



“Not For Ourselves But For All”

### FROM THE HEADMASTER'S DESK:

***“Children are great imitators, so give them something great to imitate.” – Anonymous***

After an extremely busy winter season filled with events, outings, and academic rigour, July has offered us a moment to pause and catch our breath. It has been a quieter month on campus, and the shift in pace has been most welcome. High School examinations proceeded without a hitch, and the Primary School's Assessment Week was handled smoothly and successfully. My thanks go to the teachers for their professionalism and to the students for their maturity and focus.

### Pre-School Sports Day

Friday's Pre-School Sports Day was a real highlight of the week. It was a morning full of energy, laughter, and some very determined young athletes giving it their all on the field.

From shuttle relays to short sprints, our Pre-School children showed great enthusiasm and a growing sense of confidence and coordination. It was a pleasure to see their excitement and effort in every activity - even if a few races took unexpected turns!

Thank you to the teachers for organising a well-run and enjoyable event, and well done to our Pre-School pupils for their fantastic participation. It's always encouraging to see learning and development take place in such a fun and active setting.







## North vs South Cross Country – Kopano Athletes Represent

Three of our athletes—Letlotlo Manthe, Sharon Ditlhobolo, and Rethabile Reosebile—had the honour of representing Kopano School and the Northern Region in the recent North vs South Cross Country event, held at Kgaswe School in Palapye.

While the final results didn't favour the North this time, the experience proved valuable for our students. They gained exposure to a higher level of competition and had the opportunity to build new friendships with peers from other regions.

We extend our sincere thanks to Mr. My Tlhokometsi, coach of the Northern Team, for his support and commitment. He accompanied the athletes for the weekend and ensured they were well cared for throughout the event.

Well done to our runners for their dedication and sportsmanship.



Earlier this year, I made a concerted effort to speak to the children about the importance of good manners—especially the simple act of greeting others. It may seem small, but it is deeply significant. I have been pleasantly surprised by the change I've observed: a large number of students now go out of their way to greet me—and my wife—as we enjoy our morning cup of tea during break time. It's a heart warming sight, and those students who regularly greet us also tend to be the ones who are noticeably happier, kinder, and more compassionate in their interactions with others.

This has led me to reflect more deeply on a question that many of us as parents and educators continually grapple with: How do we raise children who are not only successful, but also emotionally healthy, kind, and resilient?

I recently came across the following article by Dr. Bryan Pearlman, which I found both insightful and practical. I trust it will resonate with many of you and perhaps even spark a few meaningful conversations around the dinner table.

### By Dr. Bryan Pearlman

If you're a parent, educator, or mental health professional, chances are you've wondered:

- Why didn't anyone teach me how to handle my emotions?
- Why is parenting so hard sometimes?
- Am I doing enough for the children in my life?

Most of us are trying to raise emotionally healthy children while unlearning old patterns ourselves. The good news? You don't have to be perfect - you just need to be present, consistent, and open to growth.

*Here are 15 essential tips for raising kind, confident, emotionally intelligent children (and doing a little healing along the way).*

### **1. Connect Before You Correct**

Children are more likely to listen when they feel safe and connected. Before jumping into discipline, pause and ask, “What does this child need right now?”

### **2. Teach Emotional Vocabulary**

Help children name their feelings beyond “mad” or “sad.” Teaching emotional language builds self-awareness and reduces outbursts.

### **3. Model the Behaviour You Want to See**

Children learn by watching. If we want respect, kindness, and calm - we need to show it, even during stressful moments.

### **4. Discipline Is Not Punishment**

Discipline means to teach, not to shame. Use logical, consistent consequences with warmth.

### **5. Praise Effort, Not Just Outcome**

Instead of “you’re so smart,” try “I’m proud of how hard you worked.” This builds intrinsic motivation and resilience.

### **6. Let Them Struggle (With Support)**

Children need opportunities to solve problems, fail safely, and learn grit. Be nearby, but let them figure things out.

### **7. Apologise When You Mess Up**

When you yell, overreact, or make a mistake - own it. This teaches accountability and builds trust. Healthy modelling helps children develop emotional security.

### **8. Give Choices, Not Ultimatums**

Offer age-appropriate choices to empower children and reduce power struggles.

### **9. Set Loving Boundaries**

Boundaries aren’t harsh—they’re protective. When paired with connection, they teach respect and self-regulation.

### **10. Normalize Big Emotions**

Crying, anger, anxiety - these are not “bad behaviours.” They are signals. Normalise feelings and teach healthy ways to process them.

### **11. Create Connection Rituals**

Simple routines like bedtime chats or after-school walks deepen emotional bonds. They don’t take much time but create lasting impact. Try “high/low” daily check-ins: “What was the best part of your day? What was the hardest?”

