



## Director's Message:

I take this opportunity to say good bye for the remainder of 2011. We plan to welcome our baby daughter during the first week of November and for this a mother needs some rest! I am extremely proud of all the staff at the Anna Foundation who will continue to ensure the high standard of work and services we offer. Thank you to all our supporters throughout this year (from kind words to big deeds!), you are all appreciated!

Until January 2012, Good bye!

Anna

## 3 R's and Kinder Kinetics Workshop at Staff Training

As the end of the **academic** year is drawing nearer, much of the work in this month's curriculum is done in preparation for the Anna Foundation exams in November. A variety of important topics are covered this month: Goals and dreams are not necessarily things all children spend time thinking about and the worksheets encourage our learners to put some thought into their futures – both immediate and long term. What do I want to be one day and what do I need to do to get there? While the younger children learn the correct names (including masculine/feminine!) for different occupations the older learners investigate different career choices. They also take a look at the personality traits which makes one a suitable candidate for that particular job. Another valuable area of focus is entrepreneurship. Teachers are encouraged to make these lessons as practical as possible and learning is made fun by playing "shop-shop" with paper cut-out bank notes and coins. We find that the general understanding of money is very poor and there is much practice needed regarding money-maths. In addition to the arithmetic, children battle to differentiate between a necessity and luxury item, and do not easily grasp the concept of income and expenditure. Putting these areas into a practical lesson helps a great deal in working on the problem and keeping the children's interest.



The **sports lessons** incorporate a number of new games, including basketball, cricket and baseball which all play a role in developing large motor skills. Similarly, fine motor skills are exercised through catching and fun games such as hand ball which the children thoroughly enjoy.

At our **monthly staff training** session we were pleased to welcome two honours students and Dr Africa from Stellenbosch University's Sports Science department as the workshop which they presented to our 3 R's teachers and staff runs parallel to our current sports lessons. **Kinder Kinetics** involves the development in movement of a learner, and motor abilities are one of the key areas of the school readiness make-up of young children. Children with poor gross motor skills suffer from learning problems, speech problems and poor self-esteem. Our staff were demonstrated a number of skills which a child should be able to execute by the age of 6, for example standing on one leg for 10 – 12 seconds, doing 10 consecutive star jumps and walking along a narrow beam. The importance of motor development and balance are greatly linked to the classroom and can affect a



child's ability to progress academically in every way from concentration, ability to read and spacial orientation (left, right, up, down). The Kinder Kinetics students demonstrated a number of fun games which can be used in assisting with the thorough motor development of a child. The information relayed to our teachers in this training session was a real eye-opener and has re-emphasised how crucial our well-planned sports lessons are in facilitating with the improvement of these vital skills in our young learners. Thank you to Dr Africa, Carla-Rae Hagemann and Riana Breytenbach for the insightful information which you shared with us!

## Teen's Trip to Barrydale

Earlier this year we selected 12 well deserving children to attend a 3-day camp in Barrydale. As our teenagers from Buffet Olives only joined the Anna Foundation in July, they missed out on the possibility of being selected for this camp so we decided to give their 8 learners an opportunity to experience their own special getaway to Barrydale. The camp took place from 5 – 7 October and the group was accompanied by two Anna Foundation staff members: Yolandie Benson and Meschell Lesch. The dynamics of this camp differed in a number of ways from the first one in that the learners from Buffet Olives are all in high school and the group was already familiar with one another prior to their trip so no initial introductions or ice breakers were needed.



A number of fun activities were planned for the three day outing. One of these included a tractor-ride to the Cape Crow baboon rehabilitation centre. Living on a farm, the youngsters are accustomed to seeing tractors but don't often get the opportunity to ride on one so they were most excited to be taken for a trip to the nearby baboon centre. Here they learned more about the magnificent animals and even had the opportunity to feed them which was a wonderful learning experience. Back at the campsite that evening, each child was equipped with a small, traditional drum and wrapped in blankets, seated around the campfire they articulated themselves through their synchronized rhythms – a musically talented group of note!

