



## Mindstretch News – Building Bright Futures

*Welcome to Mindstretch 2025! There' was magic in the air as our children returned to school, each one brimming with potential. We're excited to share what's new and wonderful at Mindstretch.*

### Nurturing our Learner's Growth

**Hamza's Journey: The Magic of Individual Attention:** Read Hamza's remarkable story as we showcase how [our personalized approach](#) unlocks both academic and social potential.

NEW TRIBUTE! [Hamza's Story](#)



**Nourishing Young Minds Through Gut Health:** Discover fun, child-friendly activities that promote a healthy gut microbiome – because happy tummies make for optimized learning.

NEW ARTICLE! [Feeding the Gut Microbiome: New Hope for Autism](#)



**Meet PEA, Our New Sweetpea Approach:** We're excited to introduce PEA – Pause | Engage | Act. This simple yet powerful method ensures our teachers connect meaningfully with each child:

- **Pause** to enter the child's world
- **Engage** at their eye level, in their personal space
- **Act** with understanding and purpose



## Growing our Mindstretch Team

**Welcome to Our New Teaching Stars:** Three dedicated educators join our team this year.

- Shiehaam and Esther serving our Grade RR programme.
- Aahmina and Tammy joining as teacher aides.



**Kinderkinetics: Moving On with Success:** After an outstanding trial in 2024, it's a pleasure to welcome [Kinderkinetics](#) as a permanent feature at our junior campus in Pinelands, Cape Town.



## Delighting in 2024's Final Moments

**A Concert of Self-Expression:** Our year-end concert perfectly captured our philosophy: we don't just label – we enable. Each child chose their personal affirmation. Pure **JOY** the result



**Celebrating Our Committed Team:** Behind every child's progress stands our remarkable staff, who work tirelessly to understand and nurture each learner's unique needs. We honoured their dedication with a special year-end luncheon – a small gesture for their immeasurable impact.



Join us and let us help build your child's best future. Find us in [Pinelands, Cape Town](#).

**Bright. Brilliant. Beautiful.**