



CAMPS BAY HIGH SCHOOL

Newsletter #41 2019

22 November 2019

Dear Parents,

As we reach the final “Hurrah” for the 2019 school year, it is a good opportunity for me to reflect on the three things I set out as goals for 2019.

The three challenges I put to our pupils at the start of this year were:

- What do you stand for?
- Who do you stand with?
- How do you stand up for others who need a voice and help?

Throughout the year we tried to create reflective moments for pupils to decide what they ‘stood for’, what their personal brand is. This was done in Assemblies with the whole school and in their daily tutor classes.

When it came to exploring who we stand with, we again looked to our Prefects to build a sense of team and create moments to build school spirit. We endeavoured to get each pupil to feel that this is their ‘tribe’.

Thirdly we wanted pupils to develop a sense of social responsibility, to not only think about me, but to move to thinking and caring about us. We had an opportunity to do this when the issue of violence against women and children was raised. I was so proud of our pupils who rose to the occasion and also made their voice heard in the outcry against gender-based violence. So, we did stand up for others.

STAFF BATHROOMS REVAMP

The Parent Liaison Body and a team of parents are in the last stage of revamping the staff rooms including the Teachers’ Staff Room, Female Teachers’ Bathroom and Male Support Staff Room. We are having the Female Support Staff Room bathroom facilities repaired and will be revamping this room next week. If you would like to be part of this awesome project to honour our Staff we would love donations of any of the following.

1. Couches or chairs, throws, cushions
2. Bar fridge
3. Cupboard or bookshelf to store their belongings.
4. Pictures or decor to make it attractive

Thanks you so much for all your support.

CLOTHING SHOP

If you have not already done so, please do purchase uniform before the shop closes for the year. Time is running out fast!

The last trading day for this year is **2 December** from **07h30 to 13h30**. The final days of the term (**3 to 6 December 2019**) are set aside for annual stock take and year-end audit.

The shop re-opens on **13 and 14 January** from **08h00 to 13h30**.

Normal trading hours - **07h30 to 15h30** - apply from **15 January 2020**.

To avoid the panic and queues, please make use of the pre-order system. Complete the attached form and return it as instructed by **25 November 2019**.

FAREWELL FOR MR. COLLIER

Mr Collier, Principal at Camps Bay Primary School, has been advised by his WCED Circuit Manager to take some time off due to his ill health. *Mrs Liesel Visagie*, the Deputy Principal will be acting in his place. The Human Resources Sub Committee of the Primary School SGB has identified and nominated a very good candidate to be Mr Collier's successor when he retires at the end of the year. The WCED is working hard to expedite and complete the process of the appointment of the new candidate. We wish Mr Collier some well-deserved rest and we look forward to the opportunity to wish him well in his retirement later in the year. A special Assembly to say farewell to Mr Collier will be held in the Primary School Hall on **Tuesday, 3 December 2019** at **10h30**, for those parents wishing to say goodbye to Mr Collier. The Assembly will be followed by a tea.

Unfortunately, due to space constraints we will not be able to open up this event to the high school learners. In addition, there will be a book left at reception at Camps Bay High School for parents and pupils to leave their messages to Mr Collier. You are also most welcome to leave a gift for him there, or if you would like to contribute towards a gift, you may leave cash in an envelope with your name and COLLIER FAREWELL on put it in the drop safe at reception.

ANNUAL DANCE CAMP

Once again *Ms. Scarborough* will be holding a Dance Camp at the end of term from **3rd - 4th December**. The camp happens at school and the dancers will have the opportunity to attend four different dance workshops with guest teachers over the two days. This year we have classes in Lyrical Hip Hop, Hip Hop, Contemporary and Swing. Dancers will also get to just have FUN swimming, eating great food and watching movies. The camp is open to all dancers (who do dance as a subject and an extra mural) but preference is given to senior pupils first as space is limited. Forms can be collected from *Ms. Scarborough* at break times and need to be returned by **23 November 2019**.

ORDERING 2019 CAMPS BAY HIGH SCHOOL MAGAZINES

Due to escalating printing costs, this year we will need to charge for the school magazine, a practise that most schools do. The cost per magazine is **R60-00** each. This will be loaded to Karri for payment before the end of the year. Magazines will only be issued to students in February 2020, and only to those students who have paid for them.

