



CAMPS BAY HIGH SCHOOL



Newsletter #14_2017

21 April 2017

Dear Parents

We have had our first week of the Second Term and all is going well. I am pleased to report that teaching and learning took place from 08h05 on Tuesday.

During the holidays we had three activities that involved our pupils. I am including a brief report back from the coaches.

1. Netball Training Camp (Ms Ngcwama)

This ran as a three-day residential camp using the school's premises during the first week of the April school break; from 3 April to the afternoon of 6 April. The sporting staff of the Camps Bay Netball had initiated an ACTION PACKED FITNESS AND SKILLS PREPARATION CAMP. The camp was aimed at getting the Netball teams together before the season starts for some important training, team building and most importantly, some much needed fitness!

We managed to run through the camp injury free. The girls gained a great deal of new skills and fitness. We also managed to include a small trip to Imhoff farm for team building/bonding. The Under-19s and Under-16s battled it out at paint balling, while the Under-14s learnt a few things about African Countries at Maze World. Thank you to **Ms Samu** and **Mr Toyer** for such delicious food and to **John** for always making sure we were safe.

2. Rugby Tour to Graaff-Reinett (Mr Nyathi)

The Rugby tour has become a tradition and any boy playing for the school's first team has come to love this trip to Graaff-Reinett. The 2017 tour went off very well with the team winning their first game against Kilmarrick 32-14. In the second game against Westering, the team played well but could not find the same energy as in the first and lost out 24-8. We are now looking forward to an exciting season ahead.

3. Girls Under-16 Hockey Tournament at Stellenbosch (Mr Kleyn)

From the **2nd - 5th of April**, the Under-16a Girls Hockey Team participating in an annual hockey festival at Bloemhof Girls High in Stellenbosch. The tournament consisted of 10 teams from all over SA taking part in a "Round Robin" style tournament that ran over three days. It was a fantastic opportunity for the girls to experience the "cream of the crop" of South African Hockey Schools. The competition was tough and the games were long and hard. Overall it was an amazing experience and was enjoyed by all.

World Book Day

Today is World Book Day. To make it fun we encouraged the pupils and teachers to dress up as their favorite book character. In assembly, the RCL awarded prizes for the 'best' costume.

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I came as Indiana Jones, with my hat, leather jacket and lasso. Sadly it was not good enough for a prize. The staff winner was **Mrs Bright** dressed beautiful as Queen Padme from Star Wars, and the runner up was **Mr Arthur** dressed as King Arthur.

The RCL also awarded two prizes per Grade, with the pupils really going to town on their outfits. The Grade 10 winner was **Megan Mills** who took two hours to apply her make up as the Grim Reaper. The Grade 12 winner was **Alex Mestousis** who made a very attractive Cruella Deville, apart from the hint of a beard.

My School Card

Thank you to all the parents who are supporting Camps Bay High School by swiping their 'My School' Cards when they shop at Woolworths. We are seeing a steady month on month growth in the income from this source. Well done and keep spending.

Tragic Loss of Past Pupil

We were really sad to learn that a past pupil, **Ryan Frewen** (Class of 2012) died in an accident over the weekend. Our thoughts are with his family.

Clothing Shop Price List

We have had a few incidents of parents complaining that we do not update our price list online. In every instance, the parent googled 'Camps Bay price list' and downloaded an old one. Please do not Google or use a search engine to find the price list. Search engines will bring up every price list ever uploaded, some dating back as far as 2011.

Please go the school website at www.campsbayhigh.co.za. The most current clothing shop price list can be found under the 'forms' section of the website and is updated regularly.

Forthcoming School Musical

Mr Cross writes,

The Musical for 2017 has been cast and rehearsals are underway.

The Musical for 2017 is "*Hit List*", a new musical developed from the TV series SMASH! This is a really fresh and exciting new musical that is instantly enjoyable and aimed at modern audiences.

We are looking for willing parents and helpers to get involved with multimedia, make-up and costumes.

The first plea is for a **photographer/graphic designer** to help with the marketing material. The second is a **film maker** to help with the filming of a music video and third is a **make-up and costume co-ordinator** for the production.

