COUNT



Welcome to 2012! Now that we're refreshed and relaxed after the holidays, it's time to welcome a fresh new year...and a fresh new you! To help you get the New Year off to a great start, we share our **Top 10 Back2School & Back2Work tips**. We also have the inside scoop for you on the most extreme race of the century – all in benefit of climate change. Read about Extreme Adventurer and our **MyPlanet Ambassador**, Braam Malherbe, and his current **race to the South Pole** below.

Wishing you a super new year,  
The MySchool MyVillage MyPlanet team  
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### TOP 10 TIPS TO KICK-START 2012

#### 1. Save time – learn to shop online with Waltons.

With the widest range of back-to-school supplies now available for the 2012 school year, Waltons is your **Back to School shopping solution**. From books and pens to school bags and art supplies, drawing equipment and files to colouring pencils and dictionaries – you'll find everything you need for the new school year at conveniently located Waltons stores countrywide.

What's more, you can save time, hassles (not to mention petrol) by doing the smart thing and shopping online at [www.waltons.co.za](http://www.waltons.co.za).

Get your Back to School products fast!

Order online [www.waltons.co.za](http://www.waltons.co.za)

## 2. Take control of your budget. Save with special lower prices at Woolworths.

As a MySchool or Woolworths cardholder, you're part of Woolies' fabulous **WRewards** programme, which means **you can save 10% on selected items throughout the store**, 365 days a year.

See the latest list of items that qualify for savings [here](#), including easy-to-make meals, lunch box items and more. And remember, you can also save time by shopping online at Woolworths.



## 3. Snack better!

Make 2012 the year to adopt a healthier lifestyle. Start by changing one habit and keep going. To make **it easier for you to choose better food options**, Woolworths has put together easy and delicious [lunchbox ideas](#) from their Registered Dietitian that will help you get on track.

## 4. Move for your Health.

Sports Scientist at the Sports Science Institute of SA, Kathleen Mc Quaide-Little recommends that your goal for 2012 should be to **engage in at least 30 minutes of physical activity every day**. Daily exercise is the best thing you can do for your body and mind. Adopt an "exercise routine" that doesn't hurt, but is fun and stimulating. Did you know that every time you exercise, your body releases endorphins, often referred to as the "happy hormones" and "natural pain killers" – doesn't that thought just make you smile? So get moving, get healthy and get happy!

## 5. Shop online for textbooks at kalahari.com and win your purchases back.

We think the best way to improve your knowledge and expand your vocabulary is by reading – and a wonderful place to find books and electronics geared to help boost learning is kalahari.com. Plus, if you use your card when shopping online with kalahari.com before 31 January 2012, you could be **one of five lucky** MySchool cardholders to **win the value of their purchases back**. Take a look here at the great ranges they have to offer: [top school dictionaries](#) – from R50; handbooks and [study guides](#) from R154.95 each and some great offers on notebooks, netbooks, monitors and flash drives (like the Gigabyte Q2005 [Atom Series Netbook](#) now R2499.95 or the Sony 4GB [Micro Vault Classic Flash Drive](#) now R79.95).



## 6. Laugh more...

We've all heard that laughter is the best medicine... well, it certainly helps! Why not join us in getting the year off to a great start by valuing all the things you've been blessed with in your life ... whatever they may be. Take the time every day to appreciate what you have and make sure to laugh every single day. (It's the best way to beat wrinkles too!) Why not [share your best jokes](#) on our [facebook](#) page?

## 7. Give to those in need.

Here's a great way to make good on your resolution to help others: **buy a book online** from [kalahari.com](#) for the kids at **Greensleeves** Place of Safety in Port Elizabeth. This organisation **provides a home for over 80 kids** who are in between foster homes or who have been abandoned or orphaned by their families. Your support can help make sure they get the early education to start them off right. [Buy a book online](#) from kalahari.com from R28.95 and it will be donated directly to Greensleeves.

## 8. Plan your "me-time" in advance.

This year, plan your special moments, long weekends and holidays in advance. Put them in your diary and book your special occasions with friends and family. Make sure you always have something to look forward to.

## 9. Don't just think green – DO green.

For the sake of our future, we need to start living "lighter" – using less and giving more. Many [Engen Woolworths stores](#) now have **special recycling bins** where you can drop your waste. If there isn't one near you, find a local recycling depot in your area. Or why not try out public transport? And of course, encourage your friends to get a MyPlanet card and swipe for an environmental organisation.

## 10. Make every swipe count.

Last year, you helped us raise over R25 million for over 9000 schools and charitable organisations... please continue swiping your card at our [partner stores](#) and making a tangible difference in your community.

### MYPLANET AMBASSADOR BRAAM MALHERBE TAKES ON THE TOUGHEST RACE ON THE PLANET

100 years ago, in 1911, two adventurers set out to conquer the South Pole. The story of the epic race between Amundsen and Scott is one of the most famous in modern history and the stuff of legends. Now seven teams from around the world are competing in a race to mark the centenary of Scott and Amundsen's race. Representing South Africa in this, the toughest endurance race on the planet, are MyPlanet Ambassador, **Braam Malherbe**, and his team mate, **Peter van Kets**.

Read more about how you can [win the MyPlanet flag](#) that's going all the way to the South Pole with "**Team Mission Possible**", [track](#) the team's progress and see the epic [photos](#) from the coldest place on earth.

## EXTREME ADVENTURE



FOLLOW MYPLANET AMBASSADOR **BRAAM MALHERBE** ON AN EPIC RACE TO THE SOUTH POLE



### WELCOME OUR NEW GUEST BLOG WRITER: THE PRINCIPAL OF FUN

**Almarie Mead**, the proud Principal of **Sea Point Primary School** in Cape Town has been a school principal for over 18 years and has over 31 years of experience in education. Mrs Mead has been dubbed the "**Principal of Fun**" based on her innovative and inspiring schooling methods. At Sea Point Primary School, every day of learning is a fun one – and every child is made to feel like the gems they are! Mrs Mead is respected by colleagues and peers and has recently written a hand book especially for principals and teachers.

We are happy to announce that the "Principal of Fun" will be sharing her practical ideas and tips on our blog over the next few months that will **add the fun back into education**. Read the first article [here](#).



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