



CAMPS BAY HIGH SCHOOL



Newsletter #9 2020

13 March 2020

Dear Parents,

We are looking at the last week of the term. As I write this newsletter, the U16A rugby team are in Oudsthoorn on a pre-season tour and the Grade 11's have left for their leadership camp in Ceres.

However, the issue that is currently consuming all media is the Coronavirus (COVID-19). Last night we spent time at our Governing Body meeting discussing possible scenarios for Camps Bay High School and what we should do to keep us all safe and healthy.

The following protocol has been agreed on, so I include it for your information :-

CAMPS BAY HIGH SCHOOL COVID-19 : PROTOCOLS AND PLANS

The whole world is full of reports and information on the Coronavirus (COVID-19). The situation is changing on a daily basis. The Governing Body met last night and have agreed upon the following protocols and plans for the immediate future. As conditions change, these plans may be revised and this will be communicated to you via sms and emails.

Sports Matches, Camps and School Outings and Overseas Travel

These will proceed as per normal for now. Some matches have been cancelled by other schools, but we are not cancelling any matches at this time. Also camps and outings will proceed as planned for this term.

As the end of the first term fast approaches, we are sure that we have some families who may be travelling overseas during the holidays.

With this in mind, we ask that any families who are travelling out of the country, to be cognisant of safe-guarding themselves and their families and to follow the travel guidelines and self-quarantine process of the World Health Organisation (WHO) upon your return. These guidelines require a two-week quarantine period after which we will require a doctor's certificate giving the all clear before the learner returns to the school

I am sure you are aware that, we have a Cultural Exchange Group which is planned to leave for Switzerland on 17 March 2020. Sadly, we have had to postpone this trip till a later date due to the Coronavirus.

Unfortunately, social media is flooded with stories and images about the virus, many of which are not true that it becomes difficult to keep up with factual information and reported statistics.

For live updates and virus tracking, we suggest you check out

<https://www.arcgis.com/apps/opsdashboard/index.html#/bda7594740fd40299423467b48e9ecf6>)

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

Tips to Prevent the spread of infection:

Most importantly: **DON'T PANIC**. Your best defence in preventing Coronavirus is a strong immune system. One of the biggest factors impacting immunity is stress, so the less time you spend worrying about contracting the virus and the more time you spend staying healthy, the better your immunity becomes.

To protect yourself and your family, follow these rules:

The teachers have informed the children about the virus and good hygiene practice and we continue to highlight issues surrounding the virus in our assemblies.

1. **Wash your hands often, using the proper technique.** If you only do one thing, make it this. Always use soap and rub your hands together for at least **20 seconds**. Make sure you wash and rub the entire hand surface, including the back of your hands, or use alcohol-based hand sanitisers which we have placed in all our bathrooms and classrooms at school.
2. **Keep your distance.** Aim to keep at least 1 metre between yourself and someone who is coughing or sneezing.
3. **Fist bump don't shake.** Fist bumps transfer only about 10% of the number of germs that handshakes do (out of interest, high 5's transfer around 50%).
4. **Avoid touching your face.** The average person touches their face around 23 times per hour. Germs on your hands are easily transferred into your body via the mucus membranes of the eyes, nose and mouth. Keep your hands busy by holding a pencil, or a stress ball.
5. **Practise respiratory hygiene.** Cover your nose and mouth with a tissue or elbow when coughing or sneezing.
6. **Stay home if you are sick.** Please do not send your child to school if he/she is unwell, even if symptoms are mild. If you or your child has a fever, cough and difficulty breathing, call your doctor and remember to tell them about any recent travel.
7. **Avoid close contact,** kissing, hugging, and sharing cups, food, or eating utensils with others.
8. **Put Bactroban in your nostrils** if travelling by plane. A medical mask is not required if exhibiting no symptoms, as there is no evidence that wearing a mask of any type protects a non-sick person.

Travellers returning from Affected Areas:

1. All travellers returning from affected areas should **self-quarantine for 14 days and then be cleared by a doctor before returning to school.**
2. **If symptoms occur,** such as fever, a cough or difficulty breathing, travellers are advised to **contact their local health care providers,** preferably by phone, and inform them of their symptoms and travel history.
3. As a school, we ask that any families travelling, **take the necessary recommended precautions.**
4. **Anyone who has travelled locally in the last 14 days, who develops symptoms,** even mild, of cough, fever or shortness of breath **should immediately self-quarantine** and contact local medical authorities and **inform the school.**
5. Please respect the 14-day self-quarantine process upon returning from abroad.

