



# CAMPS BAY HIGH SCHOOL



## Newsletter #8 2020

6 March 2020

Dear Parents,

We have our first official Corona Virus case in South Africa, and I am sure there be a few more before we are out of these "woods". The good news is that every day we learn more about this virus and how it affects people. We know that there are relatively few details from this "flu" and that it is really only a big risk for old people and people with pre-existing medical conditions. It lives in droplets, and so ingesting these droplets can infect you. Washing your hands can kill the virus. Cleaning flat surfaces can kill the virus. Having the virus on your hands is fine as long as you don't touch your face. The scary thing is that we touch our faces a lot. The wearing of a mask is not necessary unless you already infected and trying to protect others from your sneezes.

At school we will continue promoting hand washing. Additional to this we are putting hand sanitiser in each class to allow children who want to "clean" their hands in class to also do this as and when they feel the need.

In the unlikely and extreme event that the Department of Education closes schools, we will use the Google Classroom portal to relay lessons to the pupils. However, all indications are that we will not get to this point in South Africa. The virus struggles to survive in heat, and we are a hot country.

Going forward we will be monitoring the possible spread of this virus and will in conjunction with the governors make wise decisions to keep all pupils, staff and parents safe.

## PRESIDENT'S AWARDS BREEDE RIVER TRIP

Ms Mobsby and Mr Mileham took a group of 19 pupils on the annual President's Awards Adventurous Journey Breede River Trip.

The expedition is run by Felix Unite under the strict guidelines from President's Awards which means that the participants have to paddle for a certain amount of hours a day, and cook all their own meals and clean up after themselves.

Well done to Abigail van der Spuy, Alisha Schuler-Nitzche, Amava Mkuku, Christopher Johnson, Ethan Lester, Isabella Lubczonok, Kelvin Sandeman, Kukhanya Finca, Lati-Tah Mbambo, Leah Perkins, Lucas Meager, Matthew Pape, Milan Sulayman, Nicholas Haupt, Nikita Erni, Rafe Tayler, Xavier Rebelo and Zoe Brand for completing their Adventurous journey!






## WATER POLO RESULTS AGAINST PINELANDS

Our water polo teams came up against some tough competition when they played matches against Pinelands on Wednesday.


Well done to the Girls' teams who won both their matches.



### WATER POLO RESULTS AGAINST PINELANDS

First Team Girls WON 4-3  
U14 Girls WON 12 - 2  
(U16 Girls had no match)

First Team Boys LOST 3 -11  
U16 Boys LOST 2 - 6  
U14 Boys LOST 4 - 8



CAMPS BAY  
HIGH SCHOOL

## BOSMANSDAM NETBALL FESTIVAL RESULTS

Our **U19** and **U16** Netball Girls participated in the annual Bosmansdam's Netball Festival today.

Well done to both teams, but special mention must go to the **U16 team** who finished the tournament in Third place!



### BOSMANSDAM NETBALL FESTIVAL RESULTS

U19 vs Edgemead WON 10 - 4  
U19 vs Serepta WON 9 - 3  
U19 vs De Kuilen LOST 6 - 11

U16 vs Soneike WON 7 - 1  
U16 vs Bergvliet WON 8 - 4  
U16 vs Reddam House LOST 8 - 10  
U16 vs Masibambane LOST 3 - 9  
U16 vs Parklands College WON 11- 6

**UNDER 16 TEAM FINISHED THIRD IN TOURNAMENT**





## DECODANCE PARTY NIGHT

Have you got your tickets yet? This promises to be a fun night out!

Decodance Party Night takes place on **Friday, 20 March 2020**, from **20h00** until late! Strictly over 21!

Dress code is Retro (from the era you were at school)

Get your crew together and book your ticket at [Webtickets](#) now! Tickets are **R 85-00** each.

Tickets are limited - all proceeds go to the 2020 Matric Dance fund.



## CAMPS BAY JOINS CAPE TOWN PRIDE

The LGBTQI+ Society of Camps Bay High School joined the Cape Town Pride Festival on Saturday. We are proud to be a diverse and inclusive school and give all groups of our society a voice.



## FIRST AID COURSE

Over the past two weekends, we have been running First Aid Courses for interested learners and staff from both the Primary and High School wishing to qualify as Level 3 First Aiders.

Congratulations to everyone who completed their training and thanks to Ms Parker for arranging.



