

NOVEMBER 2016

THE ACORN

NEWS IN A NUTSHELL • No. 10

THE CHARACTER COMPANY

RAISING BOYS TO BE GOOD MEN

The world is not dangerous because of those who do harm, it is dangerous because of those who look at it and do nothing!

Albert Einstein



IMPORTANT DATES

4 - 6 NOVEMBER 2016

Setshaba Safaris Weekend Camp

12 NOVEMBER 2016

Self-Esteem Workshop for Moms

19 NOVEMBER 2016

Strategy Session

20 NOVEMBER 2016

947 Cycle Challenge

27 NOVEMBER 2016

Wanderers Cricket Event

4 - 10 DECEMBER 2016

Year End Camps

AT THE CHARACTER COMPANY, WE VALUE
KINDNESS | HONESTY | COURAGE | RESPECT | SELF-DISCIPLINE

WEEKLY PROGRAMME SCHEDULE

We have changed how our groups work on the weekly activities - we are rotating activities between the groups so please check your individual whatsapp group chats for confirmation of dates and times.

OUR NOVEMBER WEEKLY PROGRAMME WILL INCLUDE:

FightClub, RockClimbing, Swimming, PwcBike Park, Ball Play in the park and some inspired Arts & Crafts!

TOPIC

Respect is a critical and challenging concept for young children to fully grasp. The most effective way to teach children this lesson is by modeling the behavior you want to encourage. Every time you say "please" or lend a helping hand, you are showing your children how you would like them to act. Ask for your children's help with daily tasks, and accept their offers of help. Praise your child's good behavior and traits often, and help them realize how good it feels inside to do a good deed or be generous with another person.



Don't turn your back on the impact of absent fathers on our families and society

YEAR END CAMPS

We have sent our invites to the Junior and Senior Year End camps. Make sure you have RSVP'd Loraine and book your space. We have a number of character-building activities planned and its going to be so much fun!

SELF-ESTEEM WORKSHOP

Thank you for responding so well to the workshop invite, we are so looking forward to Claire Liebenberg's presentation on building self-esteem in our children. Moms remember there is a nominal workshop registration fee of R50
See you on the 12 November!

Design donated by Design Aid: sally@designaid.co.za

CAMPAIGNS



Take the **RIDE** of a boy's life

THE CHARACTER COMPANY

www.thecharactercompany.co.za

Let's make this race a memorable one by taking the ride of a young boy's life and help us raise awareness as well as much needed funds for our long-term mentoring programmes. **Join our team!**

Telkom **BIKE CYCLE CHALLENGE**

For more information email Jaco at: ch@racter.co.za

Help us get the word out!

Like, share and get the word out! (Y)our boys need bikes... so email family and friends, pin a note on the office noticeboard - and let's fill our wishlist!

Visit our facebook page and website for more information.



Get our boys... **ON THE ROAD** to being good men

BIKES FOR BOYS

Bicycles represent fun, freedom, and fresh air - everything that's good about being a boy. Help us by donating your old bikes and gear, let's introduce another boy to the wonder of wheels!

Drop your DONATIONS off at:

PHWC And participating cycle shops and centres

www.thecharactercompany.co.za



DON'T HIDE YOUR RIDE RE-cycle it!

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Scan our QR code, to download the Bikes for Boys Wishlist

HOW YOU CAN HELP

ONCE-OFF DONATIONS

The Character Company
FNB Fourways (251655)
Current Account No.: 624 114 069 54

MONTHLY DONATIONS

For the price of a small bag of groceries (R250 or more) you can invest in raising young boys to be better men - contact Jaco at ch@racter.co.za or 084 777 7114 for more information.

FATHERHOOD AMBASSADORS

Become a Fatherhood Ambassador and help us to raise awareness of the impact absent fathers have on our families and society.

MENTORS

Become a MENTor who can help with our afternoon programmes, weekend activities, camps and other trips.

NETWORKING

Introduce us to people and/or organisations that you know would like to invest in raising boys to become good men.

FOLLOW US ON FACEBOOK!

e: ch@racter.co.za

t: Jaco 084 777 7114

Lorraine: 072 148 8702

www.thecharactercompany.co.za

NPO: # 125 574 - PBO: # 9300 51236

GOOD LUCK!

A number of our Acorns are starting their final year-end exams, and we know what a stressful and pressured time this is for them as well as us parents. We know that our Acorns will work diligently and do their absolute best - we wish them well and look forward to hearing about their fantastic achievements in a few short weeks.

TOP 10 Tips:

- 1. Give yourself enough time to study** - Set out a timetable for your study. Write down how many exams you have and the days on which you have to sit them. Then organize your study accordingly.
- 2. Organize your study space** - Make sure you have enough space to spread out your textbooks and notes. Get rid of all distractions.
- 3. Use flow charts and diagrams** - Visual aids can be really helpful when revising your materials and colour really helps make your notes very interesting.
- 4. Practice on old exams** - One of the most effective ways to prepare for exams is to practice taking past versions.
- 5. Explain your answers to others** - Use family members to your advantage. Explain an answer to a question to them. That will help you to get it clear in your head.
- 6. Organize study groups with friends** - You may have questions that they have the answers to and vice versa.
- 7. Take regular breaks** - If you were training for a marathon, you wouldn't try and run 24 hours a day!
- 8. Snack on 'brain food'** - Keep away from junk food! You may feel like you deserve a treat, or that you don't have time to cook, but what you eat can really have an impact on energy levels and focus.
- 9. Plan your exam day** - Make sure you get everything ready well in advance and know what you're supposed to bring.
- 10. Drink plenty of water** - As a final tip, remember that being well hydrated is essential for your brain to work at its best.