

LIGHTHOUSE

kids ACADEMY



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kids ACADEMY

VOLUME 7
TERM 3

MAGAZINE

BELONG BELIEVE ACHIEVE



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Around the World

Get ready for a spectacular musical journey! On 8 Nov, our learners will take you on an unforgettable adventure "Around the World," showcasing songs, rhythms, and performances inspired by different cultures and countries.

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Bok Friday Fun at LHK. Lighthouse Kids celebrated Bok Friday in true South African spirit! The children came dressed in green and gold, showing their love and support for the Springboks.

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Getting children to enjoy vegetables can sometimes be a challenge, but these colourful foods are packed with goodness that helps little bodies grow strong and healthy.

FROM THE DESK OF THE Lighthouse KEEPER

Dear Lighthouse Kids Academy Parents,

As we said goodbye to Term 3 and the cold, lazy Winter season, we merrily welcomed not only Spring, but also very energetic and excited children as they embraced their outdoor playtime and discovery experiences with great anticipation and laughter. I would like to use this opportunity to remind you to please apply sunblock in the morning at home (we also apply before outdoor playtime) and to pack a sun hat that can be kept at school. The summer sun can be ruthless and sunblock alone is not sufficient to protect our little ones' fair and sensitive skin.

As we embark on this exciting last term of 2025, I am filled with excitement for what these last few months has in store. On the 11th of October 2025, our early learning centre had its 3rd birthday and we have exciting fun planned when we celebrate this event at school with all the children on Friday, 17th October 2025. More information will be sent to you when school reopens. Term 4 also has our classrooms and playgrounds filled with music, singing and dancing as our learners practice for our annual school concert. We are just ecstatic about this event and from the ticket sales, it is clear that our parents and families are equally as excited to watch the children perform.

We are also hosting our Open Day this term on Saturday, 18th October 2025. We will be sending the flyer on the groups again and we ask that you please share it with us.

To end off this note, I simply cannot express my gratitude and heartfelt thank you to each and every family enough. Your support, your trust and your understanding through times where we learn together and strive to be better, is what keeps us going strong. Together, as we make each year better, we help each child achieve more, creating lasting inspirations for their unimaginable futures.

With warm and sincere regards,
Nandie Jordaan



BLOOM



Where You're Planted

Spring has a way of reminding us that no matter how long the winter, new life always finds its way back. At Lighthouse Kids Academy, we embraced this beautiful truth with our joyful Spring Day celebrations, where our children truly showed us how to **bloom** where you're planted.



AROUND THE WORLD

Annual Concert

8 November



BOARDING PASS				BOARDING PASS			
NAME LIGHHOUSE KIDS ACADEMY				NAME LHK PARENT			
FROM YOUR HOUSE	TO PORTUGESE HALL			FROM HOUSE	TO PORTUGESE HALL		
DATE 8 NOVEMBER	TIME 14:00			DATE 8 NOV	TIME 14:00		
				FLIGHT F123	FLIGHT F123		
				CLASS B	GATE A5	SEAT 25	
AIRLINE				AIRLINE			


Fascinating FACTS About Children

Tiny taste buds everywhere
– Unlike adults, children have taste buds not only on their tongues but also on the sides and roof of their mouths – which is why flavours can seem so intense to them.

Growing bones – A child is born with around 300 bones, but as they grow, many fuse together, leaving adults with only 206.

Super-hearing newborns – Babies are born able to recognize their mother's voice almost immediately, but it takes a few weeks before they can tune out background noise.

Built-in swimmers – Newborns naturally know how to hold their breath underwater and can make swimming movements; this reflex fades after a few months.



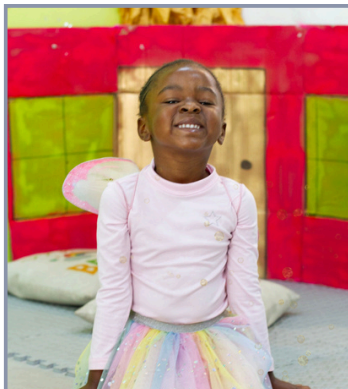
Rapid brain power – By the age of 5, a child's brain is already about 90% of its adult size, making the early years critical for learning.

Faster heartbeats – A child's heart beats much quicker than an adult's – sometimes 90 to 120 times per minute, compared to the adult average of 60–80.





Fairy tale Dress-up



"Every fairy tale whispers that even the smallest heart can hold the biggest kind of magic."

