



# CAMPS BAY HIGH SCHOOL

## Newsletter #19 2020

Friday, 22 May 2020

Dear Parents/Guardians,

I have decided to do the opening to this newsletter in a video format. Please see link below:

[https://drive.google.com/file/d/1Rgiolac\\_OvkqCo5Lkriif\\_QF40o82OyE/view?usp=sharing](https://drive.google.com/file/d/1Rgiolac_OvkqCo5Lkriif_QF40o82OyE/view?usp=sharing)

For those who might have any difficulty in opening the video, below is a summary of my address.

I am sure after listening to the news and constant updates by the World Health Organisation, the reality is the COVID-19 pandemic is going to be with us for a while still. As we know, the worst is still to come with predictions of us only peaking around July/August at this point.

Overall statistics have proven so far that children are the least vulnerable and if they do become infected they either present with mild symptoms or are "A" symptomatic.

As the country goes to Level 3 on the 1<sup>st</sup> of June, it coincides with the return of school and the reality of this is that the infection rate will increase. It is impossible to be 100% safe. With no vaccine available for a while to come, we can only practice the hygienic standards that have been set out by the WHO and our National Government.

I can assure you that we are going to be implementing stringent safety and hygienic protocols. The beginning of this week started off with the return of the school's Executive, Support Staff and General Workers on Monday, where we have been very busy preparing for the return of the teachers this coming Monday.

We have put screening protocols into practice which we will keep refining so that we will be 100% ready for the Matrics return on the 1<sup>st</sup> of June. We have our temperature sensors, masks, sanitisation products, as well as a registered nurse, who will be assisting us with screening for the first few weeks.

We will be following the Department's guideline by only 50% capacity at the school, which we will explain to you in finer detail closer to the time.

### Academic programme

On Monday we will be reviewing our five weeks of on-line learning and we will be "upping our game" in terms of how we have been approaching on-line learning after feedback we have been receiving, and the experience we have gained on what is and what is not working.

I would like to at this point, speak briefly on two phrases that are floating around now. The one is "home schooling" and the other is "schooling from home".

Let me define these:

**Home Schooling:** This is where parents take upon the complete control of schooling your child. Your child will be de-registered from Camps Bay High School. You would then have to register your child for home schooling with the WCED and inform them of the Academic Curriculum your child will be following. You can at any point be inspected by the Circuit Manager of the WCED to see if you have the facilities to do home schooling and that the Academic Curriculum is being

followed. Should you decide at some point to come back into the public schooling system, you would have to re-apply at the school, and go through an application process. Re-acceptance cannot be guaranteed or places reserved.

**Schooling at Home** – You stay registered at Camps Bay High School, as you have been during lock-down. Your child receives the work on-line with the teachers still managing and setting assignments, and feedback is given when and where necessary.

The SMT had a long meeting this morning, as to what is going to happen going forwards with regard to schooling at home. We are aware that there may be some Matric pupils and other learners who have co-morbidities and cannot come back, or perhaps you as a parent are too nervous for their return, or there could even be family member/s who are at high risk. We do recognise this and as we start face to face schooling again, we still offer the on-line teaching at home.

There are some issues we have not solved when it comes to online learning:

1. What we do about **Assessments**?
2. What do we do about **Promotions**?

The Department of Education is aware of these issues too and will be giving us guidelines, which we will advise you of once we have received them.

We do want to assure you that we are incredibly invested in the academic success of each and every child, and we will move “heaven and earth” to bring everyone up to speed. We will focus on each and every learner, and no one will be left behind.

In closing, We cannot give you a 100% assurance that your child will be completely protected from the COVID-19 virus while at school, just as any grocery store or any public place cannot give you that assurance either. We can give you the assurance that we will make every possible effort in screening, sanitisation and general cleaning. For example, after every lesson, each chair and desk in the classroom will be cleaned. Everyone will be required to sanitise their hands upon entry into the classroom and on their exit. There will be cleaning throughout the day of general areas and toilets, and signage around the school regarding safe hygienic practices.

However, every child does need to take control of their own hygiene and health, in terms of wearing masks, washing hands regularly, not sharing equipment, observing social distancing and following the safety and hygienic protocols that we will be laid out by the school. Please do have these conversations with your child.

We look forward to having the Matrics back on campus and the rest of the Grades once allowed.

## CLOTHING SHOP

Our objective is to ensure that we do not contribute negatively to the spread of the Coronavirus at school. With this in mind, we are implementing several precautionary measures to keep everyone on our campus safe.

Please see COVID-19 protocols below:

- From 1 June, the shop will open to parents **by appointment only**;
- Parents should e-mail Mrs. Miller in the Uniform shop at [cshop@campsbayhigh.co.za](mailto:cshop@campsbayhigh.co.za) with a list of uniform items needed. An appointment will be made to collect the uniform;
- The idea is that parents are not on campus and in the shop at the same time as learners (e.g. before and after school, breaks);
- You will not be allowed on campus without a face mask;
- When you arrive, please identify yourself via the intercom at the front gate. Your appointment will be verified. Please park at the shop's entrance;
- At the entrance, your temperature will be checked and recorded and your hands sanitised. If your temperature is 38 degrees or more, you will not be allowed to enter;
- To ensure safe social distancing, only **one person at a time** will be allowed in the shop;
- Once you have cleared the checks and collected your uniform, please leave the campus immediately;
- We encourage you to pay via EFT to minimise contact. However, Snapscan and card payments are available in the shop.

As we start practising the new protocols, we expect some tweaks to arise. We will communicate with you as soon as anything changes. Please be patient and bear with us - this is new to us all.

## FOOD RELIEF FUND

Thank you to all the Camps Bay families who have already contributed so generously to the Food Relief programme we have been running for our families in need.

