

Lifematters

foundation

Strange laws!

★In NY state, a person may not walk around on Sundays with an ice cream cone in their pocket.

★In Australia, it is illegal to wear hot pink pants after midday Sunday.

★In France, no pig may be addressed as Napoleon by its owner.

★In Canada, it's illegal to climb trees.

Any comments, queries or suggestions? Please contact the Editor:

Lauren Sterrenberg
021 712 71218
lauren@lifemattersfoundation.org

From the LMF Coordinator

Wow, this year has got off to a great start! We already have 5 new volunteers on-board in our various schools. In addition, our 2 (very capable and enthusiastic!) social work interns from UCT are creatively adding value to the service we currently offer in Lourier Primary! Lauren Hammond has settled back into life at LifeMatters like a glove; her dedication and solid foundation are an asset we are very privileged to have. So, a big thank-you to all the above and equally importantly, to each and every volunteer and person who contributes to every aspect of the operation of LifeMatters, including spiritually (those who pray for us), physically and emotionally (those who actually do the

work in the schools or with the children after school hours and build the relationships), and financially.

Our LMF office has moved out into the outdoor cabin where we are slowly becoming a more independent organization, now that we have all the right status; section 21 company, section 18a (for tax purposes!) and are a PBO (public benefit organization). One of our goals for this year is to become more of a local community organization who is supported by local churches, both as a volunteer basis and financially. As our volunteer base increases, so we will be able to firstly, grow by providing more quality in our existing schools, and secondly, by expanding into new schools.



So, volunteers keep up your brilliant work and ministries; we've had such positive feedback from many of our local schools about the good work you are doing and heard about life-changing stories. And to the rest of our support club, please continue to pray for us and get the word out in the community about our work. Together, we can effectively and in a Godly way continue, "serving our future".

May God bless you richly,
Julie
Coordinator of LMF

LifeMatters does the Cycle Tour!

On Sunday 8 March, LMF hosted a refreshment station at this years Cape Argus Pick 'n Pay Cycle Tour. Kitted out in lime green t-shirts, volunteers from LMF and Meadowridge Baptist

Church Young Adults manned and marshalled the station from 6am until just after 1pm. Great fun was had as we encouraged and cheered on the 26000+ cyclists, and pro-

vided them with some much needed refreshments as they battled the strong wind. Congratulations to those cyclists who finished the Cycle Tour and raised some funds for LMF.



Volunteering from 6am at the Cycle Tour!
From left: Nicole, Jamie and Clelia

LMF would like to thank Newlands Rotary and Vogue Signs for helping to make our refreshment station a success



Winter activities in the Mother City

Winters in Cape Town are cold and windy...here are some great family activities for you to enjoy indoors!

Two Oceans Aquarium They have an exciting new exhibit, Frogs Beyond the Pond.

The Planetarium Learn about the current night sky, and take a stroll through the Iziko Museum.

The Ice Station Take a turn on the ice at Grand West Casino

The Baxter Currently show-

ing Rumpelstiltskin

The Scratch Patch Fill a small bag with gemstones to take home with you

Let's Go Bowling A family favourite, for all ages

MTN Science Centre Over 280 displays, at Canal Walk

LMF Pathfinders Camp...on the path to success

By Lauren Hammond

In 2008 LMF facilitated the Pathfinders camp with grade eights from Lourier Primary school. This camp was aimed at preparing the learners emotionally for high school with the ultimate aim of preventing school drop-out. Retreat, the area surrounding the school, currently has a school drop out rate of 75% between grade one and grade twelve. Reasons for drop out include academic difficulties, involvement in crime, substance abuse, poverty, lack of parental assistance, joining gangs and teenage pregnancy.

Last year the camp was used as a way to build relationships with the learners and show them God's love. Without exception both leaders and learners were touched as the Holy Spirit began min-

istering to them, many of the children committing their lives to Christ.

One of the grade 8 boys who attended, Shaun, is an example of the difference this camp can make in the lives of these teens. He was on the

"...Shaun's eyes were opened to the fact that God was with him through his difficult life experiences..."

brink of dropping out of school, experimenting with illegal substances and involved in truant behaviour changed dramatically through attending the camp.

On camp Shaun's eyes were opened to the fact that God was with him through his difficult life experiences and that he had a choice to

make...a life on the streets, or beginning a walk with Jesus. Shaun made his choice and is currently excelling at school. He is identified as a leader among his peers and displays a positive, mature attitude about overcoming the many challenges he faces!