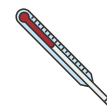


Top tips to bring down your child's fever

Temperature is the body's natural response to an infection. The infection may either be viral or bacterial. Children may also develop a temperature after vaccinations or as a result of trauma. When a child has a high temperature, it can be extremely distressing to parents and certainly makes the child listless and miserable. Knowing how to control your child's temperature is an important part of caring for a sick child.

What is a temperature?

- 36.4°C to 37.5°C (97.9°F to 99.5°F) is considered a normal body temperature.
- A temperature above 38°C will require intervention.
- Knowing your child's normal body temperature is also important as it will help guide you when your child is ill.



What steps need to be taken when my child has a fever?

My advice to parents when dealing with temperature is to control the temperature with medication first. The medicine dose is based on your child's weight. Please be sure to follow the instructions carefully. You are welcome to go to my website for guidelines on the correct medicine dose for your child's weight. If you are unsure of how to calculate the correct dose of medication, you should contact your healthcare provider.

- Medication: For temperatures below 38.5°C (101.3°F), paracetamol syrup or suppository should be given. Temperatures higher than 38.5°C may require a combination of paracetamol such as Panado and an anti-inflammatory.
- Fluids: It is vitally important to give your child extra fluids when they have a temperature. High temperature causes the child to lose water through the skin. Rehydration solution, cold water and diluted apple juice are well tolerated, even when your child is feeling very ill.
- Keeping your child cool: Once you have given medication, it is advisable to keep the child lightly dressed so that the body can lose the temperature through the skin. Sponging your child with lukewarm water may also help the body to lose heat and make your child more comfortable.

“MY ADVICE TO PARENTS WHEN DEALING WITH TEMPERATURE IS TO CONTROL THE TEMPERATURE WITH MEDICATION FIRST.”

The no-no's of temperature control

- Do not submerge the child in cold water or wrap them in a wet towel. This will put the child's body under stress. If the outside of the body is much colder than the internal temperature, your child may experience rigours – this is when the body begins to shake.
- Do not give anti-inflammatory medications to a child that is dehydrated or who is highly allergic.
- Avoid medication that contains aspirin.
- Do not use rubbing alcohol on a child. The alcohol may be inhaled or absorbed through the skin and is toxic.

When should I worry?

- If your baby is younger than 12 weeks (seek medical attention immediately)
- If your child has or is prone to fever convulsions
- If your child has a stiff or sore neck
- If your child has vomiting or diarrhoea with a fever
- If your child is struggling to breathe or very lethargic
- If the fever continues to rise 30 minutes after giving medication
- If the fever has persisted for longer than four days



It is safe to say that all children will have a temperature at some time. The key to handling the situation is to have what you need when you need it. Make sure that you have a reliable thermometer. The new thermo scanners (used on the forehead or in the ear) are quick and easy to use. Please avoid the old mercury thermometers, as these can cause poisoning if dropped and the mercury leaks out.

Ensuring that you have paracetamol in your medicine cupboard with a syringe to accurately measure the medicine is a good idea. Please check expiry dates on all medicines regularly. Temperatures do cause a lot of stress but with the correct management, it can be controlled. Control is the key to keeping your child comfortable until the illness passes.

<https://www.drmaraschin.co.za/top-tips-to-bring-down-your-childs-fever/>

What is the Sick Policy at Lighthouse Kids Academy?

We would like to use this opportunity to remind you of our sick policy as stipulated in the Parent Handbook that you will have received when your child started school.

Health and Safety

Illness and Injury

As parents, you do not want your child to miss school, but you do not want to send a child to school sick and put them and other children at risk.

Fever is a crucial symptom. When it occurs along with a persistent runny nose, sore throat, an earache, nausea, listlessness or a rash, your child may be contagious. Children must be fever-free for a full 24 hours (without medication suppressing symptoms), before returning to school.

A fever is defined as having a temperature of greater than 37.8°C. We ask that parents promptly retrieve their children from school when they are notified of an illness.

Our first-aid certified staff are available to treat minor injuries and to support children who become unwell at school. If a child becomes unwell at school, they will be taken to the reception where their symptoms will be assessed and a decision made as to whether or not they should remain at school. In some cases, the school may contact the parents for more information to support their decision. It may be necessary to ask parents to take their child to a doctor to obtain a medical certificate deeming them fit for school where symptoms persist, for example a child who displays cold symptoms due to allergies.