We have been issuing food parcels and vouchers to vulnerable learners and their families every two weeks from the start of lockdown. We dispatched 55 of these vouchers this past week and our funds have now run dry.

We would love to continue to support these families in need, so if you are able to assist, we would be most grateful, as would those families receiving your assistance.

The school budget is placed under enormous pressure as more and more families battle with their changed financial circumstances. If you are financially secure and still receiving your salary, please consider donating to one of our own in need.

R250-00 will help to feed one of our families for a week but we will be grateful for any donation - no matter how big or small.

## LADLES OF LOVE NEEDS OUR HELP

Thank you to everyone who continues to help Ladles of Love with their food drive. It is a great way for learners to get involved and complete community service hours. For your convenience, you can drop off at any of these points:

**CAMPS BAY** - Camps Bay Continental - **Tuesday, Thursdays and Sundays** between **10:00** and **11:30**

**SEA POINT & SURROUNDS** - The Health Team, 129 Beach Road, Mouille Point between **09:00** and **10:00** on **Tuesdays and Fridays**

**CITY BOWL** - *Marianthi Dickie* between **09:00** and **10:00** on **Tuesdays and Fridays** - contact [marianthi@voiceworks.co.za](mailto:marianthi@voiceworks.co.za).

**HOUT BAY** - *Lisa Sarnitz* between **09:30** and **10:30** on **Tuesdays and Thursdays** - contact **+27 (74) 563-3505**

## CAMPS BAY & CLIFTON TUESDAYS | THURSDAYS | SUNDAYS



- Sandwiches
- Boiled Eggs
- Fresh Fruit
- Dry & Tinned food

### DROP OFF TIMES: 10am till 11.30am

We need time to sort and transport your donation as close to 12 noon as possible. That way Ladles can distribute same day to the hungry folk relying on our generosity.

### DROP OFF OPTIONS

- 17 The Cheviots : Ant Moore
- 11 Totnes Ave : Camps Bay Continental

### COLLECTIONS

We're happy to pick up your donation. Please let us know before 6pm the night before.



## CAMPS BAY'S GOT TALENT

Camps Bay High School's RCL is trying to keep up spirits and is hosting the annual Camps Bay's Got Talent on social media.

Entries are open to any students in Grades 8 - 12 and close next **Friday, 29 May 2020**.

CAMPS BAY HIGH SCHOOL  
RCL PRESENTS  
**CAMPS BAY'S  
GOT TALENT**

Send your 2-3 min audition video to 061 095 5802.  
Entry date extended to 29 May 2020

## WE NEED YOUR SPRAY BOTTLES!

Please keep your empty spray bottles for us - we need them for sanitizer. Either drop off when you return to school or arrange with Mrs Murray to drop at reception between **09h00 and 14h00, Monday to Friday.**

## CAMPS BAY HIGH SCHOOL BOOK CLUB

Please see the attached book review below on *The Japanese Lover* by author Isabel Allende, on the following page

## BOOK OF THE WEEK

### The Japanese Lover – Isabel Allende

I am sure a lot of readers are familiar with this Chilean-American author and activist, her novels are often based on her personal experiences and influenced by the political environment of Latin America. She has received Chile's National Literature Prize in 2010, although she became an American citizen in 1993. She is known for being politically active and vocal about affairs in her country.

This novel spans decades and continents exploring themes of identity, abandonment, redemption and fate, but above all love prevails. It mainly focuses on Alma Belasco, although it starts with an introduction to Irina Bazili a main character who becomes Alma's friend and carer at Lark House a senior residence in San Francisco, who attracts an assortment of more eccentric elderly. Seth, Alma's grandson with the help of Irina starts putting together their family history. They discover that Alma has been having an affair on and off with a Japanese man her whole life.

Alma was sent to live with her relatives in 1939, as Poland starts falling under the shadow of the Nazis. Here she meets the Japanese gardener's son Ichimei Fukuda, as war starts for the world a wonderful and tender love affair starts between them. With the bombing of Pearl Harbour though, he and his family is sent away to an internment camp in Utah. Although they are forced apart by war and circumstances, their love will prevail for over 70 years by way of letters, gifts and infrequent meetings.

The human heart is amazing in a world of increasing changes, enjoy!

I hope you all have a good weekend.

Continue to take care and be safe.

Warm regards

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



**CAMPS BAY SCHOOLS**  
BETTER TOGETHER

## FREE ADVERTS FOR MEMBERS OF OUR COMMUNITY

We recognise that this is a very difficult time for many of our family members - be they current families or past pupils. To help you, as best we can, we would like to offer any members of our Camps Bay Schools family, FREE ADVERTS in all our schools newsletters, as well as on social media over this period.

If you are providing a product or service to our community for example, making and selling masks and shields, sanitizers or other Covid-19 related products, or, if you are trying to keep your business afloat, for example, a restaurant now offering deliveries, please send your advert to [cvaarderspuy@campsbayhigh.co.za](mailto:cvaarderspuy@campsbayhigh.co.za) for placement in our newsletter and on social media over this period.

If you are a past pupil, remember to tell us when you were at Camps Bay Schools so we can ensure your alumni support your business!

Let's help our community to keep alive and support our school families businesses!



CAMPS BAY HIGH SCHOOL  
ALUMNI ASSOCIATION  
Friends of the Bay for Life

**CAMPS BAY SCHOOLS - CARING FOR OUR COMMUNITY**



NOW OFFERING

# ONLINE SESSIONS



## NEWSLETTER

Dear parents and pupils

This academic year holds a lot of uncertainties.