We also ask that you help to ensure that panic and fear is not spread amongst the children at our schools.

What we are doing at school

1. We are educating all pupils and staff on campus regarding good hygiene
2. We have hand sanitiser in each class and are encouraging regular use of it.
3. We have soap in the bathrooms and ensured that all the taps are operational to allow for easy hand washing.
4. We have increased the strength of the cleaning materials we are using to ensure a more sterile environment on campus.
5. We have re-directed human resources from field and building maintenance to cleaning inside the building. Their efforts will be on those items which normally do not get cleaned regularly like the door handles and walls.
6. The sick room will also now be cleaned more than once a day
7. We are making sure every pupil is registered in their classes google classroom group so that they can receive work if they need to stay at home during this time.
8. If your child shows any flu like symptoms, please keep them at home and get them checked by a doctor
9. If you or your child has been in contact with someone who has the virus, please keep them at home for the two-week isolation period.
10. If your child is at school and demonstrates any flu like symptoms, we will ask them to go home. Until they are collected, they will be confined to the sick room.

In the words of an Infectious Disease Specialist, Dr Abdu Sharkawy, “Temper fear with reason, panic with patience and uncertainty with education. We have an opportunity to learn a great deal about health hygiene and limiting the spread of innumerable transmissible diseases in our society. Let's meet this challenge together in the best spirit of compassion for others, patience, and above all, an unfailing effort to seek truth, facts and knowledge as opposed to conjecture, speculation and catastrophizing. Facts not fear. Clean hands. Open hearts. Our children will thank us for it.”

PAST PUPIL – RICHARD CHALTON, HEAD PREFECT 1959

We had a visit from the 1959 head Prefect, Richard Chalton, who lives in the UK. He enjoyed walking around the school, seeing how much has changed, while how much has remained the same. He has worked as a professional singer, and today makes a living as a singing coach. One of his claims to fame is having given Ed Sheeren lessons. It was nice to welcome him back at his old school



CORRECTION: PRESIDENT'S AWARD BREEDE RIVER TRIP

Last week we told you about the fantastic President's Award and congratulated all the learners who had completed the journey. Unfortunately, we left off one student, so CONGRATULATIONS to Mila Engelbrecht in Matric who also completed the journey.

GIRLS WATER POLO SMASHES COMPETITION IN SEMI-FINALS

Massive congratulations to both the U14 and U15 girls water polo teams who won both their semi-finals matches in their league last Friday. The U14 girls beat Bridgehouse 7 - 0 and the U15 girls beat Bridgehouse 14 - 4!



AFRIKAANS KAMP

SOS skree iemand daar doer in die verte van die Villiersdorp natuurbuurt: "Kampsbaai is oppad, ons het die souspot gewen!"

Pret, plesier, vreugde en 'n groot jolyt, sonder enige goeterjasies en wolkpos. Hoe dan anders? Afrikaners is plesierig, dit kan julle glo, hulle hou van partytjie en dan maak hulle so. Daar is 'n eerste vir alles en 'n alles vir die eerste keer. Kampsbaai hou kamp in Afrikaans. Hou op om bang te wees vir dit wat verkeerd kan loop en wees opgewonde vir wat kan reg loop.

Die son skyn helder op die berge en weerspieël op die bergwater. Sedert ons aankoms is daar 'n borrelende energie. SOS SOS wie kan dit wees?

Van 'n wonderlike skaterlag filmaand met springmielies tot spanwerk, telefoontjie met totaal nuwe neologismes wat ontdek is. 'n Pret skattejag met onsies, heerlike pannekoek, verfrissende swem geleentheid en opvoerings wat ons totaal en al verbaas het en ter dees ons diepte hartekamers getref het. So 'n klomp talentvolle koel groep leerders.

Deelname in boerespeletjies, wie nie waag nie wen nie! En natuurlik hoe dan anders as om die dag af te eindig...kom ons braai ouens! Trots Afrikaans.

Dit is definitief nog een van vele Afrikaanse kamp wat vir ons voorle. Die mooiste goed in die lewe is nie goeters nie. Dit is mense, plekke en herinneringe. Dit is gevoelens en oomblikke van lag en samesyn wat tel.

Kom ons wees kalm, kreatief en bly kampsbaai koel in Afrikaans!



RCL 2020 COMMITTEE

The 2020 Camps Bay High School RCL Committee who were responsible for a very fun Takeover Assembly on Monday. One of the highlights was when some of the teachers demonstrated the right and the wrong way to wear the school uniform.

Said 2020 RCL chair, Lisa Asani, “The RCL is a group of students selected by the student body, to represent them. Our job and duty is to ensure that every student feels comfortable enough to use their voice and knows that their voice will be heard.

