



CIRCULAR NO. 2
12 FEBRUARY 2010

NEWS AT SAHETI

GREETINGS!



The term has settled into a frenetic pace with so many enthused activities. It is rewarding to see how each and every pupil has encapsulated what SAHETI is about and in so doing, getting to 'know himself'.

At the core of our school ethos, is the school motto founded in ancient Greek thought, "Know Thyself".

This implies finding out who you are, accepting yourself, believing in yourself, being confident, achieving and embarking on the journey of self-realization. This is our continued dream and commitment for 2010.

I recently submitted an article for Star's Top Schools, where this issue was expanded upon. For those of you who did not have a chance to read the article, it has been included for your reference at the end of this newsletter.

CALENDAR: 22 MARCH 2010

Please be aware that the **22 March 2010** has been declared a Public Holiday owing to Human Rights Day falling on Sunday 21 March 2010. **School will be closed on Monday 22 March 2010.**

PREPARATION FOR LENT

- **Carnival Day** was celebrated on Thursday 11 February with a special Carnival Day Assembly where the whole school, from preprimary to matric, participated presenting fun items as the day calls for! It was great fun to see how pupils and staff donned their outfits with great zest!
- **Valentine's Day** was also celebrated on Thursday 11 February. All pupils received a Red Rose in celebration of Valentine's Day.



Clean Monday is on 15 February where we will commemorate it with traditional 'laganes', halva, olives and taramosalata and where we will welcome the start of Lent. **KALI SARAKOSTI!**

GREEK NATIONAL DAY COMMUNITY CELEBRATIONS

These will take place on **Sunday 21 March 2010 (SAHETI grounds)**. We encourage all pupils to join in these important community celebrations and march behind the SAHETI and Greek flags.

HIGH SCHOOL SPECIAL LEAVE OF ABSENCE

Please be aware that there is a policy on **special leave of absence** on our SAHETI website. Pupils will only be granted permission should the criteria and conditions as outlined in the policy, be met.

ABSENTEEISM DURING TESTS (High School)

A reminder that should pupils absent themselves from tests, the same rule as per examinations, will apply. A **DOCTOR'S NOTE** needs to be supplied verifying the illness. On the child's return to school, the test/examination will be written. If a doctor's note is not produced, the child will be awarded a zero for that test.

MATRIC EXAMINATIONS

The Grade 12's will be writing their March examinations from **8 – 19 March 2010**. As these examinations are written in the Music Centre, we urge all primary school parents to be sensitive to the above when picking up their children at the end of the school day.

GREEK PRODUCTION

We proudly announce that we are **Production in March this year.**



staging a major High School Greek

It is called **ILION** (the ancient name for Troy). It explores the tragedy around Ifigenia's sacrifice in Avlida, in order for the ships to sail for Troy, where the famous Trojan War took place; the combat between Achilles and Hector. It also traces Hector's death at Achilles' hand and the capture of his body by Achilles who, afterwards, graciously releases it to his father (who risked his life to go through the Hellenic troops to meet Achilles in his tent and beg him to release his son's body, so that he could bury him). It is about the tragedy of war which makes people enemies, the loss that both parties suffer and that ultimately, there are no real winners in the end.

The play will be presented in the school avli and the performances will be on 10, 11 and 13 (Gala Evening) March.

Diarise these days. Don't miss this magnificent production in which our Grade 8's, 9's, 10's and 11's are the protagonists!

HIGH SCHOOL SPORTS

Iris – Goddess of the Rainbow strikes!

For the ancient Greeks, the rainbow's arc was most often seen spanning the distance between cloud and sea, and so Iris was believed to replenish the rain-clouds with water from the sea. Rain has limited the amount of training and fixtures that has taken place this term. Cricket, basketball and volleyball have had several fixtures cancelled due to the rainy season.

Swimming

A tough day in the pool saw the house of Hermes declared the winners.

Congratulations to all winners and swimmers who took part in the gala.

Senior Victor: **Branco Kostic**

Senior Victrix: **Stefania Scalla**

Junior Victor: **Dimitri Yiannoulakis**

Junior Victrix: **Federica Scalla**

Basketball

SAHETI 32 v King David 24.

Tennis

Senior girls beat Queens High while the senior boys narrowly lost to Rand Park.

Important Sporting dates

Midmar Dam swim: 12th – 14 Feb

To all our pupils participating in the Midmar Dam Swim, we wish them the best of luck!

We trust that the tough training programme over the last few months will see our swimmers complete the race comfortably.