We at Pinnacle Plus Tutors are ready to provide the educational support you need during this time. We tutor all school subjects - as well as all University Commerce courses. Sessions will take place online - making use of platforms such as ZOOM and Google Hangout.

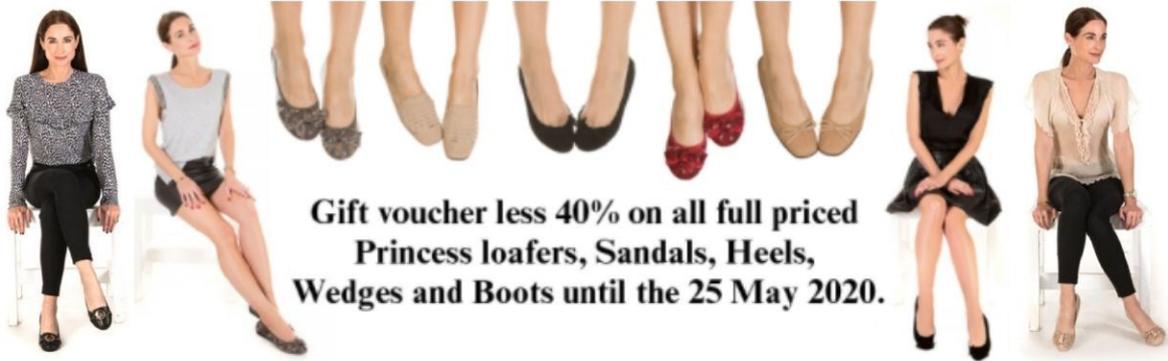
For more information or to book your spot please feel free to contact us.

We look forward to providing you support, assistance, and more academic certainty.

Warm regards,

Eli Green CA (S.A.)  
083 822 7367  
ppteag@gmail.com

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info@lisakingonline.co.za



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## **DELIVERY MENU**

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### **ASIAN TAPAS – ANY 4 DISHES FOR R200**

- MUMBAI CHILLI BEEF, CRISPY FRIED BEEF WITH GINGER, SOY AND CARDAMOM, SESAME SEEDS
- BABY SHRIMP TEMPURA, MISO AIOLI
- GRILLED BEEF KUSHIYAKI, KOREAN PEPPER CREAM
- LAMB, GINGER, TERIYAKI GYOZA, YAKANIKU DIPPING
- GRILLED PORK LOIN RIBS, TERIYAKI AND 5 SPICE GLAZE
- POTATO AND COCONUT DUMPLINGS, PENANG SAUCE (CONTAINS PEANUTS)
- THAI CRISPY KINGKLIP, SPICED OYSTER SAUCE, CORIANDER
- FORBIDDEN BLACK RICE RISOTTO, HOT AND SOUR DASHI CREAM
- CHILLED EDAMAME WITH WASABI SALT
- NORI DUSTED KEWPIE FRIES, SRIRACHA MAYO
- LUCKY SLAW, CRISPY SLAW SERVED WITH TANGY ASIAN DRESSING AND PEANUTS

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**PHONE/WHATSAPP - 0664 123 289**  
**HOURS 11AM - 7PM MON - SUN**

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DELIVERY CHARGES - HOUT BAY R25 - LLANDUDNO R45 - CAMPS BAY/CONSTANTIA R60

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## HAPPY ENDINGS

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- DING DONG SUNDAE, LAYERED ICE CREAM AND CHOCOLATE WITH BERRIES 60
- CHILLED COCONUT CREAM SAGO, TOPPED WITH CONDENSED MILK AND TOASTED COCONUT 55
- DOUBLE THICK PEANUT BUTTER SHAKE, MISO BUTTERSCOTCH, CHOCOLATE CRUMBLE, TOASTED PEANUTS 55
- FUJI APPLE CRUMBLE, OAT AND COCONUT TOPPING, VANILLA ICE CREAM 65

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## DRINKS

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- COKE/COKE ZERO 19
  - APPLLETIZER/GRAPETIZER 24
- 

FROM ALL OF US AT

*Cheyne's*

CONTEMPORARY ASIAN

**SHIO**

MODERN JAPANESE

*Lucky Bao*

*Fire Monkey*

**DING,  
DONG**

WE THANK YOU FOR YOUR CONTINUED LOYAL SUPPORT -  
IT MEANS THE WORLD TO US. HERE'S HOPING WE CAN SERVE  
YOU IN PERSON SOON!

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## MODERN THAI

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- DUCK, BASIL, LIME LEAF SPRING ROLLS, NAHM JIM DIPPING (3) 75
  - LUCKY PAD THAI (CONTAINS NUTS)
    - CHICKEN 110
    - PRAWN 140
    - VEGETABLE 100
- BAH MI CRISPY PORK, SPICY THAI RICE NOODLE DISH 135

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## ASIAN STREET FOOD

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- WAGYU BEEF BURGER, CRISPY BACON, CHEESE, KIMCHI, BRIOCHE BUN. SERVED WITH FRIES 140
  - KOREAN FRIED CHICKEN WINGS, STICKY KOREAN HONEY GLAZE
    - 6 / 70
    - 12 / 140
  - TOKYO TACOS, TUNA, JALAPENO, AVO, CREME FRAICHE, KEWPIE 120
  - RAMEN, NOODLES, BROTH, ONSEN EGG, WAKAME
    - PORK 100
    - DUCK 120
    - TOFU 100
  - BAO , STEAMED BUNS FILLED WITH
    - CRISPY CHICKEN KATSU 45
  - ROASTED PORK BELLY (CONTAINS PEANUTS) 55
  - LUCKY POKE BOWLS, JAPANESE BLACK RICE, PICKLED DAIKON, KEWPIE, WAKE, SPRING ONION
    - TUNA 120
    - SALMON 120
    - \*TOFU 100

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Est. 2004

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Please supply name, order, preferred time of delivery + address.

