

# LIFEmatters

foundation

## From the LMF Coordinator

### Random facts

- ★ Ants never sleep during their life
- ★ Bats always turn left when leaving a cave
- ★ Donald Duck's middle name is Fauntleroy
- ★ The Eiffel Tower has 1792 steps
- ★ Russia has the most movie theatres in the world

Any comments, queries or suggestions? Please contact the Editor:  
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I can hardly believe that we are at the end of the third term, yet at the same time, I can hardly believe so much has transpired in only one term!

We saw the launch of our counselling cabin at Zwaanswyk Academy and the launch of our Little Stars literacy programme at Lourier Primary all happening in one day. As proof, we had a dedicated Missing Link cameraman, documenting it all, as well as the Constantia-berg Bulletin and Southern Mail covering the respective stories.

What a treat to have had such great media coverage, a true testament of how God is growing and expanding our influence into the community. Following this we also saw the launch of our male mentoring programme. I have loved watching the boys respond to the individual attention from five big strong, dedicated men, and seeing the excitement around being offered team sport that did

not exist before!

LifeMatters has also seen the launch of three new projects at Lourier Primary School: our discipleship group that serves as an exciting follow up to our Pathfinders camp; a dynamic counselling team conducting group and individual counselling; and a much needed numeracy programme. Next term, thanks to Jeni Profit we will also be able to offer the children a visual motor integration programme.

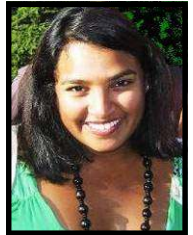
With our committed team of volunteers we continue to grow from strength to strength in the services we are able to provide to the schools in our community.

In the Western Cape, the Department of Education reported to the Portfolio Committee in Parliament that four out of every five grade 6 pupils cannot read or write at the required level and that a similar assessment for grade 3 shows that only two in every five grade 3 pupils meet the required levels when tested (Donald Grant, MEC of the

Western Cape).

The province's assessment results for 2004 to 2008 for grade 3 and grade 6 literacy and numeracy, reveal that on average, 900 (86 percent) of our primary schools achieve less than a 40 percent pass rate (50 percent or better) in numeracy for grade 6.

I have a dream. My dream is to see each of LifeMatters' projects replicated into the six other schools we serve in, and then into the other three schools who are pleading for our intervention, and then some. If the businesses, churches and individuals in our community could pledge support monthly to children who are being taught how to read, count or play sport, we could see a community, a society, a nation transformed! Now that's something I want to be a part of... How about you?



INSPIRATIONS HEALTH STUDIO was born with the vision to reach community for Christ through the holistic approach and education of health and beauty. While taking care of the body is essential, more value is placed on the inner life. Unfading beauty in God's sight is that of a gentle and quiet spirit. We offer all treatments; contact Jill Sangerhaus on 082 890 4981 for more information. Gift Vouchers are available.

LMF would like to extend a HUGE thank-you to Rich, Garth, Donovan, Matteo and the rest of the team at Missing Link for putting together an incredible video presentation for us. This 5-minute video tells the story about what we do here at LMF, and will be used by the team for fundraising and marketing. We greatly appreciate all the time, energy and creativity that went into making this possible. If you would like a copy of this video, mail us on [admin@lifemattersfoundation.org](mailto:admin@lifemattersfoundation.org)



## Lourier Primary keeps growing!

By Shannon Stewart

It has become apparent that God has put Lourier Primary in the hearts of many this past term. The evidence lies in the successful literacy program, in the discipleship group and even in the veggie patch. However, another window of opportunity for growth at Lourier has been opened; much needed counselling facilities are in the process of being set up!

In this past term we decided to begin setting up such facilities by running a group therapy program focused on the

grade 8 girls. Another one of our aims for this term was to create a 'counselling space' whereby the learners can receive the help and support they need in an environment where they can feel safe and comfortable. Much to our delight, many generous individuals have stepped forward to help us achieve this goal and as of the 4th term a counselling space will be a real and actualised reality. Much thanks to Sarah Bell and the team from Media 24, Renay Goustra and Natalie Sessions for help-

ing us to help others.