Pick n Pay marathon: 14th Feb

Rugby 7s and Netball Festival: 20th Feb.

Over 75 rugby and netball teams have entered our awesome annual tournament. See you there!

PRIMARY SCHOOL SPORTS

Inter house Swimming Gala

The postponed Inter House Swimming Gala took place on Monday 01 and Tuesday 02 February. The Gala was won by Hermes, with Athena being awarded the Best Spirit Award.

- The Victrix Ludorum Trophy was shared between **Alexandra Loffstadt** and **Eleni Thomadakis**.
- **Andrea Dellas** won the Victor Ludorum Trophy.
- **Eleni Thomadakis** was also awarded the best achievement award for breaking the under 12 Breast Stroke record.
- Five other records were also broken: **Alexandra Loffstadt** (backstroke u/12), **Kimon Kokkoris** (breast stroke u/10), **Yuty Chung** (u/10 butterfly), **Eleni Thomadakis** (u/12 Free style), **Artemis** (open girls free style relay)

Cricket and Tennis

We had to cancel a lot of matches due to the amount of rain that we experienced. Most of the teams played their first fixtures in the week of 07 – 12 February.

Christos and Yianni Charalampopoulos were invited to attend the Gauteng East Junior Tennis Squad for their respective age groups. *Well done to both of them!*

OUTREACH

High School:

The Grade 8 and 9 learners visited the Princess Alice Adoption Home on the 8th of February. Clothes and nappies were taken for the babies. Our pupils spent time feeding and playing with the babies and giving them the attention that they so desperately need.

The Grade 10s are involved in Fundraising with cake sales during Friday breaks for Flood victims.

Grade 11 and 12 pupils are involved with community service at different homes on an individual basis. They assist with homework and spend time with orphaned and abandoned children.

All schools are currently desperately collecting items for the Little Eden Fete, on the 6th of March, which we support annually. Some of the items are: soft toys, old clothes in good condition, books, Easter eggs etc. Boxes of marshmallow eggs will be turned into egg hampers by the Foundation Phase. These will then be sold at the fete.

Primary School:

The Primary School is very busy at present collecting second hand stationery. If you have any used pens, pencils, half used exercise books, rulers, pencil cases, colouring-in books, colouring pencils, files etc. please send them with your child.

With the present floods in and around Johannesburg, we should take a moment and think about these victims as well as the People of Haiti who have lost everything. All donations can be made to the Red Cross or to the SAHETI Outreach Committee.

VEGETABLE GARDEN

Approximately a year after the first seed was planted we find ourselves in the pleasant position to inform you that we have managed to instill in the children: happiness, relaxation, and the willingness to play with soil, water and mud.

We have learnt through practical participation, how a seed planted with our own hands, flourishes into a seedling.



We then took the seedling and we transplanted it into the ground. We watered it, we cared for it and soon it became a plant which gave us much joy.

Tomatoes, eggplants, green peppers, baby marrows, green beans, onions, garlic, leeks, celery, rocket, parsley, Chinese cabbage - sprouted along which we noted with satisfaction and joy.

We haven't yet completed the fencing of the garden. We hope this year that our garden will become picturesque and be transformed into the Elysian Fields; our own SAHETI Garden of Paradise!

Mr George Tsiftsis, (Greek Department)

GREEK ADULT LESSONS

As per last year, we will offer Greek adult lessons in the 3 modules (Module 1, Module 2 and Module 3). Any adults interested in learning Greek, please contact the school's receptionist, **DANAE**, on (011)453-8210. Please note, these lessons will commence only on condition that we have a minimum of 4 participants per Module. Each module will run at a cost of R1 600. (Duration of the Module, in total, is 24 hours).

MUSIC NEWS

Both **Kendall Born** and **Spyros Piperidis** have been accepted to play as members of the Johannesburg Wind Band AND the Johannesburg Youth Orchestra as saxophonists

Anthea van den Bergh has been accepted into the Johannesburg Youth Orchestra as a violinist.

It is very good for our school to be represented at this level. **Well done to our pupils!**

FROM THE PSYCHOLOGY DEPARTMENT....

SAHETI is a member of ADHASA (Attention Deficit Hyperactive Support Group for South Africa). We have ordered their book "Teaching and ADHD in the South African Classroom" to assist our staff with children who have attentional concerns, AND EXPECT IT TO BE DELIVERED SOON AND AVAILABLE IN THE LIBRARY. Parents who are interested in purchasing their own copies can do so from the ADHASA National Office (Delta Park School, Blairgowrie 011 888 7655); or the Publishers (MacMillan 011 731 3300).