## GIRLS' SURF CAMP

Our Surf Girls had loads of fun at Surf Camp in Arniston last weekend. Even though the weather wasn't the best, the girls kept themselves busy with other fun activities and there were many moments of fits of laughter! Miss du Plessis and Mr Edwards joined in the fun playing card games with the girls and had late night chats with music and snacks, and some well-deserved afternoon naps!

The girls went for an early sunrise surf one morning, only to find the most precious surprise... a baby turtle! Definitely a camp these girls will never forget!



## PREFECTS TAKE OVER PRIMARY & PREP CAMPUS ASSEMBLIES

The Prefects took over Assembly at the Primary School last Friday and then at the Prep Campus on Monday morning!

They adapted their entertainment to suit the audiences and at the Prep Campus, Fairy Dane aka *Dane Wise* was a great hit!

## PREP CAMPUS OPEN DAY

Thank you to PR Team members who are past pupils of the Prep Campus for their assistance at the Prep Campus Open Day yesterday. Parents enjoyed hearing their personal stories of their time at the Prep Campus!





## INVITATIONAL INTER-SCHOOLS ATHLETICS DAY

Camps Bay High School recently hosted the Invitational Inter-Schools Athletics Day. Well done to Melkbosstrand who were the overall winner on the day, followed by Edgemead in Second Place, Camps Bay in Third Place, Bosmansdam in Fourth Place, and Oude Molen in Fifth Place.

Congratulations to the following Camps Bay learners who broke records:

**U17 Girls 800m** - *Ntando Mgwali* Old record: 2:51,1 New record: 2.42.42

**U17 Boys Relay** - Old record: 49,25 New record: 48,53

**U17 Boys Long Jump** - *Adiaan Cornelius* Old record: 6.19m New record: 6.42m

Well done to all the individual winners from Camps Bay High School on the day:

100M	U14	L. BANDA	M	12,53
100M	U15	L. WELLS	F	14,07
200M	U15	L. WELLS	F	30,82
200M	U19	D. LEE MING	F	31,94
400M	U14	K .. DU PLESSIS	M	1:03,66
400M	U17	N . MGWALI	F	1:16
800M	U14	A . YARLETT	F	3:08
800M	U14	K. SAUNDERS	F	2:52,69
800M	U15	S. ANDERSON	F	2:47,44
800M	U17	N. MGWALI	F	2:42,42
LONG JUMP	U14	E. MADRE	F	4.08M
LONG JUMP	U17	A. CORNELIUS	M	



## WEST COAST SCHOOLS SPORT FESTIVAL

Camps Bay High School will be sending their U19 netball and U16, U19A and U19B rugby teams to this annual festival which takes place this **Saturday, 7 March 2020** at Melkbosstrand.

The schedule for the Rugby Games is as follows:

**U16** Camps Bay vs Bosmansdam on the B field at **08h50**

**U19A** Camps Bay vs Melkbosstrand on the A field at **10h20**

**U19B** Camps Bay vs Edgemead on the B field at **11h50**

The **U19** Netball team will be playing multiple matches as follows:

Camps Bay vs Parklands at **08h50**

Camps Bay vs Fairbairn at **10h30**

Camps Bay vs Milnerton at **12h35**

If the netball girls make it through to the finals, that match will be played at **13h00**.

Transport for those travelling on the bus to Melkbosstrand High School tomorrow will leave school promptly at **07h15**.

Please be at school by **07h00**.



## CAMPS BAY HIGH SCHOOL MAGAZINE

The 2019 School Magazine has arrived. All those who ordered a copy, should have received their copy by now. If you forgot to pre-order your 2019 school magazine, the PR Team will be selling them outside Ardi's every day for the next week.

Pick up your copy for just **R60-00** each.

## BRONZE PRESIDENT'S AWARD ADVENTURE JOURNEY – OVERNIGHT HIKE – TABLE MOUNTAIN

Please refer to the attachment at the end of this newsletter for full details



## 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 Governing Body.

## 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 **R250-00** is meal which consists of a variety of different Paella, by Gusto Paella Specialists and Jonni G&T or glass of wine or beer. Age restriction 12 years plus. Tickets available on **Quicket**



## 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:

<b>Friday, 6 March – Sunday, 8 March</b>	Afrikaans Club Camp
<b>Saturday, 7 March</b>	West Coast Rugby and Netball Festival
<b>Tuesday, 10 March</b>	Summer sports photos
<b>Wednesday, 11 March</b>	WP Rugby trials at Parklands College
<b>Thursday, 12 March – Sunday 15, March</b>	U16 Ruby Tour
<b>Friday, 13 March</b>	Matric Cultural showcase 6:30 p.m.
<b>Friday, 13 March – Sunday, 15 March</b>	Grade 11 Camp