We are still in need of so much more; if you feel you have something to give to this cause, please email me at [shandiannestewart@gmail.com](mailto:shandiannestewart@gmail.com). Also, if you are interested to find out how this project is going, updates will be published on the LifeMatters blog, on our website.



## Shining like Little Stars

By Liz Oosthuyzen

The 3<sup>rd</sup> term started with a bang with 30 excited grade One learners coming to the Little Stars literacy programme every Tuesday and Thursday. These learners were paired with 11 volunteers and received one-on-one attention. Over the course of the term we have received donations of books and games which the learners love! We have an amazing team of volunteers ranging from moms to students who arrive willingly at 9am to get ready for the learners they will see for the next hour.

We asked the grade ones why they liked coming to the Centre: "I like coming because I can read BIG books." (Juan) "I like coming here because I like to write and play and read." (Kezia) "Its fun drawing and puzzles and if you make a mistake you can erase it." (Zenedine) And my personal favorite is by Andrew, a 7 year old boy from Zimbabwe "You can read and learn to grow up and be a real man."

If you are interested to volunteer for an hour on a Tuesday or Thursday morning please contact [lizo@h2o.co.za](mailto:lizo@h2o.co.za)



## Men Making a Difference

By Kam Flynn

We are proud to announce the launch of our male mentoring programme using sports! We have realised over the years at LifeMatters that the need for male involvement with the boys at our schools is becoming a greater need.

Men appear to communicate best through physical activity and in team sports, so we put our heads together with four enthusiastic and strong men under the guidance of Mr Guqa, the principal at Lourier Primary School, and out of that meeting was birthed a very unique way of meeting the male mentoring need at this particular primary school.

Since the school had no previous physical activity or team sports on offer due to staff restrictions and inadequate facilities, the blend of males spending some consistent quality time with the grade 6, 7 and 8 boys, while offering three different sports, made perfect sense. When we

presented this programme to the boys at the school, we were overwhelmed by their response, and the excitement and the energy with which they signed up.



We are privileged to have Gareth doing physical education on a Monday, Mike, with his team, Brian Devlin and Theo, teaching

the boys rugby on a Wednesday, and Brian Gallagher coaching soccer on a Thursday. Chris has been a new recruit on the male mentoring team, helping wherever and whenever the need presents itself (a true servant). In the same vein, Gareth Cork has made himself available for individual mentoring at no particular school, but rather when the needs arises at any one of our seven schools.

So, as you can see, we feel rich and truly blessed with the dedication and commitment from such fine men who, though working, have put aside dedicated time once a week to give back.

While we cannot measure the impact you are making with the boys at Lourier, guys, know that you make a difference each and every week with your presence communicating to the boys their value and potential.

## Get your dancing shoes on!



Feel like a good party to dance away those winter blues? Then look no further! On 27 November, LMF is hosting their first annual fundraising dance, at the Castle of Good Hope in Cape Town.

This is an opportunity for you to give back to the community that you live in, while dancing the night away to Golden Oldies and classic rock.

Cover band Fully Covered is providing the music, and their playlist is sure to get you on the dance floor the whole night long.

This year's theme is Midsummer Masquerade, so dust off that old mask, add some glitz and glam, and prepare yourself for a night to remember.

Tickets are R150 per person, and include cocktail snacks. There will be cash bar facilities available. Places are limited so buy your ticket early to avoid disappointment. Tickets and further information are available from Nicole ([marketing@lifemattersfoundation.org](mailto:marketing@lifemattersfoundation.org)) or Lauren ([lauren@lifemattersfoundation.org](mailto:lauren@lifemattersfoundation.org)). Alternatively you can contact the office on 021 712 0383.

## Win a 5-night stay at Club Mykonos!

We are holding a raffle draw at our Midsummer Masquerade Fundraiser where one lucky winner can win a vacation break at Club Mykonos on the West Coast. The prize is for a 5 day stay for 6 people in a self-catering unit. Tickets are available for R50 each from Nicole. Contact her on 021 712 0383 or 079 882 6748. Alternatively you can email [marketing@lifemattersfoundation.org](mailto:marketing@lifemattersfoundation.org) for more information. Many thanks to Bruce's Catering for the generous donation of this prize. [www.brucescatering.co.za](http://www.brucescatering.co.za); Tel: 021 510 7753



## Playing for a purpose

**Play is far more than just the frivolous, light-hearted, pleasurable activity that adults usually make of it.** - Violet Oaklander, world renowned Play therapist.