Customers will be sent invoice total, payment details +  
confirmation of delivery time. Preferred methods of payment: EFT  
& cash. Delivery charges are included. Deliveries made between 1  
- 6pm only

**THANK YOU FOR YOUR SUPPORT**

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THE  
*Woodstock*

LOUNGE

Est 2004

DAILY DISHES

Chicken Trinchado & Fries	R79	Spaghetti Bolognaise	R89
Fillet Prego & Fries	R99	Penne Alfredo	R79
Butternut & Beetroot salad	R85	Rustic Greek salad	R75

PIZZAS

(gluten-free bases available R25 extra)

Sussex V garlic and rosemary	R55	Victoria bolognaise, peppers, chilli	R99
Walmer V tomato and mozzarella	R65	Balfour olives, mushrooms, anchovies, salami	R99
Earl V butternut, beetroot, feta, rocket, caramelised onion	R85	Sir Lowry chorizo, peppers, olives, artichokes, cherry tomatoes, feta	R99
Searle V garlic, feta, spring onion, herbs, no tomato and mozzarella	R65	Nerina bacon, avocado, feta	R99
Roodebloem V mushrooms, asparagus, olives, peppers, sun-dried tomatoes	R95	Gympie anchovies, capers, olives, chilli	R95
Hounslow grilled cajun-spiced chicken, feta, peppers, piquant cherry peppers	R99	Golders Green ham, artichokes, mushroom, olives	R99
		Barton (for the kiddies) ham, pineapple	R65

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SCHOOLS**



# COACH NADES ONLINE CORE FITNESS SESSIONS

TUESDAYS & THURSDAYS  
3PM - 3.30PM VIA ZOOM MEETINGS



Sport and fitness are my passions and have been for many years. At school I played and captained Athletics, Swimming, Netball and Gymnastics Teams.

I currently still swim and compete in Masters Athletics where I represented South Africa in 2018 at the World Masters Athletics in Spain. I have an Athletics South Africa Level 1 Coaching Certificate, Swim South Africa LTS and Level 1 Coaching Certificates, a Strength and Conditioning Certificate from SSISA as well as a National Diploma in Information Technology, amongst others. I also recently completed the Lifesaving Award and do volunteer work for the NSRI.

During this changing Information Age, I believe it is vital that we take care of ourselves and invest in our health. Being online for many hours in the day does not allow us to move as much as we should.

One of the most significant negative effects of technology is not due to digital devices at all, but rather, the sedentary lifestyle they manifest.

I would like to encourage adults, teens and younger children to keep moving, keep active. Healthy body, healthy mind. You owe it to yourself.



**CONTACT NADINE BORCHARDT**  
**COACHNADES@GMAIL.COM**



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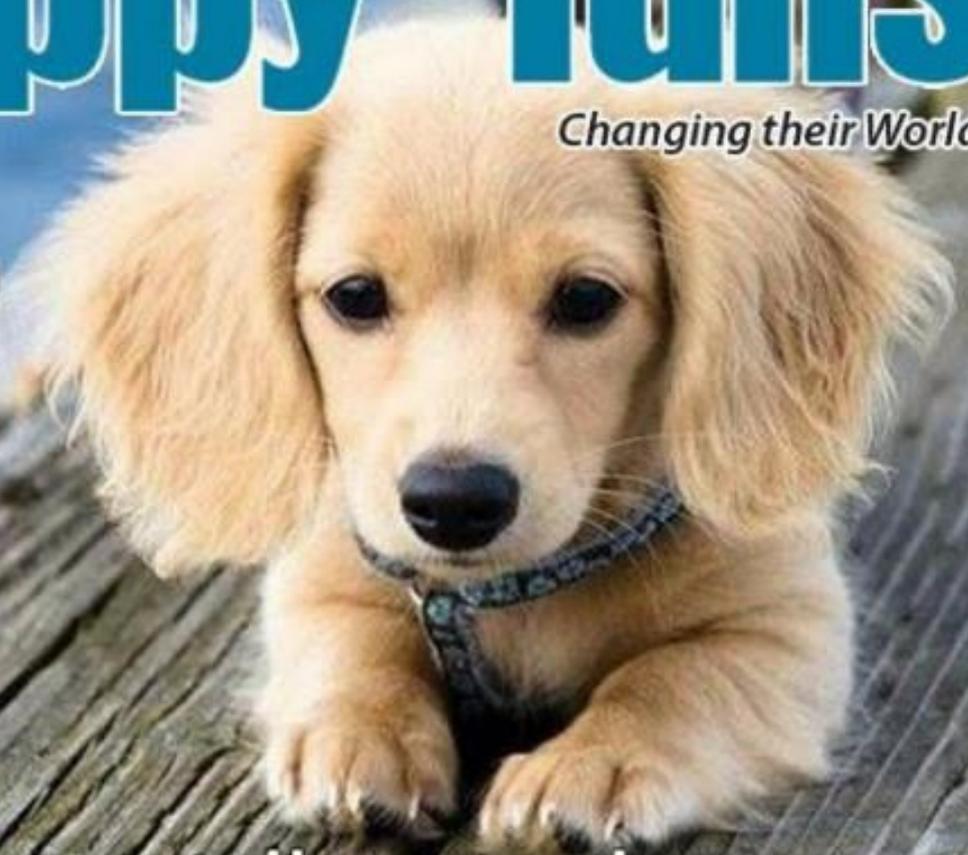


CAMPS BAY  
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# Happy Tails

*Changing their World*

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If you are crazy about animals and in particular animal welfare in our country, you may like to support Happy Tails by booking an ad with us on <https://www.happytailsmagazine.co.za/>

Going digital right now is the way to go and we have between 7 000 and 8 000-00 visitors to our website monthly and have a captured audience of just over 13 200 animal owners following us on our Facebook page <https://www.facebook.com/happytailsmagazine.co.za/>

We are able to track your ad and can give you tangible results on how many views and clicks you get on your ad.