If your child becomes unwell at school with any of the below symptoms, you will be contacted to collect them and seek medical advice. A doctor's note might be requested confirming that they are no longer contagious:

- Persistent dry cough
- Chesty cough
- Persistent runny nose
- Sore throat
- Vomiting
- Diarrhoea
- Skin rash that produces discharge
- Pink eye or any related eye infection

If a student is injured or becomes unwell at school and has to be admitted to hospital, the school will inform the parent or guardian immediately. Parents or guardians will need to collect the child from school urgently to seek medical attention. In the event of an emergency, the ambulance services will be called to school. All medical costs pertaining to professional medical attention will be the responsibility of the parents/guardians and will not be covered or settled by Lighthouse Kids Academy.

Medication at School

We take all illnesses very seriously. If your child is ill enough to need medicine, then they should be kept at home to complete the course of medicine and to ensure all symptoms have been treated. If your family doctor has authorised a return to school whilst medication is still required, your child must complete 48-hours at home and may return once symptoms have subsided. In this instance, a medical certificate stating your child is fit for school must be provided.

ARTIUM



Luqa Abrahams - Gold (82%)



Anwen Du Toit- Diploma (92%)



Sai Cochius - Diploma (92%)

We are so proud of our talented learners!

Our Lighthouse Kids shone brightly at the Artium English Poetry event, achieving outstanding marks and making us incredibly proud.



Kevin Pillai - Diploma (90%)



Melokuhle Mtsweni - Gold (80%)



English poetry

HAPPY KIDS

Hug Your Kid

An infant's responsiveness to learning is directly proportionate to how much he is cuddled, held and talked with. A child who is left to cry in a crib or neglected will switch into survival mode when he should be exploring his surroundings with curiosity and joy. A strong feeling of trust that a parent is protecting

Are children born happy?

Is it possible that your child is inherently happy or unhappy? Trish Bragg, a mother of three in Denver, thinks so. Her daughter, Madeline, now 4, has been visibly happy from day one. Five-year-old Charlie, on the other hand, is much moodier. «We haven't done anything different,» insists Bragg. «It's his makeup. I think so much is just nature.»

It does seem that some kids grin after falling out of a tree, while others melt into a sobbing puddle of misery if their three-scoop, double-fudge sundae doesn't have enough sprinkles.

TIPS for Raising Happy Kids

- Replace Your Kids Annoying Behaviors with Happiness Habits
- Happiness is being socially connected
- Teach Your Kids How to Fight
- Eat Dinner Together



Learning Shapes



Key Benefits of Affirmations for 4-Year-Olds

Boosts Self-Esteem and Confidence Saying things like “I am smart” or “I am loved” helps children internalize positive beliefs about themselves, especially in a world where self-doubt can creep in early.

Supports Emotional Intelligence Affirmations like “I am calm” or “I can handle this” help children recognize and regulate their emotions, building coping skills for anxiety or frustration.

Encourages a Growth Mindset Phrases such as “I can try again” or “Mistakes help me learn” teach children that effort and persistence matter more than perfection.

Fosters Identity and Self-Awareness Children begin to understand who they are and what makes them special. Affirmations like “I am unique” or “I love being me” help them embrace their individuality.

Improves Social Skills Affirmations such as “I am kind” or “I am a good friend” promote empathy and respectful interactions with others.

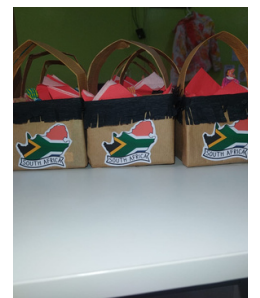
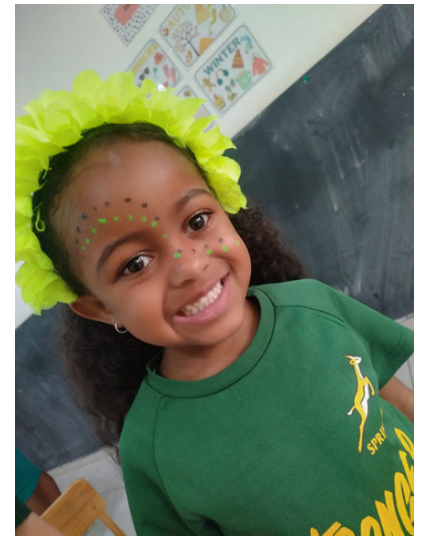
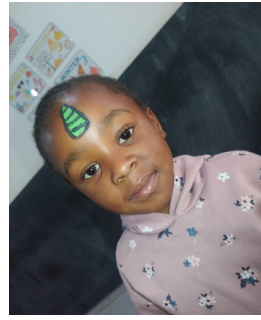
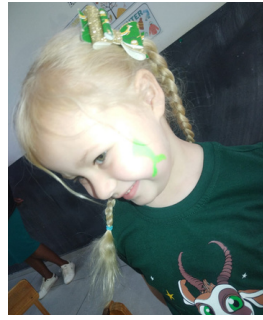
Creates a Positive Routine Incorporating affirmations into daily rituals—like morning routines or bedtime—builds consistency, emotional safety, and a sense of belonging.