**David de Korte**  
**PRINCIPAL**





CAMPS BAY  
HIGH SCHOOL

# BRONZE PRESIDENT'S AWARD ADVENTUROUS JOURNEY:

## OVERNIGHT HIKE – TABLE MOUNTAIN

**SUNDAY, 19 – MONDAY, 20 APRIL 2020**

**R300 PER PERSON**

All Bronze President's Award Participants are invited to join us on an overnight hike up Table Mountain to complete your Adventurous Journey requirement for Bronze President's Award.

The hike will be led by Mr Kemp, a member of the Mountain Club of SA, as well as Camps Bay High School teachers, Mr Becker and Ms Carter.

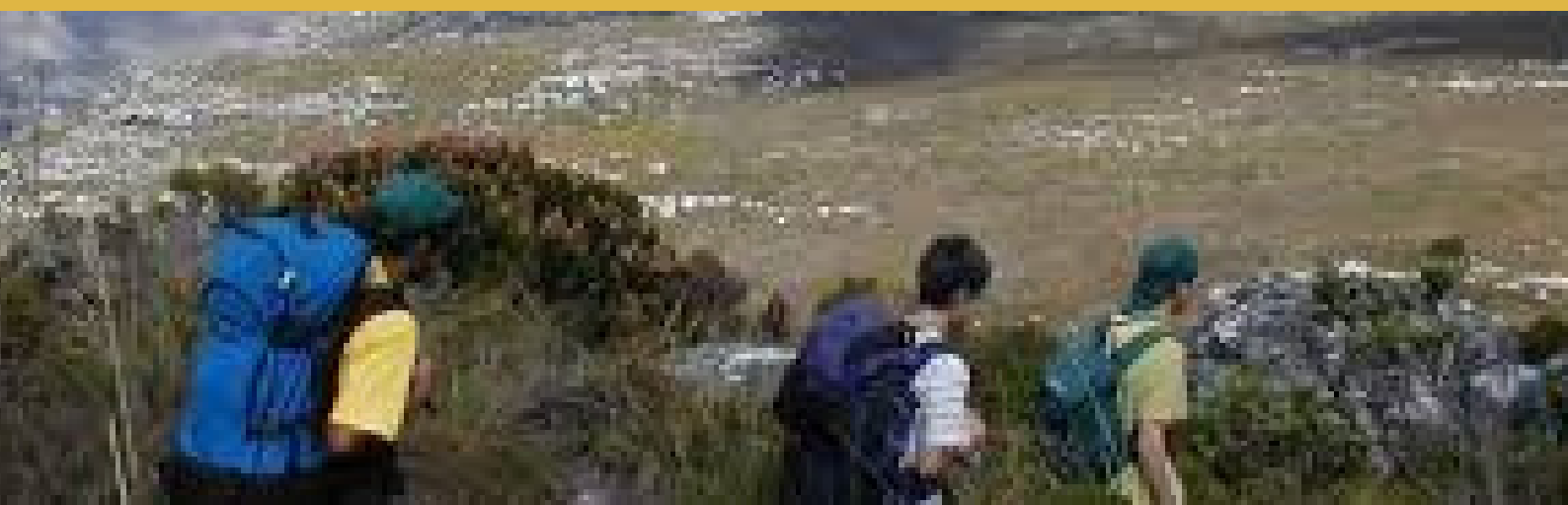
Spaces are limited to the first 15 hikers. **Please complete the attached form and return to Ms Mobsby ASAP.**

Once you have handed your form into Ms Mobsby, you will be loaded onto KARRI for payment.

Attached is a detailed kit list. Please be aware that you need to be fit to complete this hike and that you do need a hiking backpack and sleeping bag.

All food will be provided which will be shared amongst all hikers to carry up the mountain.