### **12. Validate Before You Fix**

Instead of jumping to solve, start by listening. “That sounds frustrating. Do you want help problem-solving or just someone to hear you?” Emotional validation builds self-esteem and trust.

### **13. Make It Safe to Talk**

Children are more likely to confide in adults who respond calmly. Your reactions shape their future willingness to ask for help.

### **14. Teach Through Mistakes**

Mistakes are learning opportunities, not proof of failure. Respond with curiosity, not criticism. “What did you learn from that? What could you try differently next time?”

### **15. Heal Your Inner Child Too**

Parenting, teaching, or supporting children will bring up your own childhood experiences. Let it. Then do the work.

Final Thoughts: Raise Children Who Don’t Need to Recover from Their Childhood. We won’t always get it right - and that’s okay. Parenting, educating, and mentoring are journeys of progress, not perfection.

Start with one small shift: More empathy. More listening. More modelling. Let's raise a generation that knows how to feel, how to connect, and how to grow.

*Dr. Bryan Pearlman holds a Doctorate of Education (EdD) from Maryville University, a Master's of Social Work (MSW) from Louisiana State University, a Master's of Education (MA) from Lindenwood University, and a Bachelor's of Education (BA) from the University of Missouri. He is a former school principal and teacher, keynote speaker, and adjunct professor of educational psychology.*

With just one week to go before the end of term, I would like to remind all parents that school reports will be issued on **Thursday, 7 August**. I encourage you to sit down with your child(ren) and go through their report together. This is an invaluable opportunity to be actively involved in their learning journey—to celebrate areas of strength, to reflect on areas that need improvement, and to take note of the advice shared by their teachers.

Please remember: offer praise where it is due, and if you are disappointed in any aspect of the report, approach the conversation with understanding and support, not frustration. Children thrive on encouragement and constructive guidance far more than criticism.

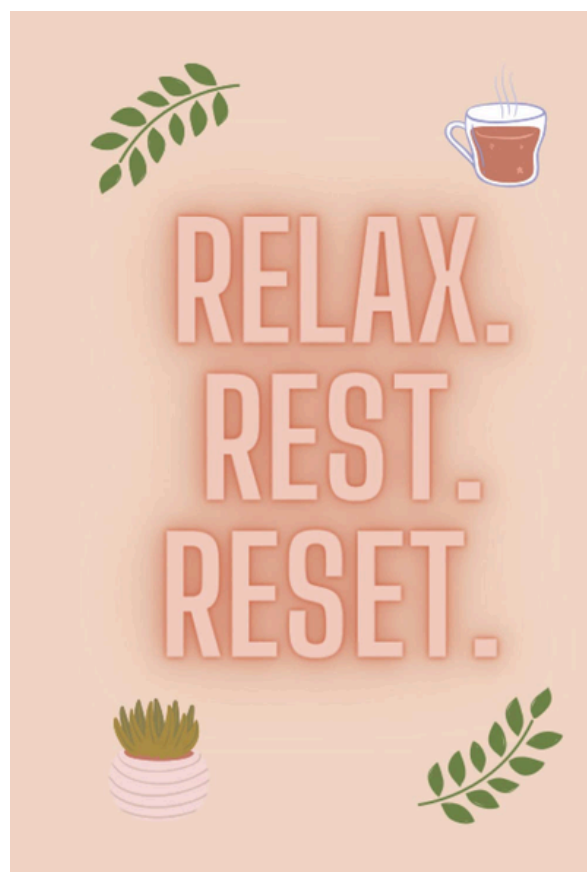
A gentle reminder that reports can only be collected once **all school fees are up to date**. We sincerely ask that you avoid an awkward or embarrassing situation by ensuring your account is settled. If you are experiencing financial difficulty, we urge you to contact the school as soon as possible to discuss a payment plan.

As we head into the August break, I wish all our families a restful and enjoyable holiday. May your travels be safe and your time with your children be filled with laughter, connection, and meaningful memories.

Warm regards

**Steve Phillips**

**Headmaster**





# OTHER IMPORTANT INFO



## Uniform Update

After a fairly chilly winter season, a reminder that we will revert to the summer uniform when school resumes in September.

A heartfelt thank you to all parents for ensuring that the winter uniform has been worn correctly and with pride. Our school uniform is more than just attire - it reflects our identity, promotes a sense of belonging, and encourages self-discipline and unity among our students. Taking pride in how we present ourselves sets the tone for how we approach our learning and responsibilities.

Let's carry this same standard and spirit into the summer months ahead.

## Kwena Swimming Club

Led by Mr. Tombo and Mr. Morekisi, this program is perfect for young swimmers aiming to develop their skills and, potentially, for future Olympians!