We ad space available so drop an email to [editorialehappytailsmagazine.co.za](mailto:editorialehappytailsmagazine.co.za) to see where we can best accommodate your ad.

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# VIRTUAL INDOOR BIKE SESSIONS

ALL LEVELS welcome and any kind of stationery bike or indoor trainer will do. All you have to do is log in & join us.

Tues/Thurs 07h00 - 07h45

Sat 08h30 - 10h00 (or however long you like)

Stay safe & warm indoors whilst getting a real ride simulation

WhatsApp Britt Hyland on 082 337 2885 or  
Email [britt@k8coaching.co.za](mailto:britt@k8coaching.co.za) for more info  
[www.k8coaching.co.za](http://www.k8coaching.co.za)

*"Such a great way to start the day - keeping me sane"*

*"Just want you to know that your spinning classes were a turning point for me"*

*"Proper power session today  
Proper workout!"*



CAMPS BAY SCHOOLS - CARING FOR OUR COMMUNITY

If you are a member of the Camps Bay family - current or past - you could have your advert featured here - email [cvanderspuy@campsbayhigh.co.za](mailto:cvanderspuy@campsbayhigh.co.za)



# Double Layer Fabric Masks

We produce multi-layer pleated masks in compliance with regulations. We cater for variations on this so let us know your preferred construction.

You have a choice of elastic over the ears or adjustable elastic over the head.

Not surgical grade. Washable, breathable & Health Dept Compliant.

Email us at [info@catherinemooore.co.za](mailto:info@catherinemooore.co.za)



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# COL'CACCHIO

the reason we crave pizza

To our beloved customers



We're back!

After a long 5 weeks in lockdown we are now able to do takeaway orders for delivery.

With our reduced, but still delicious, menu you can place an order between 11am till 7pm with us directly, by calling 0214194848 and we'll deliver all the way from the Foreshore to



Camps Bay!!

We're also available through UberEats and Mr D.

We can't wait to see you soon! But until then you can still dig in while we wait to reopen our doors for sit down.



Stay safe and pizza on

Vlad, Kinga and the Col'Cacchio Foreshore team.



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# inglenook

organic farm produce



Inglenook is a family run farm on the West Coast bringing daily/weekly veggies to plates across Cape Town.

Make sure you're feeding your family and especially children with HEALTHY, ORGANIC, NATURAL PRODUCE.

Organic vegetables, herbs, fruit, breads, honey, oils, artisanal meats, free range eggs, etc. delivered to your door across CT and Atlantic Seaboard.

Simply download the App:  
INGLENOOK ORGANIC FARM and order away.

Please call Roy Ingle on 083 680 6800 with any queries.

We are extremely grateful for your support.  
Inglenook Farm.



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# *Homemade Masks* *R35 each*

- Variety of colours and sizes
- Collect in Camps Bay
- Free deliveries to Camps Bay or Sea Point

Grace Mdawini  
073 288 9016 or [sibongile.gmn@gmail.com](mailto:sibongile.gmn@gmail.com)

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# VIRUS ESSENTIALS

HELP YOURSELF HELP OTHERS

Lenny 071 417 7964 | Email: [lenny@baobabmarketing.co.za](mailto:lenny@baobabmarketing.co.za)  
Debbie 082 859 5224 | Email: [Debbie@baobabmarketing.co.za](mailto:Debbie@baobabmarketing.co.za)

## HAND SANITISER

### Fogging Tunnel Disinfectant (QAC)

**25 Litre Bottles R250.00 ea**  
*Certification available upon request*



### 30% alcohol with G-Cide Kills 99.9 Germs.

*A few drops rubbed onto hands until dry*

Available in liquid only

50ml bottles  
Minimum 500 units R13.50 ea  
500ml bottles  
6x bottles per pack R50.00 ea  
1ltr bottles  
2 x bottles per pack R85.00 ea  
5ltr bottles  
1 bottle R350.00  
25ltr bottles  
1 bottle R1500.00



### 30% alcohol Twin and Single Chain

*Quaternary and ammonium compounds (QAC) germ and virus killer 99.9%. A few drops rubbed onto hands until dry*

Gel and liquid available

50ml bottles  
Minimum 500 units R13.50 ea  
500ml bottles  
6x bottles per pack R50.00 ea  
1ltr bottles  
2 x bottles per pack R85.00 ea  
5ltr bottles  
1 bottle R350.00  
25ltr bottles  
1 bottle R1500.00

### 70% alcohol Medical Grade

*A few drops rubbed onto hands until dry*

Available in liquid only

1ltr bottles  
2 x bottles per pack R95.00 ea  
5ltr bottles  
1 bottle R450.00  
25ltr bottles  
1 bottle R2100.00

### 70% alcohol Food Grade

*A few drops rubbed onto hands until dry*

Available in liquid only

1ltr bottles  
2 x bottles per pack R95.00 ea  
5ltr bottles  
1 bottle R450.00  
25ltr bottles  
1 bottle R2100.00

Medical and Food Grade are available in smaller sizes on request minimum quantity 500 units

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CAMPS BAY  
SCHOOLS

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Debbie 082 859 5224 | Email: [Debbie@baobabmarketing.co.za](mailto:Debbie@baobabmarketing.co.za)

## MASKS

Printed, water repellent, polyester bonded  
lining, washable  
**R25.00 per mask**



