Parktown High School for Girls | Grade 8 Information pack for 2020

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1. Parktown High School for Girls and TLT’s Partnership

Parktown High School for Girls and Tomorrow's Leaders in Training (TLT) are excited to be partnering in 2020. TLT is a dynamic Leadership Skills Empowerment Program that has proved highly successful in a number of schools, and we are thrilled to have this life changing program available to our students in 2020.
Please see the attached letter of recommendation from Mrs T. Megom, Principal of Parktown High School for Girls. You’ll also find a video links at the end of this information pack to give you a visual experience into the program.

Parktown High School for Girls will be introducing dedicated times for 2020 for accessibility to all students, without conflicting with sports or other school activities. This is in line with a desire from the school to allow for all students to join the program.

*Times are as follows:* Grade 8: Monday - 07:00 to 07:45 am

**Cost:** R3000.00 for the year.

Parents/Guardians have 2 options in terms of payment:

- **Option 1:** R3000.00 up front on sign up
- **Option 2:** Debit order of R300.00 per month from 1st January to 31st October 2020.

Please [Click Here](#) register your daughter's interest and TLT will contact you directly.

*We would love to have your daughter on the program in the New Year!*

**Who are Tomorrow’s Leaders in Training (TLT)?**

(TLT) is a Dynamic Life Empowerment & Leadership Skills program developed in South Africa in 2017, in response to the ever-increasing pressure & expectations placed on young people today. It is run by a group of passionate individuals who dream of a unified world living to its full potential, in harmony and love.

**Mandate:** To maximize the potential of every young person we have the privilege to engage with through education and mentorship. We are convinced that a positive and fruitful future is based on the development of the next generation. We believe that it is vital to develop our students cognitively and socio-emotionally, so that they are well rounded individuals.

**Delivery:** Through our uniquely designed curriculum as well as partnering with organizations who share a passion for transformed, empowered and focused global citizens.
Did You Know:

A new study called “Perfectionism Is Increasing Over Time” finds that young people are more burdened than ever by pressure from others, and that includes parents. Psychologists Thomas Curran and Andrew Hill found that unhealthy perfectionism has surged among young adults, with the biggest increase seen in those who feel pressured by the expectations of others. Perfectionism, the study’s authors say, is a mix of excessively high personal standards (“I have to excel at everything I do”) and intense self-criticism (“I’m a complete failure if I fall short”). **In its unhealthiest forms, perfectionism can lead to eating disorders, depression, high blood pressure and thoughts of suicide.** – Source: Rachel Simmons (Washington Post)

TLT are passionate about **equipping** our young people with the necessary **skills** to handle the stresses and pressures of life, and to ultimately make wiser decisions. The program has been carefully designed to deliver an **effective, dynamic and holistic skill-set** to participants. These practical tools enable them to be well-rounded, forward-focused and world-changing.

We aim to raise both **locally and globally focused** individuals who are in touch with themselves and the needs of their fellow men. We believe that every young person has gold within them. Our passion is helping them to uncover this, and realize their full potential.

We target key developmental areas and pressure points using a **D.R.E.A.M** acronym-

- **Discovering personal identity.**
- **Realising potential.**
- **Empowering with practical skills.**
- **Activation of dreams and goals, including career guidance in partnership with the Career Guidance Centre.**
- **Mentorship through skilled individuals, facilitators and Industry Leaders**
2. **TLT Grade 8 Curriculum Overview**

**Term 1**
1. Who am I?
2. I talk to myself (Self-talk)
3. Personal Potential
4. Sexuality: Influences 1
5. Sexuality: Influences 2
6. Sexuality: In the world
7. Starting & keeping relationships
8. How to behave in a relationship
9. Agree to disagree
10. Learning styles

**Term 2**
1. How do I learn?
2. Personality & career choices
3. Working in South Africa
4. Substance abuse & our community 1
5. Substance abuse & our community 2
6. Consequences of substance abuse
7. Substance abuse: Now what?
8. Substance abuse: Now what?

