



CAMPS BAY HIGH SCHOOL

Newsletter #7 2020

28 February 2020

Dear Parents

The Corona Virus feels like it is only a problem for people on the other side of the world. However, people are travelling all the time and so we may still see people infected closer to home. In Assembly this morning I demonstrated one of the interventions we can use to protect ourselves, namely **hand washing**. I washed my hands in a number of ways to see what pupils thought was the best way to get them properly clean. I started with “wet wipes”, which everyone thought was not really enough. I have it on reliable authority that it is accepted that washing your hands with soap and water for 30 seconds is enough to clean them properly of germs.

NOTICE OF GOVERNING BODY BY ELECTION ON THURSDAY 19 MARCH AT 17:00 IN THE SCHOOL HALL

We have one vacancy for a position of Parent Governor on our School Governing Body.

PREFECTS ASSEMBLY

The 2020 Prefect Body took over Assembly on Monday. Well done to the 2020 Prefects for an incredibly well thought out Assembly that had the pupils in fits of laughter. They also taught the pupils a new war cry and announced the winners of the Prefect Awards for the Grade 8s on Camp which can you can view on our Facebook and Instagram pages.



CAMPS BAY HIGH SCHOOL TAKES OVER SOUP KITCHEN

The Camps Bay High School Catering and PR Teams served up 320 meals at Tuesday night's Ladles of Love soup kitchen.

The meals consisted of soup and doughnuts prepared by the students with the assistance of Ms. Samu, Mrs Motha and Ms Siwendu in the Consumer Studies Lab.

Thank you to all the parents who so generously donated money last year to buy the ingredients to make the meals. This is our fourth soup kitchen with Ladles of Love that was funded from generous donations last year!



CONRAD KOCH FUNDRAISER FOR LADLES OF LOVE: WEDNESDAY 25 MARCH AT 6 p.m.

One of SA's most in demand comedy talents, *Conrad Koch*, will be performing for one night only at Camps Bay High School for a fundraiser for Ladles of Love. Chester Missing is probably his most well-known character.

Included in the ticket price of **R200** is meal which consists of a variety of different PaellaS, by Gusto Paella Specialists and Jonni G&T or glass of wine or beer. Age restriction 12 years plus. Tickets available on Quicket



CAMPS BAY U-17 BOYS' TEAM WINS 4x100m RELAY

Congratulations to Darren Ward, Adinaan Cornelius, Shuaib Matthews and Thomas Symons who won GOLD for 4x100m Boys' Under-17 Relay at the WP Table Bay Zonals Athletics Champs earlier this week.

This is an incredible achievement.



CAMPS BAY LEARNERS PARTICIPATE IN RESERVE BANK CHALLENGE

Mihlali Thembani, Ronaldo da Silva, Lati-tah Mbamba and Thandiwe Mabumbulu took part in the South African Reserve Bank's Monetary Policy Schools Challenge briefing session over the weekend.



They will be taking part in this competition where they will act as the SARB's Monetary Policy Committee (MPC), use economic data to determine whether the Repo rate should be changed or not. This will be done by preparing a Monetary Policy Statement that will be submitted to the SARB.

CAMPS BAY STUDENTS ARE MEDAL WINNERS AT MOUNTAIN MILL MILE CHALLENGE

Two of our students participated in the Mountain Mill Mile Challenge in Worcester over the weekend.

Congratulations to Ben Stoltzman in Grade 10 who came fourth in the High School category and sixth overall for the Mile.

Well done to Mia Hyland in Grade 9 who came second in the High School category and second overall for 400m.



BOYS' SURF CAMP

Our Surf Boys went on Surf Camp to Elands Bay last weekend. They were accompanied by Mr Edwards, Mr de Korte and Mr Thetard. The classic left at Elands Bay was not breaking and so the group trekked up to Lamberts Bay and surfed "Yo Yo's". We are quite stoked that they remembered to take a couple of pics - just before leaving! This is a most dependable break with a very nice wave. On both days it was a good size and most consistent.