We want every single Camps Bay High pupil to feel included and know that they belong. We will be looking into making sure that the rules are reasonable and that they are being applied to everyone fairly and equally, despite race, gender or sexuality.”

The RCL body, will focus on respect throughout the school this year.

The committee members and their portfolios are:

Chairperson: Lisa Asani

Vice chairperson: Justine Braaf

Secretary: Nishaat Williams

Discipline: Justine Braaf, Ruby Roderick, Lisa Asani

Admin: Asia Yarlett, Nishaat Williams, Thuwaybah Bassier

Social: Reece Ferreira, Mhlali Thembani, (DMT) Ella Goddard, Daniella Segall

Community: James Heather-Clark

Events: Troy Ferguson, Mia Gomes, Amber Langford

Communication: Makhi Bunn, Moesha Marimira



JESSIE MUNTON WINS U15 GIRLS - CAPE TOWN CYCLE TOUR

Massive congratulations to Jessie Munton in Grade 8 who completed her first [Cape Town Cycle Tour](#) on Sunday, winning the U15 Girls category of the 109km tour in the unbelievable time of 3:39. Well done, Jessie! We are incredibly proud!



ENVIRONMENTAL CLUB CLEAN UP

Thanks to the Environmental Club members who participated in the Club's monthly Beach Clean-up on Friday!



WEST COAST SCHOOLS SPORTS FESTIVAL

Netball:

Our U19 netball girls faced some stiff competition at the West Coast Schools Sports Festival on Saturday. They managed a 12-11 win against Milnerton but unfortunately lost 14-11 to Parklands and 16-9 to Fairbairn.



Rugby:

Our Rugby Boys participated in the West Coast Sports Festival this weekend. The U16s lost 5 - 30 to Bosmansdam, U19B lost 7-12 to Edgemead and the U19A lost 12-22 to Melkbosstrand.



CAMPS BAY LEARNERS PARTICIPATE IN PARKLANDS COLLEGE FESTIVAL OF MUSIC

We are very proud of Daniel Thetard and Lance Metrowich who were selected to be part of the Parklands College Festival of Music. They're both in the Woodwind section on Alto Saxophone in the Mass Band being conducted by CPO conductor, Brandon Phillips. School going musicians were involved in a day of music making in an orchestral and mass choir setting, facilitated by the [Cape Town Philharmonic Orchestra](#) and Parklands College Music Department.

The event culminated with a finale concert conducted by CPO conductor, Mr Brandon Phillips, with special guest artist, [Zolani Mahola](#).

Listen to their final performance on our Facebook or Instagram Page



CAMPS BAY LEARNERS INTERVIEWED ON SAFM

Grade 11 students, Drew Goldie and Sebastian Byrnes, were interviewed on [SAFM](#) for the work they do as [Big Cat Youth Ambassadors](#). Listen to their full interview on our Facebook or Instagram Page.



MATRIC MUSICAL RECITAL

Our Matric Music students put on the most wonderful recital for invited guests, friends and family. We will be loading highlights from the recital to our Instagram and Facebook page over the coming days.



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 each.



DECODANCE PARTY NIGHT

Have you got your tickets yet? This promises to be a fun night out! Get your crew together and book your ticket at [Webtickets](#) now! Tickets are limited - all proceeds to 2020 Matric Dance - strictly over 21!



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 6PM

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 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



THE WEEK AHEAD:

Friday, 13 March – Sunday, 15 March

Grade 11 Camp at Ceres

Thursday, 19 March

Governing Body
By Election
5:00pm

Parent/ Teacher Meeting
5: 30pm

Xhosa tour leaves for
Transkei

Friday, 20 March

Last Day of Term
Office open till 12:00
School Closes for pupils
at 11:00

Rugby Tour to
Graaf Reniet
Netball Camp

For the last 4 days of term, Monday to Thursday, there will be normal school with all the classes been taught, so please send your child to school. Today we had 146 children absent. More than half my Grade 10 Maths class were missing. We really are appealing to parents to assist us by sending your children to school.