We believe that this success story, along with the many other miraculous changes happening during camp, was a direct result of the sponsorship and prayer received from so many of you.

This year we, as LMF, will be facilitating the Pathfinders camp from the 20th to the 22nd April. In order to do this all funds for the camp need to be raised. We would therefore like to invite you to be a part of ministering to these children through sponsoring a child. This involves firstly

praying for a specific child before and during the camp and secondly giving R100 to partly subsidize the cost of the child attending the camp; the full cost per child being R300.

You can do this by depositing the money directly into the LMF bank account (details on back page). If you should choose to do an electronic transfer, please include 'sponsor' and your name as the reference. Alternatively you can bring your cash donation to the LMF office. Once we have received your donation we would like to send you your 'sponsorship certificate' with the name of the child you are sponsoring and prayer points, so please email laurenhammond@lifemattersfoundation.org to receive this. Your contribution towards the camp is greatly appreciated!

School Profile—Kirstenhof Primary

By Debbie Lamoral

At Kirstenhof we are extremely privileged to have a Pastoral Care Team as part of the Kirstenhof Primary Staff. Debbie Lamoral and Fran De Jager head up the Pastoral care of the learners. Both Debbie and Fran have had links with LifeMatters for many years. In the past two years Natalie De Reuck has joined them as the teams' social worker. The aim of the team is to meet the pastoral needs of the learners and to be a support to the families of Kirstenhof Primary. It is a double edged sword working both preventatively (Life Orientation in the classes) and providing care and intervention for those in crises and need. In addition, LifeMatters continues to add immense value to the foundations that have been established at Kirstenhof with volunteers offering time for running small groups and mentoring individuals on a one to one basis. Thank you Holly and Isabelle for coming week after week! Counselling and mentoring is available from Gr R – Gr 7. We have numerous ways that the learn-

ers can access this service: the post box system in which they can make their needs known; through the class teacher; parents request or simply picking up on discussions from the Life Orientation classes. From Tuesdays to Thursdays there will always be someone available to be a listening ear both for learners and educators alike! Our foundation phase kids meet with Fran in the counselling room geared for them specifically and our Gr 4 – 7's meet with Natalie, Debbie and other volunteers in "The Shack", a converted wooden chalet next to the tennis courts. (Kirstenhof kids called it "the shack" long before the book came out!!!)

We are most fortunate to be a part of the broader Kirstenhof Staff team – this definitely helps! We believe that the more we are in touch with all the significant players in the life of the child the greater impact and affect we can have. We certainly could not operate in isolation. We are incredibly grateful too, for the support of Clive Barham our Principal; his wisdom and insight has helped us

through some tough cases, and his faith in us as a team spurs us on!

We count it a privilege to be trusted with the lives of the kids at Kirstenhof, our heart's desire is to see many of them come to wholeness, to see them grow, and to have an opportunity to share with them the reason why we have such hope. May they continue to see Christ in us as we serve.

If you would like to know more about our school as a whole please visit the website at www.kirstenhofprimary.co.za

Please continue to pray for us that the time spent with individuals would be meaningful and that we will each be like a sweet smelling fragrance for Christ in the staff room, classroom and counselling rooms.



Useful links

www.myggsa.co.za
www.focusonthefamily.com
www.hopehouse.org.za
www.uthandolenkosi.co.za
www.health24.co.za

And of course... www.lifemattersfoundation.org ☺

Emergency Numbers

Any Emergency	107
Ambulance	10177
Constantiaberg Medi-Clinic	021 799 2911
Tokai Medi-Cross	021 715 7063
Diep River Police	021 710 7306
Kirstenhof Police	021 701 1536

Join us for our next quarterly meeting on Monday 4 May, 7pm—9pm. It will be held at 14 Orlando Way, Meadowridge. For more info, please contact the LMF office.

Going Green...How you can help

Perhaps you can spare a few hours in your week? If you have a heart for helping children, then have a look at these exciting opportunities available at our various schools for 2009...

Constantia Primary

~ Veggie Day delivery (from Noah's Ark @ MBC) - Tuesdays anytime after 1pm

Bergvliet High

~ Mentoring boys (any day that suits you) **men only**

Kirstenhof Primary

~ Mentoring boys (any day that suits you) **men only**
~ Counselling / small groups (experience necessary)

Sweet Valley

- Teenage Awareness week 18th-22nd May—volunteers needed for various

topics including, "Health & nutrition", "Values", "Relationships", "Parents", "What's happening to Me?"