Play is a natural and spontaneous part of people's lives. During play, children try out and learn about their world.

For children play is a serious, purposeful business through which they develop mentally, physically and socially. In play, children interact with toys and other people as they enter new experiences and rehearse new skills.

In addition, play is one way children learn to communicate and can show others things that are too complicated to say.

**You can discover more about a**

**person in an hour of play than in a year of conversation.** - Plato, Greek philosopher

Play Therapy differs from regular play in that the therapist helps children systematically address and resolve their own problems.

Since play is fun, it makes it easier for children to confront that which is bothering them. Play allows them a safe psychological distance from their problems and allows them to express their true thoughts and feelings in ways best suited to their developmental level. Once children have expressed and addressed their problems through play, the therapist will be better able to help them find solutions to their problems in

life.

During Play Therapy different games and toys and different mediums such as clay, sand & water, hand puppets, drawings and paintings are used to help a child or adolescent to express their emotions, thoughts, wishes and needs.

It helps them to make sense of

muddled feelings and upsetting events that they have not had the chance or the skills to sort out properly.

Rather than having to explain what is troubling them, as adult therapy expects, children use play to communicate at their own level and their own pace without feeling interrogated or threatened.

**Inez Saunders**

**PLAY THERAPIST**  
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By Inez Saunders

# Volunteer Profile...Meet Megan!



My name is Megan Mee and I am a member of The People's Church in Constantia. After completing my BA in Psychology and Communications through UNISA last year, and not being quite

sure what to do next, I decided to volunteer at LifeMatters.

I am currently involved in four projects at LMF, three of which are associated with Lourier Primary School, and the other with Constantia Primary School.

In the third term of this year we began the new Little Stars literacy programme at Lourier Primary School, where we do paired and shared reading with the

grade 1s. Once a week we also take the grade 8s for a Discipleship Group, which is similar to Scripture Union. This group is a follow-on to the Pathfinders Camp held earlier this year, where so many of the learners committed their lives to God.

Shannon Stewart, Cara Marais and I have also started counselling in the school, beginning with a focus group of grade 8 girls. Once a week I also assist

the remedial teacher at Constantia Primary School.

I am generally quite a shy person and have found it challenging working directly with the children instead of serving in the background.

It has been incredible to see how LifeMatters is moving forward in new and exciting projects, and it has been fantastic working with such amazing people who have such hearts for serving!

## Summer Smoothies

Smoothies are a great idea on a hot summer's day—and they're packed with vitamins. It's also a great way to entice kids to eat some fruit! Below are some variations...have fun thinking up your own combos!



- ☼ 1 banana, 1/2 cup vanilla yoghurt, dash of milk
- ☼ 1 mango, 1/4 cup orange juice
- ☼ 1 peach, 1 banana, 1/4 cup orange juice
- ☼ 1/2 cup strawberries, 1/4 cup raspberries, 1/4 cup blueberries, 1/4 cup milk
- ☼ 1 cup strawberries, 1 cup orange juice, 1 cup crushed ice

Some tips...

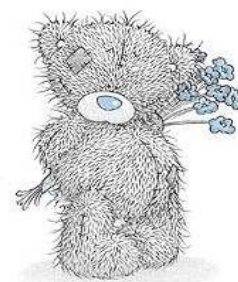
Frozen fruits are the best choice for making smoothies. They act as a thickener and are a good base (peel and cut up your banana before you freeze it). Small berry fruits are easy to blend but remember to cut up bigger fruits like pineapple into smaller pieces. A fun variation is to freeze the smoothie mix into ice sucker moulds and enjoy as a healthy summer ice cream.

## Kid's Corner

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

tree  
honey  
paws  
strong  
cubs  
fish

hibernate  
mammal  
den  
forest  
berries  
fur



### LifeMatters Foundation

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### BANKING DETAILS

The LifeMatters Foundation  
Standard Bank Blue Route

Branch Code: 02-56-09

Account number: 072032405

Current Account

LMF volunteers can now receive supervision from our social workers. Contact Judy: [judy@lifemattersfoundation.org](mailto:judy@lifemattersfoundation.org)



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