They recently sent us information that learners on stimulant medication might need to have cardiac monitoring if they have or there is a family history of cardiac problems. If this applies to any of your children, please discuss it further with their Neuro-developmental paediatricians or Psychiatrists.

FROM THE I.T. DEPARTMENT

The SAHETI communicator

The response to the Communicator has been overwhelming. Thank you to all our parents who have adopted this method of receiving communication from the school. We have had rave reviews from many parents who find this instant messaging system of great benefit.

More and more staff members and departments are publishing information to the communicator every day, and we are keeping you in the loop with happenings at the school all the time. We will be updating pictures soon so keep your eyes on that section of the communicator.

If for some reason you have misplaced your installation disc, please logon to www.saheti.co.za in order to download the installation.

The SAHETI intranet

At last we have our intranet portal up and running. The portal is managed by Moodle, a document management and Content Management System. Through this portal, learners will be able to access work set for them by their teacher via the internet from the following website: <http://intranet.saheti.co.za>. You as a parent can logon as a guest and see what the portal looks like and the kinds of things that the learners do. We will soon have vast amounts of information and lessons as our staff use the Intranet more and more.

AuPair

An ex SAHETI pupil, who has completed her tertiary education, is looking for an Au Pair position. Anyone interested in her services, please contact her on **071 334 4743**.

NOTICE FROM CYPRUS HIGH COMMISSION

Scholarship Programme from Cyprus University is open to overseas Cypriots and others. **Please refer to attachment at the end of this newsletter.**

**Mrs A. KRYSTALLIDIS
EXECUTIVE HEAD**

The role of “Know Thyself” in embracing Diversity (Article in Star’s Top Schools) by Executive Head, Mrs A Krystallidis

SAHETI is a multi ethnic, English-medium school, which has, from the outset, sought to embrace all communities within South Africa and the world in general, resulting in a learner body comprising of 26 different ethnicities.

At the core of SAHETI’s ethos is the school motto founded in ancient Greek thought, “Know Thyself”. This implies finding out who you are, accepting yourself, believing in yourself, being confident, achieving and embarking on the journey of self-realization.

Thirty six years later, SAHETI has established an identity, an ethos and a culture.

Culture by definition, is the social heritage of a community transmitted from generation to generation.

Executive Head, Mrs Anastasia Krystallidis explains: “In planning our strategy towards the future, we realized that we have established a Hellenic school which reflects the rainbow of South Africa and we must now extend what we have already established.

We need to consciously embrace the diversity in our school, namely to give opportunities to the different ethnic groups of SAHETI to know themselves, their roots, their language, their history and to bring their cultural heritage to SAHETI so that the rainbow comes alive.

We believe that the sharing of ideas makes the maximum opportunity for learning. We cannot be “luke-warm” about diversity. We must embrace it and put in a concerted effort to ensure a well functioning, inclusive community. SAHETI has a diverse school community; therefore we need a multi cultural curriculum. Knowing the children we teach – individually, culturally and developmentally, is as important as knowing the content we teach.

Diversity then is not a problem, but an opportunity for humanity to live up to its name. In embracing diversity, the most important thing is to “know thyself” as a starting point. We find out about our roots and our culture, and we bring this to our school to share it with others. The successful management of diversity implies the development of a strong school culture that values cultural differences while at the same time aligns the staff towards the goals of the school and ensures that the talents of all members of the SAHETI community, from the board to the children, are used optimally.

“The survival of mankind will depend on the ability of people who think differently to act together” (Hofstede 1980). This South African proverb is also relevant: “If you want to walk fast, walk alone. If you want to walk far, walk together”.

We want SAHETI to walk far. SAHETI’s success is attributed to the people who walked together all these years. We do not need to change our motto or our mission to include diversity because it is already included. We need to embrace, explore, extend and celebrate SAHETI’s diversity. This is going to be our challenge in 2010 and in the years to come, until we achieve our goal. Parents then will enroll their children at SAHETI because no one here will feel like a ‘xenos’ (foreigner). We will all know who we are and we will be proud of our roots and our heritage and that South Africa is our home.”