Bok Friday

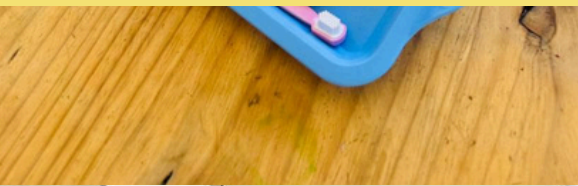








FUN TIMES





Healthy Vegetables



Carrots are full of vitamin A, which keeps eyes sharp and vision bright.



Spinach and broccoli give growing bodies iron and calcium for strong bones and muscles.



Sweet potatoes provide lots of energy and are naturally sweet, making them a favourite with kids.



Tomatoes are rich in vitamin C, which helps fight off colds and keeps the immune system strong.



Peas and beans are packed with protein and fibre, giving children long-lasting energy for play and learning.

HEALTHY *Recipes* FOR KIDS





Cornbread muffins

[Sarah Cook](#)

+ Save recipe

Makes 12

Easy

Prep: 25 mins

Cook: 40 mins

★★★★☆ 32 ratings [Rate](#)

[30 comments](#)

These savoury snacks are brilliant for picnics and lunchboxes - plus they can be frozen ahead

Freezable

Vegetarian

Ingredients

Nutrition

85g melted butter
plus extra for frying
1 large sweetcorn
kernels sliced off
1 small onion
finely chopped
½ red chilli
deseeded, finely chopped
140g plain flour
140g polenta
or cornmeal
2 tsp baking powder
50g strong cheddar
grated
2 eggs
284ml pot buttermilk
100ml milk

Method

step 1

Heat oven to 200C/180C fan/gas 6 and brush a 12-hole muffin tin with some of the melted butter. Put the corn kernels in a pan with the onion, chilli and a knob of butter. Gently fry for 5–10 mins until golden and soft.

step 2

Mix together the flour, polenta, baking powder and cheddar with 1 tsp salt in a large mixing bowl. Whisk together the eggs, buttermilk and milk, then stir into the dry ingredients with the remaining melted butter and corn mixture. Divide between the muffin holes (they will be quite full) and bake for 25–30 mins or until golden brown and cooked through – poke in a skewer to check. Best eaten warm.





Coco Bars

Made with only 6 ingredients including chia seeds, cacao and coconut, these delicious coco bars are the perfect lunch or after school treat!

Recipe

Course: sweet Cuisine: Slices Prep Time: 10 minutes Cook Time: 0 minutes

Chilling time: 2 hours Total Time: 2 hours 10 minutes Servings: 24 serves

Calories: 364kcal Author: Lucy - Bake Play Smile



Ingredients

- ☐ 120 g (4 cups) rice bubbles or any puffed rice
- ☐ 40 g (¼ cup) chia seeds
- ☐ 200 g (2 cups) desiccated coconut
- ☐ 25 g (¼ cup) raw cacao powder
- ☐ 255 g (¾ cup) honey or ¾ cup rice malt or maple syrup
- ☐ 110 g (½ cup) coconut oil melted

Instructions

1. Place the rice bubbles, chia seeds, coconut and cacao powder into a large bowl.
2. Pour over the honey and melted coconut oil and mix together really well.
3. Place the mixture into a lined 20cm square cake tin and press down firmly (I like to use a round glass and roll it over the mixture to really press it down extra hard).
4. Place the tin into the fridge and leave for 2-3 hours or overnight.
5. Take out of the fridge and cut into bars. Note - they will soften once out of the fridge.
6. Store the bars in an airtight container in the fridge.



★★★★☆ 4.45 from 9 votes

2 Ingredient English Muffins

These 2-ingredient English muffins are a quick and easy way to enjoy homemade muffins without the fuss of a traditional dough.