CAMPS BAY HIGH SCHOOL REUNION CELEBRATIONS

Camps Bay High School will be hosting reunion celebrations at the end of November. Please feel free to share with anyone you may know from those year groups. Tickets can be purchased on Webtickets.

CAMPS BAY HIGH SCHOOL CLASSES OF 1959, 1969 & 1979 REUNION

All class members, teachers and staff from the Class of 1959, 1969 & 1979, as well as those in adjacent years, are invited to a Reunion Celebration.

Date: Friday, 29 November 2019
Time: 6pm
Venue: Camps Bay High School
Tickets: R60 available at Webtickets

Ticket includes snacks. Cash bar available



CAMPS BAY
HIGH SCHOOL



CAMPS BAY HIGH SCHOOL CLASS OF 1989 REUNION

All class members, teachers and staff from the Class of 1989, as well as those in adjacent years, are invited to the Class of 1989 30 Year Reunion Celebration.

Date: Friday, 29 November 2019
Time: 6pm
Venue: Camps Bay High School
Tickets: R60 available at Webtickets

Ticket includes snacks. Cash bar available



CAMPS BAY
HIGH SCHOOL



CAMPS BAY HIGH SCHOOL CLASS OF 1999 REUNION

All class members, teachers and staff from the Class of 1999, as well as those in adjacent years, are invited to the Class of 1999 20 Year Reunion Celebration.

Date: Friday, 29 November 2019
Time: 6pm
Venue: Camps Bay High School
Tickets: R60 available at Webtickets

Ticket includes snacks. Cash bar available



CAMPS BAY
HIGH SCHOOL



CAMPS BAY HIGH SCHOOL CLASS OF 2009 REUNION

All class members, teachers and staff from the Class of 2009, as well as those in adjacent years, are invited to the Class of 2009 10 Year Reunion Celebration.

Date: Friday, 29 November 2019
Time: 6pm
Venue: Camps Bay High School
Tickets: R60 available at Webtickets

Ticket includes snacks. Cash bar available



CAMPS BAY
HIGH SCHOOL

DOMINIC HOLLING TO CREW WITH YOUNGEST CREW ENTERED INTO 2020 CAPE2RIO YACHT RACE

Dominic Holling, in Grade 9, will join the youngest crew in the 2020 Cape2Rio Yacht Race on board *JML Rotary Scout*. And, *Dominic* who is 15 years old, will be the youngest member of the youngest crew entered into the Cape2Rio Yacht Race.

JML Rotary Scout, a Tosca 36' cruising yacht owned and operated by SCOUTS South Africa (a non-profit organisation dedicated to the development of the youth of South Africa), set the record for the youngest skipper in the history of the Cape2Rio race in 2000 with a 20-year-old skipper and 23-year-old navigator.

For the 2020 Race, *Nicholas Chapman* and *Daniel Skriker*, both aged 21 at the start, will be co-skippering the race. The rest of the *JML Rotary Scout* crew range in age from 15 to 18 years old, with *Camps Bay High School* pupil, *Dominic Holling*, being the youngest crew member. The other crew members are *Mika Wessels*, *Max Elsworth*, *Ewan Blamire*, *Matthew Williams* and *Joshua Jackson*.

All the crew members started their scouting journey at age 11 where they learnt to sail on dinghies and have been trained in seamanship skills such as pioneering, first aid, navigation and cooking, as well as teamwork and leadership skills. To qualify to crew aboard *JML Rotary Scout* for the Cape2Rio 2020 Race, the crew went through a rigorous selection process where they had to demonstrate specific sailing skills and show their capabilities at sea.



The 2020 edition of the Cape2Rio Yacht Race departs Cape Town on **4 January 2020** and the crew of *JML Rotary Scout* expect to take four weeks to cross the Atlantic Ocean to Rio de Janeiro race, heavily dependent on the weather and conditions en-route.

Says *Dominic*, "This is a once-in-a-lifetime opportunity and is going to be an awesome adventure. I am very excited. I realise that it will be tough but it will also be exhilarating! Catering for this event is quite an undertaking and I will be taking the primary responsibility for putting together the meal plan and shopping requirements for 30 days for eight people."