INTER-HOUSE SWIMMING GALA RESULTS

We recently hosted our Inter-House Swimming Gala. Well done to all our swimmers who got involved. Here are the results:

One record broken

Girls' U-16 50m Butterfly

Time: 34:35 (previous record 34:65)

Erin Miller

SENIOR VICTRIX LUDORUM: Justine Garde

JUNIOR VICTRIX LUDORUM: Erin Miller

SENIOR VICTOR LUDORUM: Lochlan Williamson

JUNIOR VICTOR LUDORUM: Benjamin Pienaar and Colin Kohn

6TH PLACE: RED 186 points

5TH PLACE: PURPLE 229 points

4TH PLACE: GREEN 244 points

3RD PLACE: BLUE 256 points

2ND PLACE: YELLOW 286 points

1ST PLACE: ORANGE 296 points

Girls' U-19

50m Breaststroke - Amicah Evans

50m Freestyle - Daniella Lee-Ming Yesca

50m Backstroke - Justine Garde

100m Individual Medley - Erin Miller

Open Freestyle - Justine Garde

Girls' U-16

50m Butterfly - Erin Miller

50m Freestyle - Erin Miller

50m Breaststroke - Mia Hyland

50m Backstroke - Teia Massey

Girls' U-14

50m Breaststroke - *Demi Hyland*
50m Backstroke - *Holly Smith*
25m Butterfly - *Kiara Sanders-Perrin*
50m Freestyle - *Tyla D'Arcy Jones*

Boys' U-19

50m Backstroke - *Ben Stoltzman*
50m Breaststroke - *Lochlan Williamson*
100m Individual Medley - *Lochlan Williamson*
50m Butterfly - *Lochlan Williamson*
Open Freestyle - *Morgan Louw*
50m Freestyle - *Morgan Louw*

Boys' U-16

50m Backstroke - *Benjamin Pienaar*
50m Butterfly - *Benjamin Pienaar*
50m Breaststroke - *Dmitry Shmelev*
50m Freestyle - *Eleana Eras*

Boys' U-14

50m Backstroke - *Colin Kohn*
50m Breaststroke - *Dylan Metrowich*
50m Freestyle - *Max Venter*



INDIVIDUAL WINNERS AT INTER-HOUSE ATHLETICS DAY

Congratulations to all the winners of the various events at Camps Bay High School's 2020 Inter-house Athletics:

100m - *Moenier Benjamin* - 11.82
1500m - *Tendai Banda* - 5.19
200m - *Moenier Benjamin* - 26.28
3000m - *Tendai Banda* - 11.12
400m - *Moenier Benjamin* - 1.00.82
800m - *Tendai Banda* - 2.23.47
DISCUS - *Liam du Plessis* - 25.78m
HIGH JUMP - *Kabela Moyo & Christian Lombo* - 1.85m
LONG JUMP - *Christian Lombo* - 6.29m
SHOT PUTT - *Chris Royce* - 9.83m

Girls' U-19

100m - *Daniella Lee Ming Yesca* - 14.15
1500m - *Amava Mkuku* - 7.18
200m - *Daniella Lee Ming Yesca* - 33.27
3000m - *Nicole Pietersen* - 21.19
400m - *Nicca Snyman* - 1.15.53
800m - *Amava Mkuku* - 3.14.84
DISCUS - *Jessica Woan* - 16.81m
HIGH JUMP - *Emma Jardine* - 1.15m
SHOT PUTT - *Daniella Lee Ming Yesca* - 6.84m

Boys' U-17

100m - *Thomas Symons* - 11.95
1500m - *Mudrek Gamielien* - 4.50
200m - *Thomas Symons* - 25.63
3000m - *Adinaan Cornelius* - 11.20
400m - *Mudrek Gamielien* - 54.33
800m - *Mudrek Gamielien* - 2.10.34
DISCUS - *Romeo Ndlhovu* - 25.13m
HIGH JUMP - *Max Symington and Matthew Rees-Gibbs* – 168cm
LONG JUMP - *Adinaan Cornelius* - 6.53m
SHOT PUTT - *Lwando Mandle* - 10.24m

Girls' U-17

100m - *Erin Miller* - 14.97
1500m - *Ntando Mgawli* - 6.25
200m - *Kudzai Swabu* - 34.05
3000m - *Casey Bloomberg* - 15.33
400m - *Ntando Mgawli* - 1.17.34
800m - *Ntando Mgawli* - 3.05.44
DISCUS - *Zharah Samuels* - 17.5m
HIGH JUMP - *Hallie Meth* - 1.30m
LONG JUMP - *Erin Miller* - 3.20m
SHOT PUTT - *Anyu Mwembwe* - 7.05m

Boys' U-15

100m - *Eleane Eras* - 11.37
1500m - *Robert Garde* - 5.30
200m - *Robert Garde* - 27.63
3000m - *Ethan Chibongodze* - 12.17
400m - *Robert Garde* - 1.03.03
800m - *Ethan Chibongodze* - 2.35.66
DISCUS - *Raees Benjamin* - 23.76m
HIGH JUMP - *Erwin Buchholtz* - 1.65m
HIGH JUMP - *Amaar Bulbulia M* - 1.50m
LONG JUMP - *Ryan Chipembere* - 3.70m
SHOT PUTT - *Amaar Bulbulia* - 11.10m

