

PERSONAL HYGIENE (HAND WASHING)

- As a Health Promoting School, hand washing to promote personal hygiene is compulsory after learners go to the toilet, before eating or when hands are dirty to prevent the spread of germs from hands to other parts of the body/between people.



SCHOOL LUNCH

- To promote healthy eating, learners are encouraged to carry a nutritious lunch, including a fruit if possible.
- Eating of “junk food” should be minimal during the school day.
- Learners should carry their lunch to school every day. Dropping off lunch for learners, at the office, on a daily basis is not a preferable arrangement.



BREAKFAST

- Parents/Guardians must ensure that learners have breakfast every morning as this is the most important meal of the day.
- Servings of porridge, cereal, milk, etc. are highly recommended.



SLEEP TIMES

- It is very important that learners have a good night's sleep and we recommend that sleep times be set from Sunday to Thursday so that learners would be alert and refreshed on arrival at school each morning.
- Younger learners should be asleep by 20:30.



SCHOOL FEES

- The school fee for this year is R1 980, 00 per learner.
- Parents/Guardians are urged to make prompt payments of school fees as per the payment options that are available.
- School fees should be deposited into the school's account. The name and grade of the learner must be indicated on the deposit slip as a reference.
- The school's banking details are as follows:

BANK	BRANCH	BRANCH CODE	ACCOUNT NUMBER
NEDBANK	TAJ CENTRE	137225	1372011196

CURRICULUM MATTERS

The National Curriculum Statement (NCS) R – 12 stipulates policy on curriculum and assessment in the schooling sector. To improve implementation it was amended, Curriculum and Assessment Policy Statements (CAPS) for each subject in each phase was developed. CAPS was introduced in the Foundation Phase in 2012, Intermediate Phase in 2013 and Grade 7 in 2014.