THE LANGUAGES OF LOVE

February seems to be the month in which romance is highlighted. Valentine's Day seems to be the axis around which society revolves at this time. Television airs appropriate movies, shopping centers play the sounds and words of love, roses and tinsel once more abound in shop-fronts and grocery lists. It's a pretty time, I guess, but somehow I'm almost tempted to side with Scrooge and cry out, "bah-humbug!" not because I'm averse to romance and "shmultz", but because our ideas of relationships have become rather unrealistic and "hollywood-ian". We get caught up in the hype of glitz and glamour, of greeting cards and bouquets, of poetry and song, and we ignore the more significant things of which a relationship is composed. And we do so willingly because we belong to a generation that doesn't really believe that relationships require and deserve hard work – compromise, readiness to understand the other, to swallow our own pride and ego. I won't rant and rave about this for much longer. There is a point to what I'm saying...

After 12 years in the priesthood and after being called-upon to help couples at every stage of a relationship or at pivotal points in their marriage - from those just setting-out in a relationship, to those just discovering the joys and trials of marriage to those who are ready to call it quits - a number of things have made an impression or come to mind. One of these, remarkably, is the couple's inability to understand each other, where each person is coming from, what each person is trying to say and how they are trying to say it. As a consequence women are normally sulking and men are left confused and guessing as to the reason.

An issue that so often makes its appearance is the belief of one partner (normally the woman), that the other (normally the man), doesn't show his love enough. "Showing" love is often one thing for one party and another thing for another. This was confirmed and made beautifully clear to me after reading a book by Dr Gary Chapman called "The 5 Love Languages- the secret to a love that lasts". After many years of couples' counseling, Dr. Chapman himself noticed a pattern: everyone he had ever counseled had a "love language," a primary way of expressing and interpreting love. He also discovered that, for whatever reason, people are usually drawn to those who speak a different love language than their own.

Of the countless ways we can show love to one another, five key categories, or five love languages, proved to be universal and comprehensive—everyone has a love language, and we all identify primarily with one of the five love languages: Words of Affirmation, Quality Time, Receiving Gifts, Acts of Service, and Physical Touch.

Awareness of these Five Love Languages has helped countless couples identify practical and powerful ways to express love, simply by using the appropriate love language. Many husbands and wives who had spent years struggling through marriages they thought were loveless discovered one or both spouses had long been showing love through messages that weren't getting through. By recognizing their different love languages, they witnessed the rebirth of the love they thought had been gone for good.

The Five Love Languages

What if you could say or do just the right thing guaranteed to make that special someone feel loved? The secret is learning the right love language! Take a look at this:

- **Words of Affirmation**

Actions don't always speak louder than words. If this is your love language, unsolicited compliments mean the world to you. Hearing the words, "I love you," are important—hearing the reasons behind that love sends your spirits skyward. Insults can leave you shattered and are not easily forgotten.

- **Quality Time**

In the vernacular of Quality Time, nothing says, "I love you," like full, undivided attention. Being there for this type of person is critical, but really being there—with the TV off, fork and knife down, and all chores and tasks on standby—makes your significant other feel truly special and loved. Distractions, postponed dates, or the failure to listen can be especially hurtful.

- **Receiving Gifts**

Don't mistake this love language for materialism; the receiver of gifts thrives on the love, thoughtfulness, and effort behind the gift. If you speak this language, the perfect gift or gesture shows that you are known, you are cared for, and you are prized above whatever was sacrificed to bring the gift to you. A missed birthday, anniversary, or a hasty, thoughtless gift would be disastrous—so would the absence of everyday gestures.

- **Acts of Service**

Can vacuuming the floors really be an expression of love? Absolutely! Anything you do to ease the burden of responsibilities weighing on an "Acts of Service" person will speak volumes. The words he or she most want to hear: "Let me do that for you." Laziness, broken commitments, and making more work for them tell speakers of this language their feelings don't matter.

- **Physical Touch**

This language isn't all about the bedroom. A person whose primary language is Physical Touch is, not surprisingly, very touchy. Hugs, pats on the back, holding hands, and thoughtful touches on the arm, shoulder, or face—they can all be ways to show excitement, concern, care, and love. Physical presence and accessibility are crucial, while neglect or abuse can be unforgivable and destructive.

So... where to from here?

Well, I guess we should realize firstly that our partners may have been showing their love to us all along, perhaps not in ways we were expecting. And secondly, all this highlights, once again, the need for open communication, expressing ourselves, telling our partner what our needs are. Do you hear that ladies? Please don't leave him guessing for what he may have done wrong or for what your needs - **and** his - are!