Girls' U-15

100m - *Leah Wells* - 13.84
1500m - *Sienna Anderson* - 6.02
200m - *Leah Wells* - 31.41
3000m - *Daniella Segall* - 13.49
400m - *Mia Engels* - 1.13.87
800m - *Sienna Anderson* - 2.47.37
DISCUS - *Hannah Badenhurst* - 16.12m
HIGH JUMP - *Sienna Anderson* - 1.35m
LONG JUMP - *Ntando Mambukwe* - 3.69m
SHOT PUTT - *Isabella Lubczonok* - 5.59m

Boys' U-14

100m - *Lawrence Banda* - 12.90
1500m - *Christiano da Silva* - 5.19
200m - *Samuel Fatu* - 28.69
3000m - *Christiano da Silva* - 11.31 - NEW RECORD
400m - *Kayden du Plessis* - 1.08.52
800m - *Lesley Zenzile* - 2.32.94
DISCUS - *Ethan Meyer* - 23.56m
HIGH JUMP - *Lawrence Banda* - 1.69m
LONG JUMP - *Caden Du Plessis* - 4.60m
SHOT PUTT - *Ameer Nordien* - 10.55m

Girls' U-14

100m - *Nina Parrello* - 13.57
1500m - *Holly Smith* - 6.46
200m - *Nina Parrello* - 31.72
3000m - *Katja Paetzold* - 14.10
400m - *Raabiyah Achmat* - 1.17.59
800m - *Kiara Saunders-Perrin* - 2.55.03
DISCUS - *Ruby Vosloo* - 17.8m
HIGH JUMP - *Jess Dreyer* - 1.25m
LONG JUMP - *Raabiyah Achmat and Eve Madre* - 3.35m
SHOT PUTT - *Ruby Vosloo* - 6.52m



INTER-HOUSE ATHLETICS DAY AWARDS

Congratulations to all our 2020 Inter-House Athletics Day Award Winners!

New Record:

Christiano Da Silva Azevedo: 3000m

Old record: 12,42

New Record: 11, 31

JUNIOR VICTRIX LUDORUM: *Daniella Segall and Sienna Anderson*

JUNIOR VICTOR LUDORUM: *Adinaan Cornelius and Robert Garde*

SENIOR VICTRIX LUDORUM: *Daniella Lee Ming-Yesca*

SENIOR VICTOR LUDORUM: *Tendai Banda*

Learners who obtained more than 1000 ASA Points

Boys' U-14

Lawrence Banda
Christiano Da Silva Azevedo
Kayden Du Plessis
Ameer Nordien
Lesley Zinzile

Girls' U-14

Raawbiyah Achmat
Tyla D'Arcy-Jones
Kiara Sanders-Perrin
Holly Smith
Ruby Vosloo

Boys' U-15

Amaar Bulbulia
Ethan Chibvongodze
Robert Garde
Abdullah Rana

Girls' U-15

Sienna Anderson
Chiara Ariu
Hannah Badenhorst
Nina Furst
Daniella Segall
Lia Wells

Boys' U-17

Adinaan Cornelius
Abdullah Daliath
Mudrek Gamielien
Shu'aib Matthews
Praise Ngalima
Darren Ward
Lochlan Williamson

Girls' U-17

Teia Massey
Hallie Meth
Ntando Mgwali

Boys' U-19

Tendai Banda
Moenier Benjamin
Bruce Kutinyu
Christian Lombo

Girls' U-19

Daniella Lee Ming-Yesca
Amava Mkuku
Tintswalo Ndhlovu
Nicole Pietersen
Nicca Snyman

TABLE BAY ZONAL ATHLETICS

Camps Bay High School was well represented at this year's Table Bay Zonal Athletics held last weekend. A number of our athletes have made it into the Table Bay Team to compete at WP Champs this weekend.