Thank you

David de Korte
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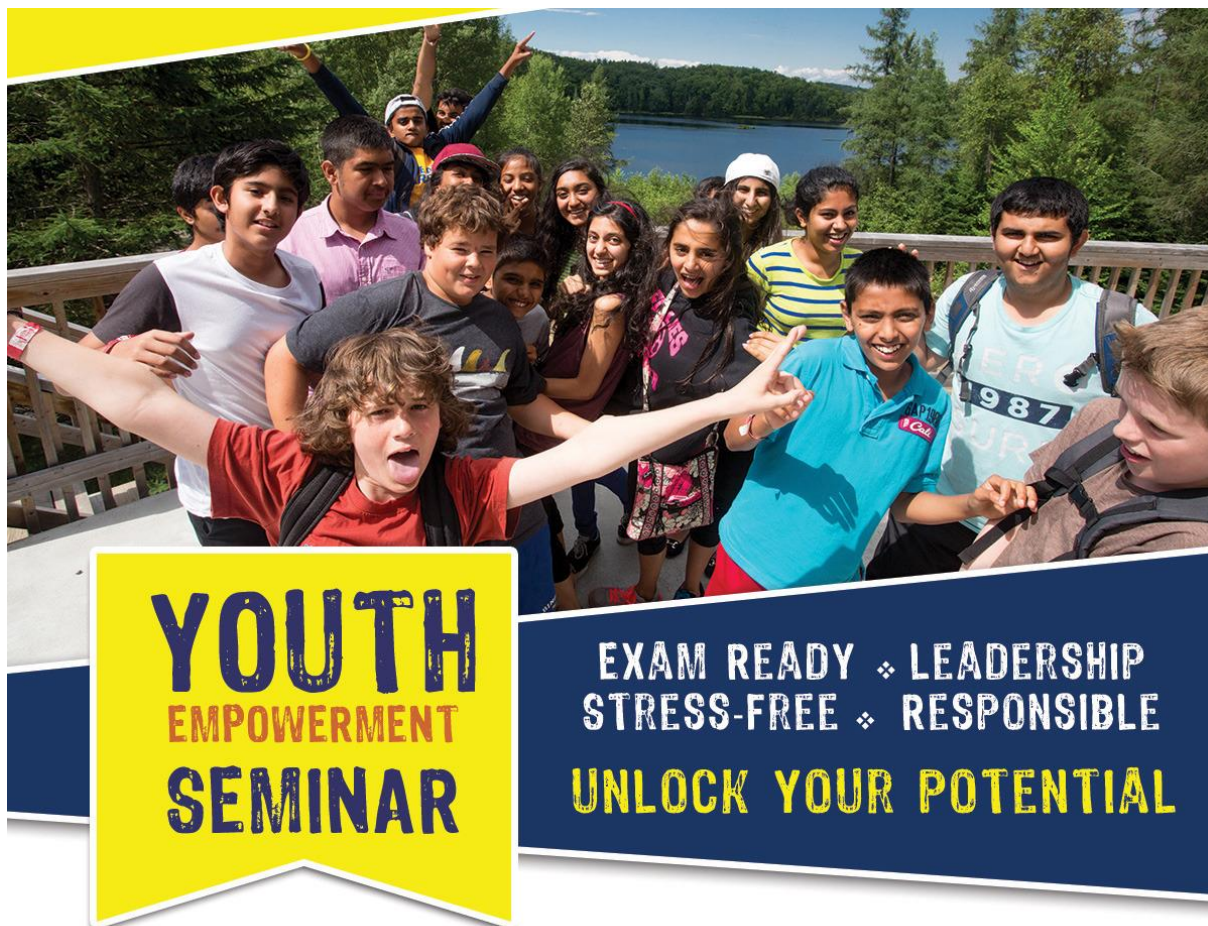