The youth crew desperately need funds to cover some of the costs involved in the race and have set up a Crowdfunding page for those wishing to help out.

Follow this link to make your pledge: <https://gogetfunding.com/jml-rotary-scout-cape2rio-2020/>

There are also some opportunities for Corporate Advertising on the boat.

For more information, contact *Dominic* on dominicholling@gmail.com or the skipper, *Daniel Skriker* on danielskriker@icloud.com.

For more information, visit the Rotary Scouts website <https://www.rotaryscout.co.za/> and their Facebook and Instagram Page.

DANIELLA SEGALL FEATURES IN STORY IN THE WEEKEND ARGUS

Daniella Segall in Grade 8 featured in an article in the Weekend Argus about her selection to play in a soccer tournament in the US.

Soccer star Daniella ready to take the world by storm

She is technically very good, tactically very smart and physically getting stronger, says coach Anees Abbas

Zinziswa Dzakwa

DANIELLA Segall has never looked back since lacing her first pair of soccer boots at 10. Now 14, the soccer star is ready to take on the world when she visits a Florida girls team in the US.

The Camps Bay High pupil will be taking part at the American girls soccer tournament the "The Disney Girls Soccer Showcase" in January.

Daniella grew fond of the sport after playing a couple of games with her older brother at home.

Not long after, the Grade 8 pupil joined the Legends Soccer School and Camps Bay Club. A fan of Liverpool and Brazilian striker Roberto Firmino, Daniella is playing as a central midfielder for both teams in Camps Bay.

"After my first training session with my coach Anees, I immediately felt connected to the sport and I love how you are able to play with your own style and interpretation," said Daniella. She said the sense of unity is what really drives her.

"I always meet new people and I have made some amazing friends," she said. Daniella trains for two hours



Daniella Segall in action. Her mother says she is goal-orientated, determined and has a very strong mind. PICTURE: SUPPLIED

every Tuesday and Thursday. The teenager plans to train harder next month in preparation for the tournament. The Liverpool fan said Barcelona and Netherlands women's forward Lieke Martens, is her inspiration

when she's on the field. "Lieke has a very similar style to the way I play. I learn great things while watching her play," she said.

When asked how she felt about her trip to the US, the



14-year-old said: "I'm over the moon. I look forward to meeting new people, challenging myself and to see how I compare with other players around the world. And of course, to go to Disney World," said the soccer whizz.

"Daniella is definitely one of a kind. She is extremely goal-orientated, determined and has a very strong mind," said proud mother Simone Segall.

She said her daughter works very hard at school and on the soccer field. She said that she was amazed by Daniella's commitment and passion for the sport.

"She always kicked a ball with her older brother Cole and now she is never without a soccer ball at her feet. So you can imagine. I was beyond excited for her as I know this will help her in reaching her goals," said Simone.

"Daniella is a hard-working player. A player with a lot to offer towards the game. She is technically very good, tactically very smart and physically getting stronger," said coach Anees Abbas.

Abbas said Daniella has great skills on the ball and a great pass with vision.

"She has been working so hard at her game, always setting goals for herself until she achieves them. She is the most hard-working player I have come across," said Abbas.

"I feel so blessed and happy for her. If there is one player that deserves this, it is Daniella."

THE LAST TWO WEEKS AHEAD:

Mon, 25- Tues, 26 November 2019:

Last two days of Exams

Wednesday, 27 November 2019:

Pupils to check all Exam Papers

School closes at **1 p.m.**

[Full school uniform required to be worn]

Thurs, 28 Nov 2019 – Tues, 3 Dec 2019:

Spectrum Week run for all pupils by the CBHS Prefects.

School closes **1 p.m.**

[Pupils wear casual clothes]

Wed, 4 Dec 2019:

Last day of Term '**Movie Day**'

Reports issued at **11 a.m.**

School closes

Term 1 of 2020 starts on **Wednesday, 15 January** at **08h00 a.m.**

A reminder that we will hand back Exam Papers on **Wednesday** and this will be the one chance to do a check that all the work was marked and that all the marks add up.