✂ servings: **8 MUFFINS** ⌚ prep time: **5 MINS**

⌚ cook time: **20 MINS** ⌚ total time: **25 MINS**



Ingredients

- ☐ 2 cups (472 g) nonfat plain Greek yogurt
- ☐ 2 2/3 cups (338 g) self-rising flour
- ☐ 4 tbsp (40 g) cornmeal, optional

Instructions

Add yogurt and self-rising flour to a large mixing bowl of a stand mixer. Mix the ingredients together until evenly combined.

Knead the dough using the dough hook attachment (I used speed 2) until a tacky dough forms. This should take about 2-4 minutes. The dough should also pull away from the sides of the mixing bowl when it is ready. If the dough is still sticky, mix in 1 tablespoon of self-rising flour at a time until it is no longer too sticky to shape and work with. You can also knead the dough by hand but it will take a few extra minutes.

Divide the dough into 8 equal portions and then shape into 3 1/2 inch wide round hockey pucks, between 1/2 inch and 3/4 inch thick.

If using cornmeal, add cornmeal in an even layer on a plate. Dip each side of the muffin into the cornmeal.

Heat a large non-stick skillet over low-medium heat. Add a few rounds (I was able to do 4 at a time) onto the heated skillet and cover with a lid. The muffins will rise during cooking so make sure there is some space between each one. Cook for 10 minutes until golden brown then flip and cook for an additional 10 minutes with the lid still covered.

Remove from heat and let sit covered for another 10 minutes. Cut into one to make sure it is cooked through. If for some reason it is not fully cooked, cook for a few extra minutes on low-medium heat until the muffins are cooked through.

Let cool completely then split open to toast. Add your favorite spread before eating. Uneaten muffins can be stored in the fridge or freezer.



vegetable nuggets

Ingredients

- 1 cup shredded carrot
- ☐ 1 cup broccoli florets
- ☐ 1 cup cauliflower florets
- ☐ 1 garlic clove, peeled
- ☐ 2 eggs
- ☐ 1/2 cup plain whole wheat breadcrumbs
- ☐ 1 cup fully cooked rice (I prefer jasmine or short grain brown rice)
- ☐ 3/4 cup shredded cheddar cheese
- ☐ 1/2 teaspoon cumin
- ☐ 1/2 teaspoon salt
- ☐ 1/3 cup additional whole-wheat breadcrumbs for rolling

Instructions

Preheat the oven to 180. Line a baking sheet with parchment paper.

Place the carrots, broccoli, cauliflower, and garlic into a food processor. Grind to chop the veggies finely.

Add the remaining ingredients except the 1/3 cup breadcrumbs. Grind into a uniform batter, stopping to scrape down the sides of the bowl once or twice.

Use a 1-tablespoon measuring spoon to portion out batter, form into an oval "tot" shape, and roll in the 1/3 cup additional breadcrumbs. Place onto the prepared baking sheet and repeat to make all of the nuggets.

Bake for 30-32 minutes or until lightly golden brown and firm to the touch. Serve warm with a favorite dip such as ketchup or Ranch as desired.

Animal Welfare

Grade R



Little Hearts, Big Impact

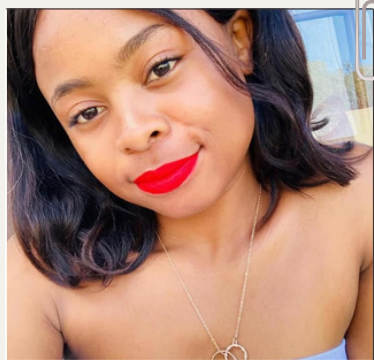
Our Grade R class recently took part in a special Animal Welfare Project, showing just how big little hearts can be. With the support of parents and our school community, the children collected an incredible amount of donations — from pet food to blankets and other much-needed supplies. This project not only blessed animals in need but also taught our learners the importance of kindness, empathy, and caring for God's creatures. A huge thank you to everyone who contributed and helped make a difference!

A festive poster for World Teacher's Day. The background is white with a grid of small yellow dots. In the center, the words "World Teacher's Day" are written in a large, stylized, cursive font. "World" is in pink and purple, while "Teacher's Day" is in blue. The text is set against a backdrop of overlapping light blue and green circles. Four green leafy branches are arranged in a circular pattern around the text. Two blue pencils with yellow erasers are positioned on the left and right sides, pointing towards the center. At the bottom center, there is an illustration of an open book with a red cover and white pages.

