



## Noordwes Nuusbrief / North West Newsletter

10/2019

22/05/2019

### LSEN WORKSHOP

The SAOU (North West) would like to invite all LSEN educators to this workshop.

The focus will be placed on the LSEN-sector, but anyone who may benefit from ideas for addressing stress are welcome.

**This session will only be offered in English** and will be held on 17 July 2019 at Oom Paul Skool in Rustenburg.

#### COST:

*SAOU members' fees are partly subsidised.*

SAOU members    R80 pp  
Non-members     R160 pp

CPTD Points: 5

[Click here](#) to register

[Click here](#) for the Programme

Closing Date: 10 July 2019

### THEME

#### ***How stress creates an insecure and unsafe environment***

*Stress causes large areas of our brains to switch off. Especially our frontal lobes switch off up to 85%. These frontal lobes are the home for compassion, wisdom and other higher brain functioning.*

*When we are stressed our reptilian brain takes over and we go into survival mode. This leads to the following behaviour. Action – reaction, fight or flight and defence of our territory. It also makes us more prone to being violent, acting out, drug abuse etc.*

*During this talk we will share with you, ideas for addressing this stress, and so reduce the reptilian behaviour. You will receive some practical tools to implement in your classroom.*

#### **BANKING DETAILS OF THE SAOU**

Name of Account: **SAOU**  
Name of Bank: **ABSA Menlyn**  
Type of account: **Cheque**  
Account No: **2310 000 070**  
Branch Code: **632005**

NB : Reference on deposit slip:

- **N17Jul + u skool se naam/name of your school**

Please send the proof of payment, before or on Wednesday, 10 July 2019 to fax number 086 688 8478 or e-mail address [saounw@saou.co.za](mailto:saounw@saou.co.za).