~ Team members for Breakaway break-time club, Grade 3-5, Tuesdays 12:40 - 13:20

~ Breakaway leader, Grade 6&7, Tuesdays 12.40 - 13.20

Westcott Primary

~ Team members for Breakaway break-time club, Grade 3-5, Friday 1.15pm - 2.30pm

~ Counselling Grade 1 to 7 individuals minimum 2 hours / week - any day that suits you, **counselling experience necessary**

Lourier Primary

~ Teacher Support and reading, Grade 1&2, small groups max 6 children. Anything from 30mins per week to half a

day

Heathfield High

~ Counselling Grade 8 to 12 individuals minimum 2 hours / week (any day that suits you), **counselling experience necessary**

Zwaanswyk Academy

~ small groups, mentoring, any day that suits you

~ teacher assistants and admin assistant (as much time as you have available)

Various schools

~ L/O specialist lessons on Sexuality, Self Esteem, Diversity, Values and Morals, and other specialist teenage awareness topics (for occasional specialist weeks/days)

Bullying in schools

http://www.christianaction.org.za/articles/bullying_in_our_schools.htm

According to a study published by the Free State University, more than 32% of learners said that another pupil had hit them in the past. Most people said they were targeted by bullies in buses or taxis on the way to school, or in toilets and showers at school. Others were bullied by teachers. According to the study, 50% of teachers admitted to physically bullying their students. 6% of teachers confessed that they were guilty of acts of "sexual bullying" at least once a month. Only 5% of teachers and 16% of pupils interviewed at secondary schools believed that bullying was "not a problem". The studies show that while boys are more likely to be the perpetrators of direct physical attacks,

girls are more likely to use: "indirect, subtle, social means to harass other girls... social exclusion, manipulation of friendship relationships, spreading rumours, etc."

"Children who become victims typically lack friends and social support at school..."

Are you raising a victim?
Dr. Olweus

(in "Bullying at School: What We Know and What We Can Do" Oxford, 1993) describes the typical victim as "children who become repeated victims of aggression and bullying tend to be quiet and shy in temperament, and tend not to retaliate or make any assertive responses to the initial aggression, which is then repeated by the bully. Children who become victims typically lack friends and social support at school, and they are often not confident in their physical abilities and strength...are very unhappy children who suffer from fear, anxiety and low self esteem as a result of the bullying... some victims of bullying are so distressed that they commit, or attempt to commit, suicide." Dr. Olweus also reported that "most students who are bullied either do not report the bullying to adults

or they wait a very long time before doing so. The reasons include feelings of shame, fear of retaliation for reporting, and fear that the adults cannot, or will not, protect the victim in the settings where the bullying usually takes place: the playground, the hallway of the school, or on the way to and from school."

Are you raising a bystander?

Another important, but often overlooked aspect of bullying, are those bystanders who are neither the perpetrators nor the victims, but who "follow a bully's lead and help to harass or victimize a particular child in their class or school...the bullying may cause anxiety or fear in bystanders. The learning environment is poisoned by bullying." **WHAT CAN BE DONE?** Look for signs such as fear of going to school, lack of friends, missing belongings, torn clothing and increasing fearfulness and anxiety. Ask your child directly if he or she has been a victim of bullying. Work with the school to ensure that they are providing good supervision for the children, particularly in the playground, and providing effective consequences to bullies. If the bullying is happening on the way to and from school, arrange for your child to get to school by



HOPE HOUSE COUNSELLING CENTRE

CHARITY SHOP

Station Road, Tokai

We are looking for donations of anything and everything, from your garage to your kitchen.

Contact Penny - 0760911567
We will arrange collection.

We are also looking for volunteers to work in the shop for a morning or afternoon a week

alternative transport or with older, supportive children who can protect them. Recognise the danger of violent video games and aggressive, angry rock, hip hop and rap "music" in providing fuel for the fire of aggressive bullying behaviour. Supporting and developing the Scripture Union or Students Christian Fellowship group at the schools and bringing in Christian guest speakers to deal with the spiritual and moral character development of students.