Spectrum Week is four days of fun activities run by the Prefects. Each day has a different theme and pupils are encouraged to come dressed appropriately for the day's activities.

Yours sincerely,

David de Korte
PRINCIPAL

YOUTH EMPOWERMENT SEMINAR (YES!) for teens (13 -18 years)



A **complete** package of yoga, **breathing exercise**, meditation, learning through **interactive processes** and games specially designed for teens (13 to 18 years)

Benefits:

- Handle negative **emotions** with ease
- Techniques for mental **focus** and **concentration**
- Tips for increasing **memory**
- Handle **relationships** effectively
- Overcome fear & **anxiety**
- Readiness to take on **responsibilities** for community

NOV 28th - DEC 1st

Th +Fr.: 5.00pm-9.00pm
Sat: 2.00pm-6.00pm
Sun: 9.00am-1:00pm

Fee = R650

AOL City Bowl Centre
Dunkley House, 32 Barnet Street,
8001 Gardens, Capetown



Sabine Weihe
0760918582

sabine@artofliving.org.za

We Serve Society by Strengthening the Individual ✦ 35 years | 370 million+ lives touched | 155 countries

Both fun and challenging, YES! Is a dynamic life skill educational program that provide young adults with a comprehensive and holistic set of tools to reach their full potential as students, leaders and community members. In addition to innovative breathing techniques for stress management and well-being, the YES! Curriculum is based in mindfulness, positive psychology, social-emotional learning, character development and Yoga. The curriculum is taught in engaging way that appeals to teenagers. They are also empowered to take more responsibility and further develop an attitude of service towards others, caring for their community and country.

Why YES?

Just as physical education takes care of physical health, our modern education system needs to address young adult's mental health and well-being. The problems faced by teenagers are many: Peer Pressure, Academic pressures, eating disorders, substance abuse (drugs and alcohol), depression etc.

Pilot research findings suggest that the processes learned on YES! reduce anxiety, depression, violence and addictive patterns, while improving focus, clarity of mind and concentration.

YES! is an opportunity to improve student academic performance by giving access to a stress-free mind. Students can expect improved relationships with parents, teachers and peers. In addition, thanks to lowered stress levels students retain information easier when reading and studying which in turn improves their ability to take tests and exams.

Course details **28.11. -01.12.19**

Time: Thu. & Fri. 17:00 – 21:00, Sat. 14:00 -18:00, Sun. 9:00 -13:00

Venue: AOL City Bowl Centre, Unit 104, Dunkley House, 32 Barnet Street, Gardens, 8001 CT

Cost: R 650-00

Contact: Sabine Weihe (sabine@artofliving.org.za) Phone: 0760918582

Teacher: Gerlinde & Mukesh Vassen,

Assistant: Sabine Weihe,

Registration: <https://www.artofliving.org/za-en/program/2476>

The Art of Living (AOL) is one of the largest volunteer based organization in the world. It is operating in more than 156 countries, founded in 1981 by the world-renowned humanitarian and spiritual teacher Sri Sri Ravi Shankar. His vision and mission is a stress and violence free society. The main goal is to serve society by strengthening the individual. Finding peace within oneself and to unite people of different cultures, traditions, religions and nationalities.

The AOL offers numerous highly effective educational and self-development programs. In addition to these courses the AOL is working in collaboration with The International Association for Human Values (IAHV) and in special consultative status with the United Nations Social and Economic Council, has successfully implemented numerous humanitarian projects and service initiatives including conflict resolution programs, disaster relief, sustainable rural development, empowerment of women, prisoner rehabilitation and environmental sustainability.

Further information: www.artofliving.org/za-en/yes

GARDEN FLAT in Three Anchor Bay to rent.

It is suitable for one person only.

Available immediately. Non-smoker, no pets.

This sunny, well- lit flat is fully alarmed, burgled-proofed with a parking bay behind remote-controlled gates.

Private access. It`s self -contained, fully furnished and has a double bedroom with plenty of cupboards; kitchenette, dinette and lounge open plan.

Bathroom: shower, hand basin and toilet. DSTV is available.

It opens onto a spacious patio through sliding doors into a garden with some sea view.