I believe a school production is a collaborative effort that highlights the collective pool of talents of the community it serves. All input and help is welcome. If you would like to assist, please email me: scross@campsbayhigh.co.za

Warm regards,

Sheldon Cross

Drama Educator

Camps Bay High School

Founder's Day Assemblies

On **Friday, 5 May 2017**, the three Camps Bay Schools will be celebrating their 111th Birthday.

We invite you to the following Assemblies:

Camps Bay Preparatory Campus: 08h00

Camps Bay Primary Campus: 09h00, followed by tea and refreshments on the lawn at the front of the school

Camps Bay High School: 11h00

Kindly RSVP to **Vivienne Ashcroft** (campsbayschools@gmail.com) by **2 May 2017**.

Hope that you can join us!

The Week Ahead

Monday 24/4: **Tony Arrgon** talks in the Library

Tuesday 25/04: **Grade 11** Biology Outing.

Thursday 27 – Sunday 30: Silver Presidents Award Hike in the Cedarburg.

This is a short week. With **Thursday 27 April** being a Public Holiday (Freedom Day), **Friday** is a school holiday.

Then **Monday** is also a Public Holiday (**1 May: Workers Day**).

Yours sincerely

David de Korte
PRINCIPAL

DEBBI
ROZOWSKY
P.T.S.D. SPECIALIST



I am delighted to offer a new workshop!

ESPECIALLY FOR TEENS AND TWENTY'S

Teenagers and those in their twenty's face enormous pressure to fit in with their peers and to feel 'good enough'.

This creates anxiety and low self-esteem.

This is a workshop geared to show you who you really are, what you have to offer, to deal with anxiety, to be your own champion and confident in your own skin!

*Learn your own process and change it!
Be at peace with your choices!*

**The workshop will be held in Mouille Point
On Freedom day 27 April 2017
from 9:30am to 12pm**

This workshop will be repeated on Sunday 30th April 9:30am to 12pm

R300.00 per participant

Workshops will take place in a safe, non - judgemental, small, group setting where confidentiality is a top priority.

For more information contact
Debbi on 0824182222 or debbi@ptsd.co.za
www.debbirozowsky.co.za

Parent Driven Project Initiatives 2017:

NEW SPECTATOR STANDS

Greetings and salutations to all our wonderful CBHS parents and guardians. As the first of our parent-driven projects for this year, we are looking at purchasing of twelve of these Spectator Stands for the school.

We have countless events going on at our busy school and not enough stands to facilitate spectator viewing and those we do have are massive and not easily relocated. These ones we have selected and need can be easily moved by our estate staff



They're 100% recycled plastic packaging, long lasting and maintenance-free - but not cheap!

So the idea is to get a drive going which will enlist the support and participation in this initiative by all parents, extended family, guardians, past pupils, friends of Camps Bay High School as well as donations from corporate sponsors and businesses in Camps Bay. Each bench will carry a plaque on it with the donors name(s) or corporate sponsors name on it.

Last year we raised donations for eight benches/tables for around the school for pupils to use as there was not enough seating for pupils. Each bench carried a plaque on it engraved with the donor(s) names and or dedication.

Ways in which the donations can be made:-

- Outright donations for the full cost of a stand from a company or family can be given (total value of one stand **R15 500**)
- Alternatively a contribution by each member of each Grade of **R300-00** then goes toward the purchase of a stand or stands and the names of the grade contributing families (or child's name is included on the grade plaque(s))

This stand was donated by the following 2017 Grade 9's:

- Family name or pupils name***
- Family name or pupils name***
- etc***
- D.***

Please contribute towards this much needed project to:

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|----------------------|------------------------------|
| Account Holder: | Camps Bay High School |
| Banking Institution: | FNB |
| Type of Account: | Current Account |
| Account Number | 50240343463 |
| Branch Code | 201809 |
| Reference:- | Stand and Family name |

Then please e-mail me your proof of payment wendydfoster@gmail.com

Thank you
Wendy Foster

Cell phone: **082-807-9741**
E-mail: wendydfoster@gmail.com
Camps Bay High School