**Times:** Monday to Friday, 4:30 pm to 5:30 pm

**Ages:** 3 years to 18 years

**Cost:** P300 per child per month

**Contact:** Mr. Tombo at 72376180

***Please note that this club is not part of the school programme.***

## Karate Lessons Opportunity

Sensei Otsile Motsamai, a black belt and certified national coach, has approached the school to offer Karate lessons to interested students. He holds a Botswana Coaching Certificate and is registered with Business Botswana under Yun Genius Karate Academie.

**Days:** Tuesdays & Thursdays

**Time:** 16:30 – 17:30

**Venue:** School Shelter

**Cost:** P250 per month

***Please note: This is not a school activity. If you would like your child to take part, kindly contact Sensei Otsile directly at 71557410.***

## Holiday Sports & Skills Clinic with Mr Wickliffe Nyawalo

We're excited to share that Mr Wickliffe Nyawalo, formerly the Sports Co-ordinator at Morula, will be hosting a dynamic holiday clinic at the Kopano School courts. Activities will include tennis, ball skills, traditional dance, fitness and health, first aid, guidance and counselling, along with a range of other sporting activities.

### Clinic Details:

**Days:** Monday, Wednesday, Friday & Saturday

**Time:** 09:00 – 12:00

**Cost:** P100 per week

If you're interested, please contact Wickliffe directly at 72817814 / 74069327 or [panyona@gmail.com](mailto:panyona@gmail.com).

***Please note: This is a private initiative and is not part of Kopano's official holiday programme.***



## KNOW YOUR TEACHER Q&A

### Mrs. James

1. **Inspiration to Teach:** Initially not interested, teaching became my only option.
2. **Experience & Kopano School:** 15 years in education; brought to Kopano School by God's Grace.
3. **Favorite Subject:** Science, due to its discoveries and hands-on activities.
4. **Enjoyment with Students:** Appreciate their openness and eagerness to learn.
5. **Memorable Moment:** Taught a special needs child, 'My Polly,' and helped her grow academically while calming her distress.
6. **Hobbies:** Enjoys cooking and tailoring.
7. **Dream Travel Destination:** Maldives, for its beautiful blue waters and adventure opportunities.
8. **Fun Fact:** I often cry, whether from good or bad moments.
9. **Favorite Teacher:** Mr. Homerai, who was humorous and encouraged perseverance.
10. **Alternative Career:** Would choose to be a doctor.



### Mrs. N. Ndhlovu

1. **Inspiration to Teach:** I wanted to be like the few great teachers we looked up to growing up.
2. **Experience & Kopano School:** I've been teaching for 27 years. I came to Botswana to join my family and ended up at Kopano School.
3. **Favorite Subject:** Mathematics—it's full of interesting patterns and problem-solving.
4. **Enjoyment with Students:** Every day is different—full of surprises, fun, and energy.
5. **Memorable Moment:** Teaching a class of 65 and helping most of them learn to read and write.
6. **Hobbies:** I enjoy gardening and watching sermons on TV.
7. **Dream Travel Destination:** The Bahamas—for the beaches and relaxing vibe.
8. **Fun Fact:** I used to struggle with Math, which surprises many!
9. **Favorite Teacher:** Mr. Mwenda—he sent us to the garden when we struggled, which we actually loved.
10. **Alternative Career:** I would have been a social worker.





# AUGUST

## IMPORTANT DATES

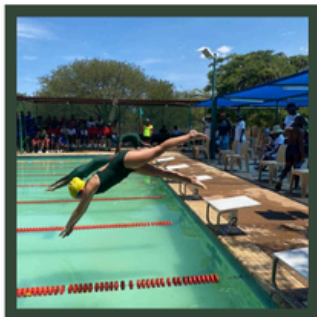
- 01 August - High School Cake Sale
- 05 August - Morula School Play – Matinee performance – (High School Students)
- 07 August - Reports sent home
- 08 August - End of Term - School Closes at 10:00
- 09 September- Start of Term 3 – Students return by 07:15



# KOPANO SCHOOL

## OPEN FOR ADMISSIONS FOR 2026

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FROM 3 YEARS**



### SCHOOL SUPERIORITY :

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- AFTERCARE PROGRAM
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- PRE-PRIMARY, PRIMARY, AND HIGH SCHOOL



### SCHOOL FACILITIES :

- SPORT FIELDS AND COURTS
- SCIENCE LABORATORIES
- COMPUTER LABORATORIES
- LIBRARY
- SWIMMING POOL

### MORE INFO :



267 2610552



admin@kopanoschool.ac.bw



PLOT 1107 , KOPANO RD, SELEBI- PHIKWE