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MAY 14th - 17th

Th/Fri.: 16:30-19:30
Sat.: 14:00 - 17:00
Sun.: 11:00 - 14:00

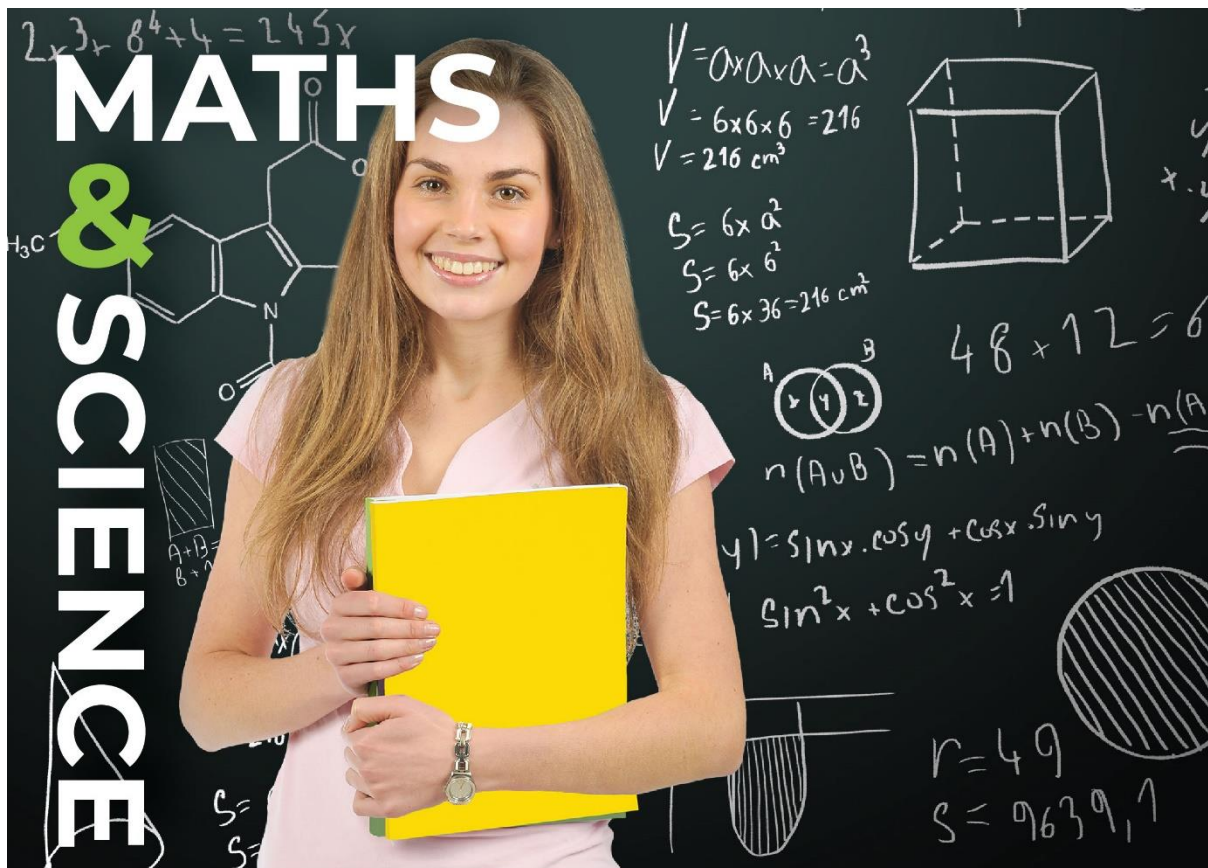
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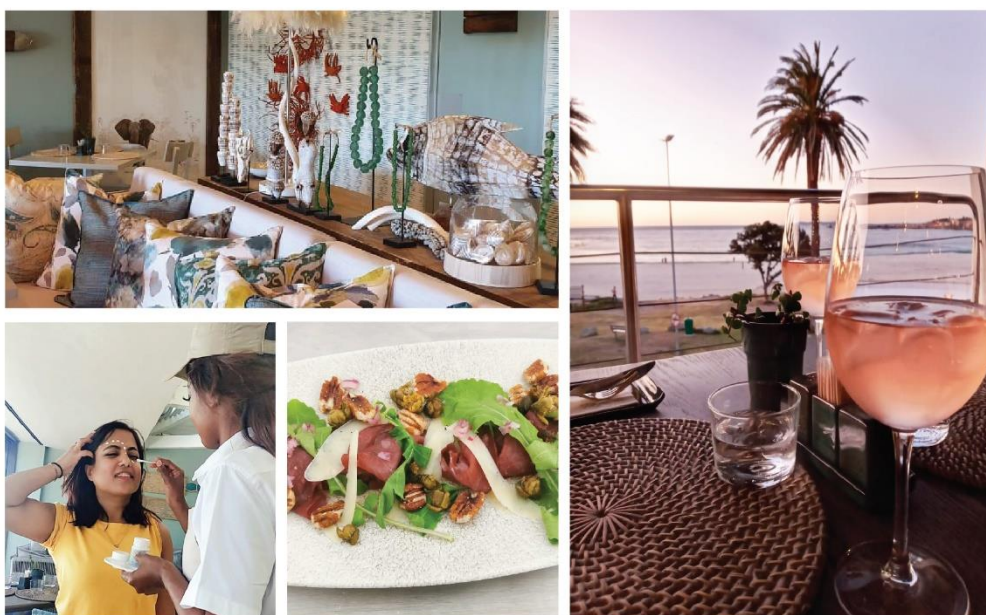


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We're offering Camps Bay High School families an exclusive 10% off their first order at Gia's Kitchen online! Simply use the promo code CBGK10 during check-out before the 28th of February 2020 in order to receive your discount.



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