Fr. Petros

**ΕΞΕΤΑΣΕΙΣ ΓΙΑ ΤΗΝ ΠΙΣΤΟΠΟΙΗΣΗ
ΕΠΑΡΚΕΙΑΣ ΤΗΣ ΕΛΛΗΝΟΜΑΘΕΙΑΣ**

Από τη Σχολή ΣΑΧΕΤΙ (CIVIN DRIVE, SENDERWOOD) ανακοινώνεται ότι οι Εξετάσεις Πιστοποίησης Επάρκειας της Ελληνομάθειας θα διενεργηθούν στη Σχολή ΣΑΧΕΤΙ την **Τρίτη 11 Μαΐου 2010** (10 π.μ. – ±1 μ.μ.) για τα επίπεδα Α΄ και Β΄ και την **Τετάρτη 12 Μαΐου 2010** (10 π.μ. – ±3 μ.μ.) για τα επίπεδα Γ΄ και Δ΄. Όποιος επιθυμεί να συμμετάσχει στις εξετάσεις θα πρέπει να προσέλθει τα χρονικά διαστήματα

≈ 12 Φεβρουαρίου – 25 Φεβρουαρίου 2010 (9 π.μ. – 1 μ.μ.) και

≈ 2 Μαρτίου - 19 Μαρτίου 2010 (9 π.μ. – 1 μ.μ.)

για την συμπλήρωση της αίτησης συμμετοχής.

(από 26 Φεβρουαρίου έως 1 Μαρτίου και 22 Μαρτίου – Αργίες - το σχολείο θα είναι κλειστό).

Παρακαλούμε σημειώστε ότι η τελευταία ημερομηνία συμπλήρωσης και κατάθεσης της αίτησης είναι η Παρασκευή, 19 Μαρτίου 2010.

Βασική προϋπόθεση για τη συμμετοχή στις εξετάσεις είναι οι υποψήφιοι να έχουν συμπληρώσει το 12^ο έτος της ηλικίας τους την ημέρα των εξετάσεων.

Οι ενδιαφερόμενοι (ομογενείς και αλλογενείς) είναι απαραίτητο να προσκομίσουν:

α) Πρόσφατη φωτογραφία (τύπου διαβατηρίου)

β) Φωτοαντίγραφο της σελίδας του διαβατηρίου τους με τα απαραίτητα στοιχεία (ονοματεπώνυμο, ημερομηνία γέννησης, κλπ.)

Δικαίωμα συμμετοχής στις εξετάσεις έχουν επίσης και άτομα με ειδικές ανάγκες. Εκτός από πρόσφατη φωτογραφία και φωτοαντίγραφο της σελίδας του διαβατηρίου τους, θα πρέπει επιπλέον να προσκομίσουν επικυρωμένα επίσημα έγγραφα που να αποδεικνύουν την ιδιαίτερη κατάσταση της υγείας τους.

Το ποσό συμμετοχής στις εξετάσεις είναι για τα επίπεδα Α και Β, **€980** και για τα επίπεδα Γ και Δ, **€1130**.

Για περισσότερες πληροφορίες παρακαλούμε επικοινωνήστε με την

κ. Α. Παπάζογλου ή την κ. Α. Βιδάλη στα τηλέφωνα: **453-8210/2/3/4/5**

**EXAMINATIONS FOR THE CERTIFICATE
OF ATTAINMENT IN GREEK**

SAHETI School would like to announce the following:

The examinations for the Certificate of Attainment in Greek will take place at SAHETI School (CIVIN DRIVE, SENDERWOOD) **Tuesday 11 May 2010** for Levels 1 and 2 (from 10.00 am to ±1.00 pm), and **Wednesday 12 May 2010** for Levels 3 and 4 (from 10.00 am to ±3.00 pm). Persons interested in participating in the exams are requested to come to SAHETI on the following dates in order to complete an application form:

- ⇒ 12 February – 25 February 2010 (from 9.00 am to 1.00 pm)
 - ⇒ 2 March – 19 March 2010 (from 9.00 am – 1.00 pm)
- (26 February - 1 March and 22 March - public holidays - school remains closed)

Please note that the closing date for the completion of the application forms is Friday, 19 March 2010.

It is an essential prerequisite that candidates be 12 years and older in order to be considered eligible to write the exams.

Candidates (of Greek and non-Greek descent) are to bring the following with them:

- a) recent photo (passport type)
- b) a photocopy of their passport providing the necessary information (name, surname, date of birth etc.)

Candidates with Special Needs also have the right to participate in these examinations. In addition to the photo and photocopy of their passport, they are also required to produce official documentation certifying their challenges.

The fees for the 1st and 2nd Levels are **R 980** and those of the 3rd and 4th Levels **R 1130**.

Should you require more information on the matter, please do not hesitate to contact Mrs A. Papazoglou or Mrs A Vidalis at **453-8210/2/3/4/5**