Meet at 9am sharp on Sunday, 19 April 2020 at the Constantia Nek Parking lot (opposite La Parada – next to the fruit & veg stand). You will be staying overnight in the SMC Scout Hut and return to school by around 1pm on Monday, 20 April 2020



# ITINERARY

## BRONZE PRESIDENT'S AWARD HIKE



CAMPS BAY  
HIGH SCHOOL

### SUNDAY, 19 APRIL 2020

- Meet at Constantia Nek Parking Lot at 9am SHARP.
- Hike up the Jeep Track (Bridle Path) from Constantia Nek.
- Follow the track all the way to the Woodhead Reservoir.
- Hike across the dam wall, and carry on to the Scout Hut.
- Stop for lunch/snacks along the way.
- Rest before making own dinner and clean up after dinner.

### MONDAY, 20 APRIL 2020

- Breakfast at Scout Hut.
- Clean up Scout Hut before leaving.
- Follow the raised path (old railway track) to Kasteelspoort.
- Then follow the Pipe Track to Kloof Nek.
- Walk down through the Glen back to school.
- Stop for snacks along the way.
- Arrive back at school at approximately 1pm.





# KIT LIST

- Boots/shoes to hike in
- Shorts/Pants to hike in
- Spare clothing
- Warm Pants and Fleece for the night
- Cap/Sunhat
- Raincoat (Optional Extra - weather dependent)
- Beanie and gloves (Optional Extra - weather dependent)
- Underwear and Extra Socks
- Towel
- Sleeping Bag and Pillow
- Headlamp/Torch
- Lighter/Matches
- Sunscreen
- Toiletries
- Toilet paper included
- Eating Utensils: Plate, Mug, Cutlery
- Insect Repellent
- Water Bottles (2 - 3 litres)
- Juice and Water
- Hiking Gas cooker (If you have one, bring it)
- Pot set (if you have one, bring it)
- Kettle (if you have one, bring it)
- Spare gas

## Optional Extras

- Field Guides
- Bird Books
- Fauna and Flora books
- Animal Books

## Remember

- Nights can get cold on top of the mountain.
- When packing, take into consideration the weight of your overnight hiking bag. You are carrying it all the way up and down!
- All food, wood and goods being used and taken up will be split up amongst the 18 of us hiking, remember to leave space in your bag to carry your share that will be divided amongst us on the day.
- Bring your own snacks and tuck. Eg. Peanuts, biltong, sweets, etc, to snack on.



## **SIGN UP FORM:**

### **President's Award Bronze Hike**

**Sunday, 19 - Monday, 20 April 2020**

**PLEASE RETURN FORM TO MS MOBSBY ASAP - SPACES ARE LIMITED TO FIRST 15 HIKERS.**

STUDENT NAME: \_\_\_\_\_

GRADE: \_\_\_\_\_

PARENT NAME: \_\_\_\_\_

PARENT CONTACT CELL NO: \_\_\_\_\_

PARENT EMAIL: \_\_\_\_\_

EMERGENCY CONTACT (NAME & NUMBER): \_\_\_\_\_

SPECIAL DIETARY REQUIREMENTS: \_\_\_\_\_

I give permission for my child to participate in this trip.

As such, I acknowledge I am aware of:

Risks including but not limited to slips, falls, pinches, scrapes, twists, jolts, scratches, bruises, sprains, lacerations, fractures, concussions, or even more severe injuries.

Potential hazards associated with travel to and from Swellendam.

Possible contact with plants, animals, or insects that could result in stings, allergic reactions, and associated diseases.

Further, I confirm I have provided:

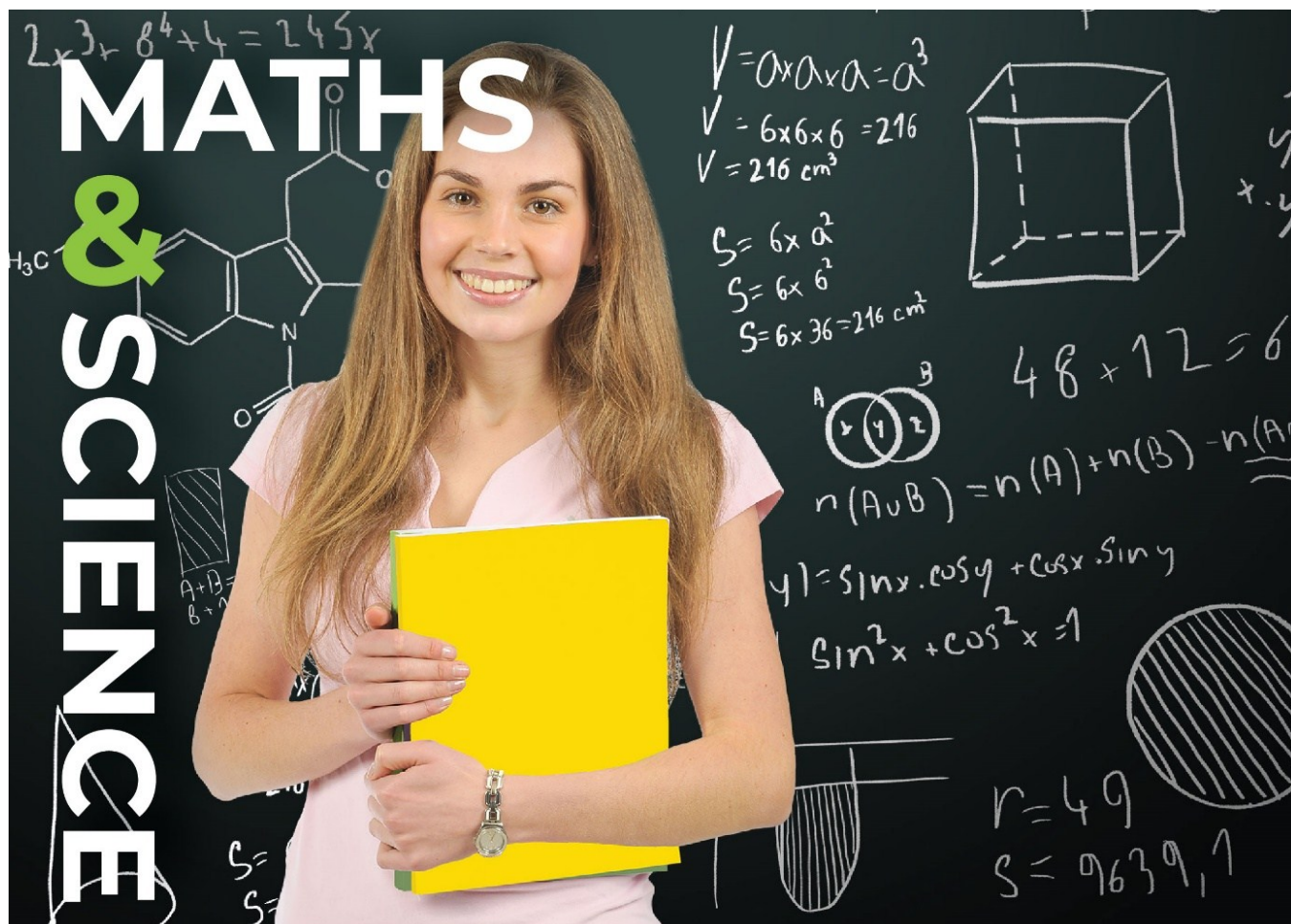
Appropriate and available emergency contact information for the duration of the trip and travel hours.

I acknowledge that the fee payable for the President's Award Bronze Hike is R300 and that the full amount must be paid by 10 April 2020 via the Karri App.

Signed at \_\_\_\_\_ on this \_\_\_\_\_ day of \_\_\_\_\_ 2019.

Authorising Signature of Parent or Guardian: \_\_\_\_\_





# EXTRA LESSONS

MATHS FROM GR 4 - 12

PHYSICAL SCIENCE FROM GR 10 - 12

**Enrolling early** has many benefits for **YOU!**

Contact us to find out why:

CAPE TOWN

**071 365 1644**

✉ [capetown@mastermaths.co.za](mailto:capetown@mastermaths.co.za)



[www.mastermaths.co.za](http://www.mastermaths.co.za) | [www.masterscience.co.za](http://www.masterscience.co.za)





# YOUTH EMPOWERMENT SEMINAR

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A **complete** package of yoga, **breathing exercise**, meditation,  
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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

MAR 12<sup>th</sup> - 15<sup>th</sup>

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.

021 200 5944 | [campsbay@tindlovu.co.za](mailto:campsbay@tindlovu.co.za) | [www.tindlovu.co.za](http://www.tindlovu.co.za)



# CALEY

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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 28<sup>th</sup> 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](http://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

[INFO@GIASKITCHEN.CO.ZA](mailto:INFO@GIASKITCHEN.CO.ZA) [WWW.GIASKITCHEN.CO.ZA](http://WWW.GIASKITCHEN.CO.ZA)



f @FamousKalahariBiltong

ALSO  
AVAILABLE  
THROUGH



CAMPS BAY PROMENADE



NOW OPEN

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