World Teacher's Day

5 October 2025

Teacher Manda



Teacher Mathabo



Teacher Denisha

Teacher Le-Riska



Teacher Keshnie

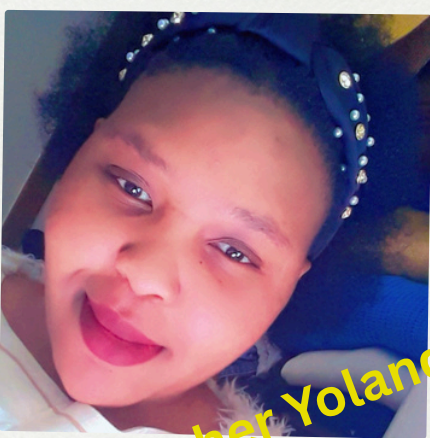


“A **teacher’s** influence goes beyond the classroom – it touches lives, sparks dreams, and builds the future one child at a time.”

Teacher Llamonty



Teacher Lily



Teacher Yolanda



Teacher Mariska

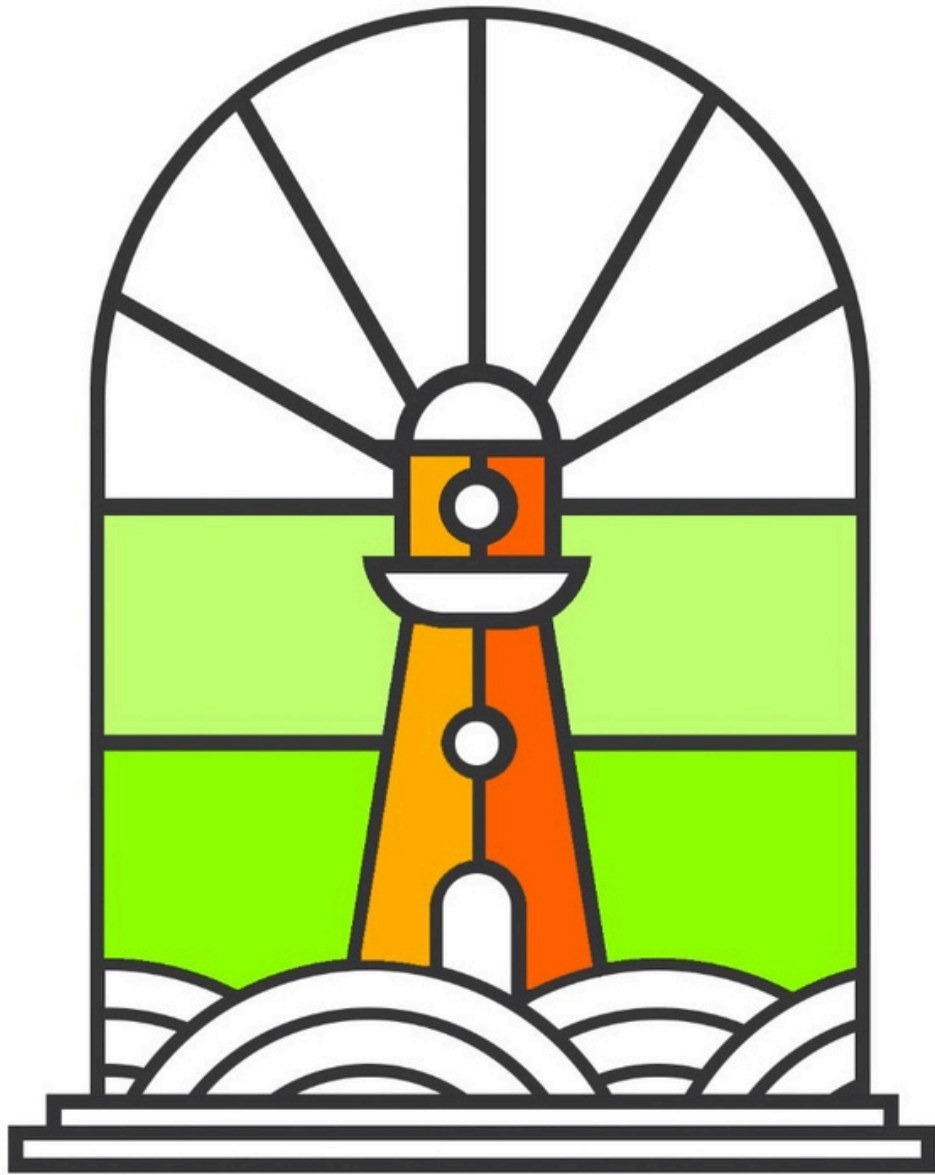
Teacher Cathrine





"Adventure awaits under the open sky! Our Camping Day at Lighthouse Kids was all about laughter, learning, and making magical memories together."





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