Volunteer Profile—Nicole Snowball



I've been a member at Meadowridge Baptist Church since 2003-ish, and that's how I came to know about LMF. I started out facilitating a small power group at Kirstenhof Primary, and that's where I really started to identify with LMF and it's vision. So I volunteered to join on a small limited-time basis that turned into a longer commitment. I found that I really loved the organisation and what it stood for, and slowly grew more and more attached to it, resulting in me stepping in to help out at Constantia Primary. This is my second year at Constantia Primary, where we hold a life skills class for an hour on a Thursday morning with the grade sevens, partly to prepare them for high school, but also (and more importantly) to expose them to the love of

God, by building relationships with them. Last year I was co-volunteering with Adri and Estelle, who both have an incredible amount to offer the kids. This year due to Adri leaving after a very long commitment to Constantia Primary, we recruited a new volunteer, Seanne, who brings her own experience as youth pastor of St. Martins and a genuine love for the kids with her. The best part about working with the kids is seeing them realise that they are of worth, that people do care about them, and that God loves them. I really love it when they feel comfortable enough to be authentic with us, and I feel privileged that they feel that a relationship with us volunteers is special. I felt really honoured to receive a special invitation, at request of the children, to attend last year's grade seven farewell dinner. The main challenge working with these children is also the thing that presents the most opportunity for positive change, and that would be dealing with their backgrounds.

Many of the kids come from less than stable homes, but that vulnerability has proven to be an amazing doorway into their hearts that God seems to use to touch not only their lives, but the lives of those around them. Obviously, being kids, classroom behaviour can be an issue and it can be disheartening when you think nothing you've said has "sunk-in" but I've found that you only really notice glimpses of change later on. I think the changes in me have happened slowly, and I really feel that God has used this time to teach me so much about Himself and about how much he loves us, but I still think I have a lot to learn. Every lesson presents new challenges and opportunities for growth. I would love to thank LMF for presenting a no-pressure opportunity to get plugged-in and serve, and I think that the work of the paid staff and the volunteers is so important in influencing our world, we just need to take it a step at a time and eventually we'll look back and see the territory covered!

Kid's Corner

W K R J E S T W Q O D N Y Z P
 F K H Q U T E S B I N Y S O M
 R W J V C M I G K A B T N U Q
 U B U N N Y N B E C G Z U A Z
 B K V Y I I U H B B I E W P Y
 D J S L R Z J R A A T H R S Q
 A D I P R N H S H A R P C U H
 F G S J Z T K U L O B P K N R
 F E S R H E N O G U N F C D W
 O I Z P T T C R D I Y O I A E
 D C S Z P O E J B M A L Q Y D
 I D G C H T P X V S V F I H A
 L D G C S F L O W E R S B O R
 S X E A S N L J Z N N M W A A
 N N E J U N A E B Y L L E J P

WORD LIST
 EASTER
 SUNDAY
 RABBIT
 BUNNY
 EGGS
 BASKET
 SPRING
 CHICKS
 PARADE
 HUNT
 FLOWERS
 DAFFODILS
 CHOCOLATE
 LAMB
 JELLYBEAN

Where do bunnies go to dance?
A hare ball!

What do you call a rabbit that tells jokes?
A funny bunny!

What's a rabbit's favourite kind of music?
Hippity Hoppity!

Easter Surprise Cupcakes

INGREDIENTS

- 2 1/4 cups all-purpose flour
- 2 1/2 teaspoons baking powder
- 1 teaspoon salt
- 2/3 cup margarine, softened
- 1 cup brown sugar
- 3/4 cup white sugar
- 2 eggs
- 1 teaspoon vanilla extract
- 1 1/4 cups milk
- 24 small chocolate eggs, or hollow chocolate balls

DIRECTIONS

- ★ Preheat oven to 175°C
- ★ Grease 24 muffin cups, or use paper liners.
- ★ Sift together the flour, baking powder and salt.
- ★ In a large bowl, cream together the margarine, brown sugar and white sugar until light and fluffy.
- ★ Beat in the eggs one at a time, then stir in the vanilla. Beat in the flour mixture alternately with the milk, mixing just until incorporated.
- ★ Fill each muffin cup 1/3 full, and place a chocolate egg in the center of each. Top with remaining batter until cups are 2/3 full.
- ★ Bake in preheated oven for 18 to 20 mins, or until golden brown, and tops spring back when lightly tapped.
- ★ Frost with your favourite icing, maybe chocolate ☺



♥ Read the Easter story ♥
Mark 14:12–16:20



LifeMatters Foundation

14 Orlando Way
 Meadowridge

Phone: 021 712 1218
 E-mail: julie@lifemattersfoundation.org
 lauren@lifemattersfoundation.org

www.lifemattersfoundation.org

BANKING DETAILS

The LifeMatters Foundation
 Standard Bank Blue Route
 Branch Code: 02-56-09
 Account number: 072032405
 Current Account