Congratulations to the following students from Camps Bay who will be on the Table Bay team at the WP Champs:

Boys' U-14:

*Lawrence Banda
Ameer Nordien
Christiano Da Silva*

Boys' U-17:

*Adinaan Cornelius
Mudrek Gamielien
Thomas Symons*

Boys' U-19:

*Keandro Carr
Moenier Benjamin*

Girls' U-14:

*Nina Parrello (Camps Bay Primary)
Raawbiyah Achmat*

Girls' U-15:

*Lia Wells
Daniella Segal
Sienna Anderson*

Girls' U-19:

*Tintswalo Ndlovu,
Jessica Woan*



SPORTS RESULTS

Our **A Team Basketball Boys** played against Herzlia last Friday:

U-14 A Team WON 24 - 2

U-16 A Team WON 63 - 2

U-19 A Team WON 33 - 13

Our **B Team Basketball Boys** played against Wynberg:

U-14 B Team LOST 4 - 9

U-16 B Team LOST 8 - 18

Our **Waterpolo Girls** played against Herzlia last Friday:

U-14 Team WON 14 - 4

U-16 Team WON 15 - 0

U-19 Team WON 10 - 5

DECODANCE PARTY NIGHT

This fun evening is a chance for all parents and past pupils over the age of 21 to dust off their dancing shoes and enjoy a great evening out! Dress in the era that you were at school (or come as you are if dress up is not your thing!).

Tickets are just **R85** and available from Webtickets at any Pick n Pay store or purchase online at www.webtickets.co.za

All proceeds from this go towards the 2020 Matric Dance.



*Camps Bay High School
Parent Initiative*

**DECODANCE
PARTY NIGHT**

All parents, friends of Camps Bay and past
pupils over 21 welcome

FRIDAY, 20 MARCH 2020

8PM TILL LATE

DRESS - RETRO (FROM THE ERA YOU WERE AT SCHOOL)

TICKETS - R85 EACH AVAILABLE AT

web tickets
AVAILABLE AT **Pick n Pay**

Proceeds to 2020 CBHS Matric Farewell

DECODANCE NIGHT CLUB, 120 MAIN ROAD, SEA POINT

CAMPS BAY HIGH SCHOOL

ALUMNI ASSOCIATION
Friends of the Bay for Life

INTOUCH PARENT PORTAL

Camps Bay High School makes use of the InTouch Parent Portal for communications. If you are a new parent to the school, you will need to register for the Camps Bay High School InTouch Parent Portal. We also have quite a few existing parents who have not yet registered, so please use this opportunity to register now!

The InTouch Parent Portal is a website that parents can use to see information about their children at Camps Bay High School and is a convenient way to help you keep up to date with

- School Announcements
- Upcoming Events
- Calendar Information
- Student & Family Contact Information
- Correspondence Sent to the Family
- Attendance Records
- Student Behaviour
- Copies of Term Reports

To get started:

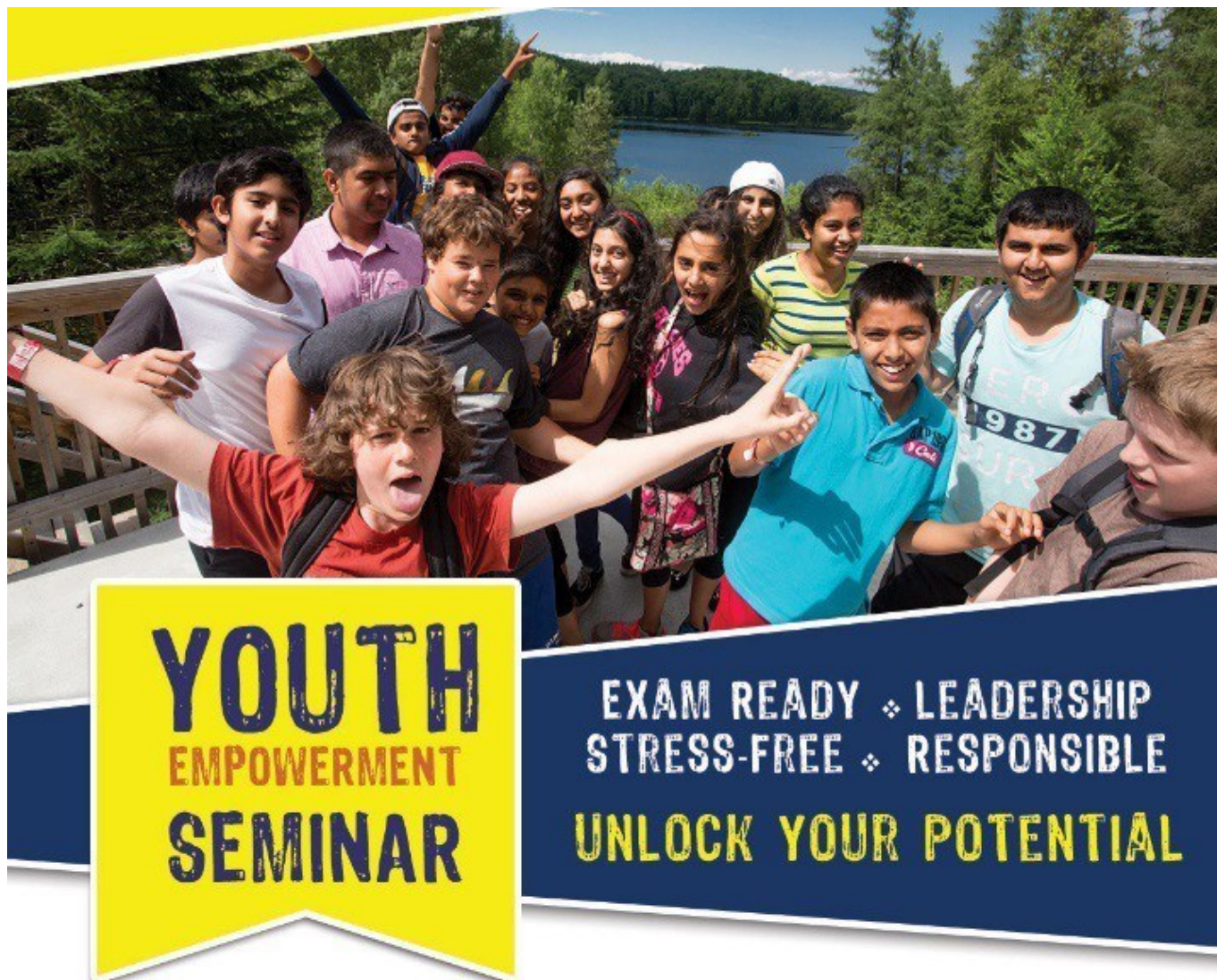
Go to <http://cbhs.intouch.zone/public/login>, Register using the email address where you currently receive Camps Bay High School newsletters.