In between the planned activities there was plenty of free time for the teens to explore and have the space to simply "be" in their new environment. The quiet Karoo surroundings opened the door to many a group discussion and conversation topics often led to the youngsters talking openly about their fears and frustrations regarding their schooling and other personal concerns. They felt comfortable opening up to the two teachers in charge and demonstrated a mature and respectful attitude towards one another as they conversed.



The aim of this camp was to give the learners an opportunity to get away from home for a few days, be themselves and simply have some downtime away from their life on the farm, school and family. The teachers were able to oversee and enjoy the group, rather than having to be disciplinarians all the time. They found the teenagers to be well-mannered, hardworking and terribly tidy – an absolute pleasure to be with! These learners will no doubt take with them valuable memories of their time in Barrydale in the months and years to come.

Thank you to Nola Fraser (Cape Crow), Mrs Brom and Piet (Net vir Pret) for helping to make this camp such a success!

## THINGS KIDS SAY

### **A QUESTION...**

Teacher: "What does it mean if something is a 'flop'?"

Child: "When a pancake doesn't have any sugar."



### **LEARNING ABOUT CAREERS...**

Teacher: "Who is the person who stands in the road and directs the traffic?"

Child: "Die verkleurmannetjie!"

[Translation: "Chameleon" It should read 'verkeersbeampte']

## RUNNING AROUND

A number of our farms participated in two very scenic fun runs on 29 October. Most took part in the **Rustenberg Farm Race** while the Buffet Olives children did the **Buffet Olives Trail Run** right on their doorstep! The weather decided to play along and the children had a most enjoyable time at both events, delighting in the outing, not to mention the medals upon finishing!



## **1%CLUB: Pub Quiz Night**

On Wednesday, 12 October the 1%Club hosted a pub quiz at one of the oldest pubs in Cape Town. The Fireman's Arms was the perfect venue to accommodate the 100 plus club members and invited guests and together with the professionally run "Quiz Nite Cape Town", a most entertaining evening lay in store.

Prior to the quiz, each team was required to give themselves a name while teams dressed up in co-ordinated outfits. Amongst the best dressed were *Die Antwoord*, a very bright-looking bunch donned with thick-rimmed glasses and pigtailed hair, the masked *Uncredibles*, and the team which won the prize for best costume - the pirates, complete with cut-out parrots and hooks for hands.



The Pub Quiz consisted of numerous categories, including current affairs, film, geography, art and general knowledge. Each team could also choose their "bonus category" – one in which all team members excel. Quinton Smith of Quiz Nite Cape Town, marked every team's answers after completing each round of questions giving guests a chance to mingle. In between the questions and throughout the course of the evening, everyone's hunger was satisfied as pub staff smoothly moved from table to table serving appetising pre-ordered meals. Before the start of each new category the correct answers and team scores were read out, leading to much cheering and "high-fiving" amongst the various teams. It was a race to the finish but in the end *The Warthog Eight's Candle* walked away with first prize with a total of 51 points, *Die Antwoord* came a close second (47 points) and *Team Kazakhstan* took 3rd position (46 points). After the prize giving, teams mingled (some even danced) and enjoyed a natter for a good few hours. A most enjoyable evening was had by all.

Thank you to prize sponsors: Element Investment Managers, Joubert and Monty Biltong, Kaapzicht Wines and Natural Medicine Magazine. A big thank you to The Fireman's Arms for hosting the evening and to Quintin Smith for the professionally run quiz. Thanks also to Terrence Coombes and Chantelle Mitton for giving of your time to do the photography.



Every few months a social event is planned for all 1%Club members. These events provide an opportunity for working professionals to meet new people and network. To become a part of the 1%Club, members commit to contributing 1% of their salary each month – these contributions are pooled together and go towards assisting the Anna Foundation children. Currently, 1%Club member's contributions are bringing in an extra ±R3 500 a month for the Anna Foundation which makes a big difference each month.

