



13 September 2024

Dear Parents,

Letter from the Head

I shared with you earlier this week information regarding our school's evaluation process with ISASA/OISESA.

The online surveys that form part of the evaluation process, will be shared on our Ed Admin platform and WhatsApp groups next week. It will be greatly appreciated if you could make the time and complete the said surveys. No log-in is required, your responses remain completely confidential.

Thank you to the parents who scheduled time to meet with the respective class teachers' to discuss their child/children's progress with regards to the Term 2 school report. If you still have not met with the relevant class teacher, please feel free to set up a time that will be convenient, as it is important that we remain in touch and on track with your child's educational journey.

Our Trident Tigers swimming club will be participating in their first official gala in Solwezi at the Trident College pool on Saturday, 14 September. Coach Samson Lumbwe shared the details of the event with you in a letter earlier this week. The bus departs from TPK at 05h30 on Saturday morning and will be back in Kalumbila by 15h00. There will be a tuck-shop available for those who would like to buy some food and refreshments so bring cash with you. Please let Coach Samson(0967623911) or Mrs. Anna Sakanyi (0965793581) know if your child will not travel on the bus to Solwezi or back. Swimmers must please wear the school costume, school uniform and/or tracksuit with tekkies or flip flops. We wish our swimmers all the best and most importantly, to have fun whilst participating.

On Monday, 16 September, we will be taking several photos with our students to update and roll out a new Trident Schools website by the end of this year. The photos will capture various activities during the day ranging from academics, sport, Art, music and Culture. Please ensure that your child wears the full new uniform.

We have a few important events coming up in the months of September to November. Kindly diarise the following dates. Reminders will be sent again ahead of time.

Monday 16 September - school website photos! Whole school.

Thursday 26 September – Music evening at TPK at 18h00

Friday 27 September – Inter-School football at TPK

Progression tests – Year 6: 4 - 7 November Paper 1 and 11 - 13 November Paper 2

Year 3 to 5: 14 - 17 October Paper 1 and 4 - 7 November Paper 2
Cambridge International Education
Cambridge Check Point Exams (Math, English) Year 6 only: 14 - 17 October Paper 1+2
Cambridge International School



Cambridge International Education

Cambridge International School



9 October – School Photos

12 October - Art Exhibition at TPK at 18h00

With several scheduled tests planned for the term, I thought it appropriate to remind you of some pitfalls and solutions that you may wish to consider when our students don't get enough sleep.

Sleep – or lack of it – is a common concern for parents. As new parents quickly learn, the well-being of everyone in the household can depend on how well their child sleeps. When they're older, children who don't get enough sleep can have trouble paying attention, have mood swings, behaviour problems, and learning difficulties.

For children of all ages, set up a bedtime routine that encourages **good sleep habits**. These tips can help children ease into a good night's sleep:

- Stick to a regular bedtime. You can give your children a heads-up 30 minutes and then 10 minutes beforehand.
- Encourage older children and teens to set a bedtime that allows for the full hours of sleep needed at their age. A bedtime routine could include washing up and brushing teeth, reading a book, or listening to quiet music.
- Turn off all screens (TV, computers, phones, tablets, and video games) at least 1 hour before bedtime. Consider removing all devices from your child's bedroom.

How much sleep children need varies by age. While every child is different, experts recommend:

- toddlers (1–2 years): 11–14 hours, including naps
- preschool (3–5 years): 10–13 hours, (including a nap where possible)
- school-age (6–13 years): 8–12 hours.

Last, but not least, it is with great excitement that we welcome 5 new students into our TPK family. A warm welcome to Scarlet and Darcy in our Reception class and Naledi, Jack and Archer in our Early Years class. I have no doubt that they will settle in comfortably and enjoy our wonderful and safe school environment.

Also, our new bicycle shelter has been completed. I would like to use this opportunity to thank Mr. Dave Hunter and his team for doing such a sterling job.

On that note, I wish you all a wonderful weekend ahead.

Jannie Le Roux