FFP2 (KN95)  
**+R55.00 per mask 10 per box**



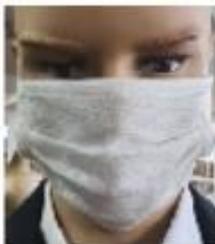
Disposable 3PLY Surgical  
**R14.50 per mask 50 per box 1000-5000 order**  
**R13.50 per mask 50 per box 5000-10000 order**



Face shields  
Single **R45 ea**  
**R1500 per pack of 50**



Disposable Surgical South African made  
**R11.50 per mask 50 per box 10 000 minimum order**



## GLOVES

Single use gloves  
PVC 20 per box  
Nitrile 100 per box  
Latex 100 per box  
PU 20 per box

**COVERALLS/ DISPOSABLE GOWNS/SHOE COVERS /HAIRNETS**

**Prices and availability on request**

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Debbie 082 859 5224 | Email: [Debbie@baobabmarketing.co.za](mailto:Debbie@baobabmarketing.co.za)

## MASKS

Printed, water repellent, polyester bonded lining, washable

Prints available but minimum quantities are required for any of these prints

Company Printed Masks available upon request



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## All prices are subject to due daily fluctuating exchange rate



Official Distributor: Baobab Marketing PTY Ltd  
 VAT: 476 0268 674 | Company Reg: 2014/145545/07  
 Address: 15 Malgas Road, Table View, 7441



All prices exclude 15% VAT | All orders exclude delivery fees

Face Masks - Options available	Min Order	Price
SA Flag Face Masks - Washable water resistant	50	R 25,00
Plain Colour Face Masks - Washable double layer	50	R 25,00
Colourful Face Masks - Washable	50	R 30,00
Face Shields Singles	10	R 45,00
Face Shields (50 per pack)	50	R 1 500,00
KN92 Dusk Masks	100 000	R 56,00
FFP2 / KN95 Dusk Masks	100 000	R 44,50
3-PLY Surgical Masks	1 000	R 13,50
<b>Glove Options - Subject to availability</b>		
100/box Examination Gloves (Small/Medium/Large)	5 Boxes	R 155,00
100/box Nitrile Gloves (Small/Medium/Large)	5 Boxes	R 155,00
PU or PVC Gloves available (Small/Medium/Large)	50 units	R 22,50
<b>Thermometer</b>		
Thermal thermometer	1	R 1 750,00
<b>Hand Sanitizer, Soaps and Disinfectants</b>		
<i>Small bottles 50ml, 125ml, 250ml minimum quantity 500 bottles per order</i>	500 units	request quote
Hand Sanitiser with Glycerine (Certified) kills 99% pathogens 1 litres	1	R 95,00
Hand Sanitiser with Glycerine (Certified) kills 99% pathogens 5 litres	1	R 350,00
Hand Sanitiser with Glycerine (Certified) kills 99% pathogens 25 litres	1	R 1 500,00
HAQ Disinfectant Chlorine - all surface cleaner - 5 Ltr	1	R 95,00
HAQ Disinfectant Chlorine - all surface cleaner - 25 Ltr	1	R 1 500,00
70% Hand Sanitiser (Medical Certified) kills 99% pathogens 1 litres	1	R 110,00
70% Hand Sanitiser (Medical Certified) kills 99% pathogens 5 litres	1	R 450,00
70% Hand Sanitiser (Medical Certified) kills 99% pathogens 25 litres	1	R 2 100,00
Dynacide D30 Disinfectant - all surface cleaner - sachets of 15g makes 5 litres per sachet	100 per pack	R 135,00
Dynacide D30 Disinfectant - all surface cleaner - sachets of 15g makes 5 litres per sachet	1000 per box	R 1 350,00
<b>Hand Sanitizer Stands</b>		
Sanitiser dispenser stand powder coated <i>sliding scale discounts from 10 or more</i>	10-100	R 400,00
Sanitiser dispenser wall mounted steel powder coated <i>sliding scale discounts from 10 or more</i>	10-100	R 485,00
<b>Clothing Protectors</b>		
Shoe Covers	200 000	R 3,50
Head Nets	200 000	R 3,50
Disposable Coveralls	50 000	R 140,00
Disposable Aprons	50 000	R 7,70
Disposable Scrubs	50 000	R 119,90
Disposable Surgical Gowns	50 000	R 129,95
Washable Coveralls	50 000	R 429,95
Surgical Gowns	50 000	R 429,95
Medical Scrubs	100 000	R 429,95
Body Bags	100 000	R 300,00

## CAMPS BAY SCHOOLS – CARING FOR OUR COMMUNITY

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# BURGER DIY PACK

(FOR 2 PEOPLE)

- Choice of Burger Patties
- Sesame Seed Burger Buns
  - 1000 Island Mayo
  - Cheddar Cheese
  - Crispy Onion Flakes
- How-to Guide from the man himself

Beef or Chicken R130

**ADD 1KG FROZEN CHIPS AND WE'LL THROW  
IN A BOTTLE OF 1000 ISLAND FOR FREE!**



## BURGER DIY PACK

Here you will be able to purchase an all-in-one pack with everything you need to recreate **THE ARDI'S FOODTRUCK EXPERIENCE!**

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CAMPS BAY  
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## SHAWARMA DIY PACK

(FOR 2 PEOPLE)

- Choice of Filling
  - Pita Breads
  - Garlic Mayo
    - Tzatziki
    - Hummus
- Chopped Chili in Olive Oil
  - Crispy Onion Flakes
- A How-to Guide from the man himself