Once you have registered, your Username = your Email Address. If you need additional help, go to <http://help.intouch.zone>. The InTouch portal has a help site which contains FAQs that will help you to register and use the site.

THE WEEK AHEAD:

Friday, 28 February to Sunday, 1 March	Girls' Surf Camp at Arniston
Monday, 2 March too Friday, 6 March	Test Week
Monday, 2 March	RCL Assembly
Tuesday, 3 March	English Olympiad 13h20 – 16h30
Wednesday, 4 March	Xhosa Play
Thursday, 5 March	RCL Fundraiser
Friday, 6 March	Afrikaans Club Camp

David de Korte
PRINCIPAL



YOUTH EMPOWERMENT SEMINAR

EXAM READY ✦ LEADERSHIP
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UNLOCK YOUR POTENTIAL

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
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- Tips for increasing **memory**
- Handle **relationships** effectively
- Overcome fear & **anxiety**
- Readiness to take on **responsibilities** for community

MAR 12th - 15th

Th./Fri.: 16.30 - 19.30

Sat.: 14.00 - 17.00

Sun.: 11.00 - 14.00

Fee = R 650

Art of Living City Bowl Centre
32 Barnetstreet, Gardens
8001 Capetown



artofliving.org

Sabine

0760918582

sabine@artofliving.org.za

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



Welcome

TINDLOVU CAMPS BAY



Situated on the first floor of the Promenade, Tindlovu boasts the best ocean view on the Camps Bay Strip, modern interiors and a selection of carefully curated curios, perfectly complimented by delicious African Fusion Cuisine.

Join us for the Tindlovu experience.

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We're offering Camps Bay High School families an exclusive 10% off their first order at Gia's Kitchen online! Simply use the promo code CBGK10 during check-out before the 28th of February 2020 in order to receive your discount.



GIA'S KITCHEN ONLINE

Freshly Frozen Meals

For people who love wholesome, home-cooked meals, Gia's Kitchen prepares freshly-made dishes for the freezer and special occasions so that you can provide simple, delicious nourishment for your family and guests. Our nutritious frozen meals can be purchased online at www.giaskitchen.co.za and delivered straight to your door.



All palettes welcome

We offer an array of vegan, vegetarian and meat dishes



Absolute convenience

It couldn't be simpler: just thaw, heat and eat



Lifestyle options

We offer a variety of low-carb and banting-friendly options



Gift a meal

Give the gift of a meal to friends and loved ones

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f @FamousKalahariBiltong

ALSO
AVAILABLE
THROUGH



CAMPS BAY PROMENADE



NOW OPEN

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