Linen is not supplied nor laundered. It is serviced fortnightly.

References needed.

On the MyCiti bus route;

It is within walking distance of the Waterfront.

To make an appointment to view, please call mobile **083-701-8430**.

NO KNEAD BREAD & SOURDOUGH PIZZA COURSE

In Fresnaye

Make authentic sourdough bread from scratch:
delicious, simple and good for you.

Master restaurant-quality sourdough pizza bases &
host unforgettable family pizza nights.



COURSE DATES

Saturday NOVEMBER 16th or 23rd
3pm to 6pm. Covers pizza and bread making.

INCLUDES: Coffee & tea & wine
No Knead mix to ferment and make your own 1kg loaf.
Your own jar of starter culture.
Comprehensive recipes and instructions.
Post-course support.



COST: R600 per adult (accompanying child – R300)

CONTACT: Nicol – nicol.ritchie@gmail.com
060 871 5826

BOOK NOW! Strictly limited spaces.

#private group bookings welcome on other dates
(6 - 8 people)

PHOTOGRAPHY WORKSHOP THIS DECEMBER HOLIDAY

Duration: Tuesday 10th – Thursday 13th December 2019

DLPHOTO is offering students interested in pursuing photography as a career or as a hobby a hands-on 3-day workshop in photography, open to all ages, from entry level upward, for the duration of Tuesday 10th – Thursday 13th December School Holidays.

GUESS WHAT...

- We provide you with all the camera gear required to do this course should you not have your own camera. (thereafter, you will be confident in making the correct decisions and choices in the buying process at a later stage to meet your needs).
- This course is practical and hands on, covering all the short cuts and secrets to ensure you leave with a smile and confidence to move forward in this direction.
- There are no pre requests for this course.
- On completion, all students will receive a certification endorsed by DLPHOTO STUDIOS.

PROGRAMME

This is your opportunity to enhance your skills, in studio and outdoors under the guidance & experience David Lazarus.

<http://david-lazarus.com/>

TUESDAY 10th December

10.30 – 1.30pm

- Career opportunities in photography through exploring the various genres and dealing with the right people in the industry.
- What you should be charging for your services depending on the job enquiry.
- Building your portfolio and how to market yourself in the industry through social media and web-based options for exposure.
- The correct way of approaching “a job request” and dealing with a client.
- What camera you need and the lens/lenses you require to do the job effectively without breaking the bank. Advice about quality and choice of equipment.
- The cost of camera gear and where you should be shopping for the best deal according to your budget.
- How to use the camera in MANUAL MODE from the start – ISO>Shutter speed>Aperture
- Understanding metering and depth of field.
- Different quality formats for different purposes when setting up your camera (RAW verses Jpeg).
- Composition that works for different subjects and the techniques to improve your eye and confidence.
- How to direct and proceed with a job professionally to avoid stress and problems from the start.

WEDNESDAY 11th December

10.30 – 1.30pm

- Setting up your flash to achieve the best results indoor.
- Your pop-up flash verses the Speedlight option and the different results.
- Using transmitters and receivers with your off camera Speedlight in studio.
- Different lighting set ups for in studio using the Speedlight for different effects and desired results.
- How to use natural light in studio.
- What is required to set up a studio; permanent, or portable.
- The cost of Speedlight flashes and accessories and where you should be shopping for the best deal according to your budget.

THURSDAY 12th December

10.30 – 1.30pm

- Outdoor location- a field trip to assess and determine the level of understanding from modules sessions 1,2 and 3.
- Composition, focal points and the importance of lighting to take a good photograph.
- Assess and advice to improve your skills and performance covered.

DETAILS

OPENINGS

(Students only - ages 14+)

COST PER STUDENT:

R 3 600.00 Inclusive

CLOSING DATE:

Monday 11th November 2019

VENUE:

DLPHOTO STUDIO. UBIT 202. 79 ROELAND STREET. GARDENS

REGISTRATION:

mail dave@dlphoto.co.za for details

CONTACT:

DAVID LAZARUS 079 7772 772 (during office hours)

Additional courses and workshops online <https://dlphoto.co.za/>

See the light, take the shot...