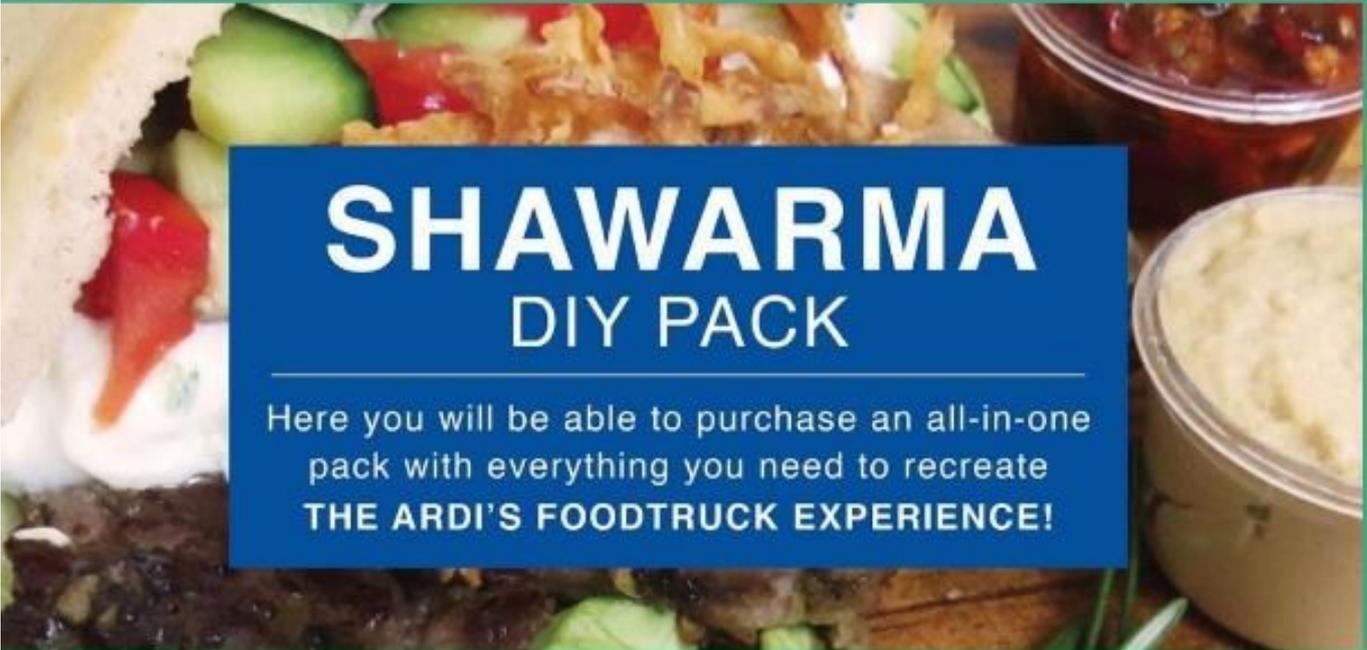
Lamb Pack R180

Pulled Pork Pack R140

Chicken Pack R140

Falafel Pack R130

**ADD 1KG FROZEN CHIPS AND WE'LL THROW  
IN A BOTTLE OF 1000 ISLAND FOR FREE!**



## SHAWARMA DIY PACK

Here you will be able to purchase an all-in-one pack with everything you need to recreate **THE ARDI'S FOODTRUCK EXPERIENCE!**

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CAMPS BAY  
SCHOOLS

## FILLINGS

All our products are cooked & vacuum sealed with one of our original sauces. Simply heat and eat.  
Each pack has enough for 2 portions.

Flame Grilled Beef Patties (2 x 150g) R55

Flame Filled Chicken Fillets (2 x 140g) R55

Flame Grilled Pork Loin Ribs R90

Slow Roasted Lamb R100

Smokey BBQ Pulled Pork R60

Sesame & Soy Sauce Stir Fried Chicken R60

Falafel (vegan) R50

## SAUCES & EXTRAS

Ardi's Original Basting Sauce (350ml) R30

1000 Island Mayo (350ml) R30

Garlic Mayo (350ml) R30

Tzatziki (250ml) R30

Crispy Fried Onion Flakes (120g) R35

Hummus (200g) R40

Chopped Chili in Olive Oil (200g) R50

Ardi's Original Chip Spice (100g) R30

Frozen Chips (1kg) R35

6 Pita Breads R40

3 Sesame Burger Buns R15

Deluxe Coffee Beans (1kg) R250



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## ORDERS & QUERIES

WHATSAPP: 0836014949

EMAIL: [ardi@ardis.co.za](mailto:ardi@ardis.co.za)

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FREE DELIVERY FOR ORDERS OVER R250

---

PAYMENT METHODS:  
CARD (TAP) & SNAPSCAN



## THANK YOU!

Thank you for your  
support & we look forward  
to seeing you soon!

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**WE ARE NOW DOING  
DELIVERIES!**

**PREMADE MEALS, SAUCES & DIY PACKS**

*Swipe through to see our menu >>*

## **ORDERS & QUERIES**

WHATSAPP: 083 601 4949

EMAIL: [ardi@ardis.co.za](mailto:ardi@ardis.co.za)

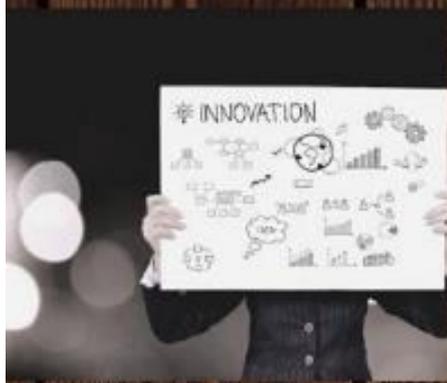
FREE DELIVERY ANYWHERE IN CAPE PENINSULA FOR ORDERS OVER R250

PAYMENT METHODS:  
CARD (TAP) & SNAPSCAN

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**tongascope :**  
**product photos**  
 &  
**e-learning**  
**videos**