**Term 3**
1. Subjects at my school
2. Ways of learning
3. Decisions in learning
4. Environmental health: Laws & policies
5. Earth Day
6. Practical environmental health
7. Life with HIV 1
8. Life with HIV 2
9. Nation building
10. Nation Builders

**Term 4**
1. Human Rights in our world
2. Gender in sport
3. Gender-based violence
4. What about the victims?
5. Culture & its influence
6. Loving diversity
7. Unity in diversity
3. Endorsements

Letter of Recommendation by Mrs T. Megom – Principal of Parktown High School for Girls

Dear Parents/Guardians

TLT PROGRAM LAUNCH
-Helping to facilitate the holistic development of our young female leaders-

In our ongoing quest to facilitate the development of our young leaders, I am very excited to tell you about our partnership with TLT (Tomorrow’s Leaders in Training).

TLT is a dynamic life empowerment and leadership skills program which was developed in 2017, in response to the ever-increasing pressure and expectations placed on young people today. The program has received extremely positive feedback from the schools where it is running, including King Edward VII School (KES), where it is going into its second year, and I think our girls will benefit enormously by being part it. The curriculum is diverse and touches on many different aspects of life.

There is so much pressure on the girls to succeed, and for many of them, failure is not an option. That being said, failure is a very important part of life and learning and we have to teach the girls how to deal with failure, learn from it and grow as individuals. We focus so much on academic, sport and cultural success, but we often tend to neglect the soft skills, the emotional intelligence, the critical thinking and the leadership skills that are so important for highly functional individuals in civil society. We offer a holistic education model and this program fills a gap that is being somewhat neglected due to time-constraints, overloaded curricula and staff.

The TLT program, with its passionate course coordinators, will help the girls to reach inside themselves and to unlock the potential that we know is already there. It will give them the confidence and the skills to be the leaders we need them to be and to make a positive impact on society. It will help them to take ownership of their personal development, whilst helping to instill values that will help them to see and acknowledge others around them. TLT is a values-based program and aligns very well with the values-based education we offer. We expect all our girls to develop a values system which will allow them to work in an environment with others – honesty, respect, kindness, empathy and hard work - and this is all part of what this program teaches them.

Our country is crying out for better leaders and it is looking to schools such as ours to produce these leaders; people who can impact on society in a positive way. We all have a responsibility to heed this call and I hope that as parents, you will consider making this wonderful opportunity available to your daughters; they are worth it.

Yours sincerely

T A MEGOM (Mrs)
Headmistress

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Letter of commitment from KZN Department of Education

Enquiries: SSS Lushozi  Reference: Letter of Commitment  Date: 20 September 2018

The Management

Tomorrow’s Leaders in Training Pty Ltd (2016/404185/07) and Career Connect Group (2018/356829/07) TO WHOM IT MAY CONCERN

The Mabikuzela-Gandi Circuit Management Centre hereby confirm that we have a commitment to partner with Tomorrow’s Leaders in Training Pty Ltd and Career Connect Group (2018/356829/07) in the collaborative teaching of Life Orientation and Career Guidance in our 189 schools on a pilot basis. The programme will be rolled out in a staggered manner depending on the availability of financial resources. The programme is to empower learners from both resourced and under resourced schools on a partnership basis.

It is our wish to receive any kind of support to realize our dream of being beneficiaries of such an innovative life changing skills programme. It is our belief that this programme will enhance the betterment of our future generation who come from mainly underprivileged backgrounds and are in schools which majority of are under resourced.

Yours in Education.

duly signed and verified by email

MR SSS LUSHOZI
CHIEF EDUCATION SPECIALIST
CIRCUIT MANAGEMENT CENTRE

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4. TLT Project Video Links-

Here are a few links to TLT Projects that can be viewed on YouTube:

1. TLT Heart and Vision - https://www.youtube.com/watch?v=B1b4OAGaOcA&t=126s
2. Soweto Project - https://www.youtube.com/watch?v=DY_Pug3_Xjl
3. TLT Recap of 2018 - https://www.youtube.com/watch?v=D5ik7YcqAZc
4. TLT Holiday Session - https://www.youtube.com/watch?v=SAaVBQfOFF4&t=43s
5. Glenwood High School - https://www.youtube.com/watch?v=Sa-p5JhcCPk