For more information go to [www.1percentclub.yolasite.com](http://www.1percentclub.yolasite.com)

### **WINE OF THE MONTH:**

#### ***Neethlingshof Sauvignon Blanc 2011***

Recently awarded gold at the 2011 Veritas awards, this crisp, refreshing wine has flavours of tropical fruit and green figs on the nose, backed by a hint of green pepper asparagus and grass. On the palate, tropical fruit and green fig linger long after the last sip.

Neethlingshof estate takes its name from its 19th century owner, Marthinus Laurentius Neethling, who served as mayor of Stellenbosch and was also a member of the Cape Parliament. Neethlingshof estate takes its name from its 19th century owner, Marthinus Laurentius Neethling, who served as mayor of Stellenbosch and was also a member of the Cape Parliament.



## Anna Foundation Pays It Forward

We are most grateful for the support shown towards the Anna Foundation by generous individuals and companies throughout the year and determined to reinforce what we teach our children about the importance of **giving back** to others. Every year-end our children visit various homes and safe houses throughout the Boland as their time to “Give Back” to the community. Each farm prepares their own unique Christmas play to perform, and the children make cards and little gifts for the residents to make them feel special and cared for.



[Click here for a list of organisations that we recommend for "giving back".](#)

But this year we're going bigger and aim to 'pay it forward' even further! The period before Christmas is normally the time of the year when people feel they want to “do their bit” and contribute to charities or causes in need. This year, rather than welcome more goods for our children, the Anna Foundation would like to refer people who want to give, to other organisations in need and who can also benefit from the generosity of others. Through this initiative we want to teach our children that it's not “all about me” and “me getting”. This is the perfect opportunity to appreciate what has been given to us, take nothing for granted and repay that kindness to others.

We have contacted the homes, hospices and animal welfare in our area to find out what kinds of things they most need. A tube of toothpaste or 2nd hand clothing will cost you next to nothing but will make a big difference in helping these centres continue doing the wonderful work that they are doing. [Please click here](#) for further details. If you're not in the Boland, why not find a similar organisation close to your home and support them in whatever way you can. It's really easy, you'll be making a difference and plus, it will make you feel good!

## EDUPEG—What is it all about?

Upon browsing through an EduPeg book, one might simply see pages of maths-solving problems. During the past month, we welcomed Edupeg-trainer Shirley, who visited two of our farms in order to coach both the learners and teachers how to utilise EduPeg books to their full potential. We have in previous newsletters mentioned EduPeg but you may still be wondering what it is all about and what makes EduPeg books so unique.



EduPeg is a multiple-choice, self-corrective, integrated teaching programme with assists the children mainly with numeracy but the exercises also include language and literacy (reading of questions), life skills, human and environmental sciences. There are 22 individual colour-coded workbooks of varying levels. The beginner's books are aimed at children from Grade R (age 5-6), focus on perceptual activities upon which all learning is based and is essential for practice in younger children. The EduPeg books come with a unique plastic pegboard which is used in conjunction with the workbooks so that the children can check their multiple-choice answers themselves after they have completed the exercise. By correcting their own work, children can take control of their own learning and manipulating the pegboard helps to promote dexterity and to develop fine motor skills. For those children who are adverse to numeracy, EduPeg is a brilliant tool because the workbooks are brightly coloured and appealing and the pegboards make marking their work all the more fun.

Thank you Shirley for the “hands-on”, practical and interactive training experience. The information which you share enables one see the value of the EduPeg books in a totally new light and most importantly, makes maths fun! [www.edupeg.co.za](http://www.edupeg.co.za)

## THANK YOU

- **Helani Schreuder:** Your contribution is most appreciated
- **Regular Financial Donations:** Lille Howe Trust, Croft Trust, Dr Brom, van der Merwe Family
- **Creation Wines:** Thank you for your Veritas Pledge
- **WP Athletics:** Thank you for your generous donation
- **1%Club:** Your ongoing monthly support makes a huge difference
- **Guy Webber:** For our very own Well-Read Red!
- **Terrence Coombes and Chantelle Mitton:** Giving so generously of your time to take photos at the 1%Club event