**TONGASCOPE**  
 CRAFTING VISUALS

● **TONGA ISANGO**  
 ☎ +27 71 244 0296  
 ✉ Tg.l.sango@gmail.com

📺 tongascope  
 📘 @tongascope  
 📷 tongascope



**SAFTAs**

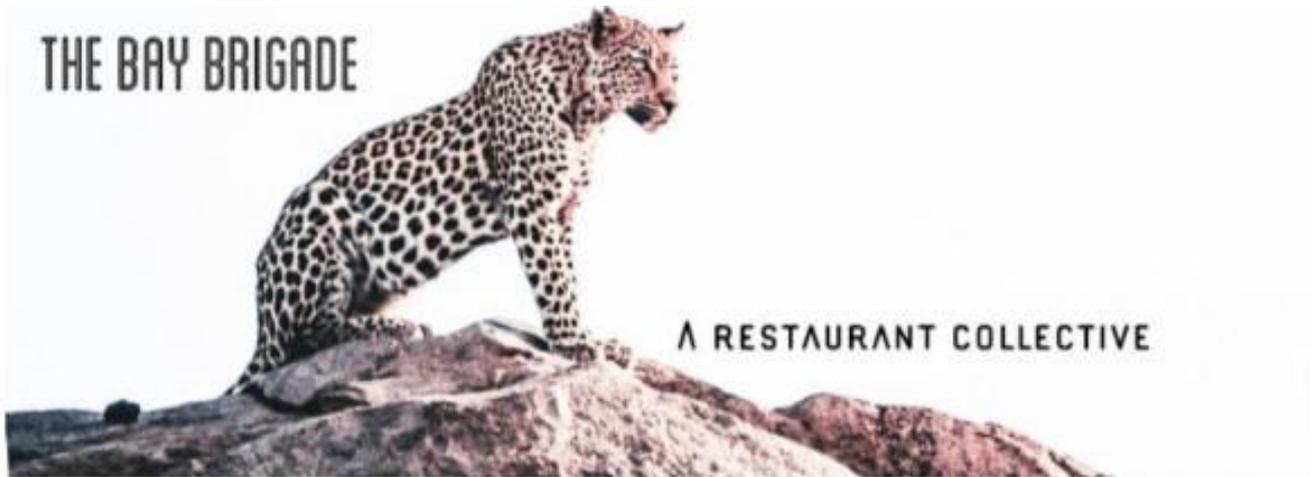
SOUTH AFRICAN FILM & TELEVISION AWARDS  
 WINNER FOR BEST CINEMATOGRAPHY IN A TV COMEDY  
 2018

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# THE BAY BRIGADE



A RESTAURANT COLLECTIVE

## WE'RE BACK BABY!

### WHAT

*The Bay Brigade* is a handful of Hout Bay restaurateurs who have dusted off their chef's whites after 6 long weeks of Lockdown, congregating in a central kitchen, cooking up a storm and offering families ready-made meals, delivered to your door, anywhere in Hout Bay or Llandudno. You'll recognise your favourite dishes that you've enjoyed in some of Hout Bay's much loved restaurants!

### WHY

The restaurant industry is one of the worst affected work sectors due to the Coronavirus pandemic. Hout Bay has over 40 restaurants, all of whom locked their doors, emptied fridges and sent staff home when Lockdown began. With the move to Level 4, some restaurants have re-opened for business for delivery only. For some restaurants, this is not a viable option. *The Bay Brigade* chefs have recognised an opportunity to stand together and to support one another through these tough times, to continue cooking not only for the families of Hout Bay & Llandudno, but for the community. In turn, being able to pay their staff and give something back to their landlords.

### WHO

We are keeping our staff's best interest and health in mind by asking them not to return to work so our *Bay Brigade* of chefs will be shopping, chopping, cooking, mopping and dropping at your door. We are: Miki from Suikerbossie, Spiro & Julie from Spiro's, Dario & Rossella from Dario's, Chris from The Clay Café, Ian from La Cuccina supported by Tamsin Snyman, Aaron Fintz, Mike & Jade from Clay Café and the Suikerbossie Family.

### WHEN

*The Bay Brigade* launched on 5 May with a magical 'Mother's Day Sunday Suikerbossie Roast & Homemade Gift'. We'll be sharing Weekly Menu's for delivery to your door Monday – Friday.

### HOW

- ♥ Our central kitchen is at The Clay Café in Main Road, Hout Bay.
- ♥ Weekly menus will go live every week on *The Bay Brigade* Facebook page. Orders: Please WhatsApp your order to 072 626-3056 or email [thebaybrigade@gmail.com](mailto:thebaybrigade@gmail.com). Orders will have a 48-hour turnaround.
- ♥ Meals will be serve four people, ready to pop into your oven to heat through and feed your family. Sides and desserts will also be on offer.
- ♥ All orders are delivered to your door in Hout Bay or Llandudno by one of *The Bay Brigade* crew. **No delivery charge!** Any meals you order for the weekend will be delivered on Friday's.
- ♥ Payment: EFT: Acc Name: Bays Caterers CC T/A Bay Brigade. FNB. Acc #62851130585.

**BEINTOUCH..** *The Bay Brigade* chefs look forward to feeding you and your family. Please be in touch!

♥ We would like to assure all our customers that your (and our) health, safety and well-being is of paramount importance to us and is our main priority. Our kitchen crew fully comply with health regulations. This includes using masks, gloves, hair nets and sanitisers ♥

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