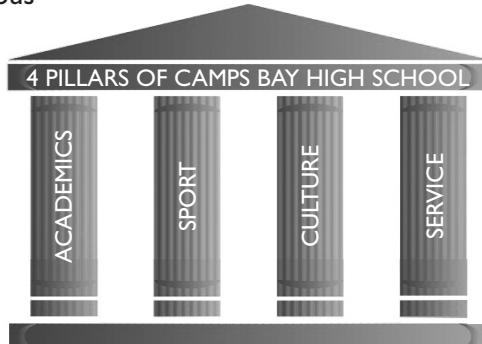


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# **WELCOME FROM THE PRINCIPAL**

Dear Grade 8s

Welcome to Camps Bay High School. We are so pleased that you are officially a pupil at our School and this is now your school too. We would like to make the start of your High School career a wonderful experience. So on top of all the activities we have planned for you to assist with your integration into the school, you also have this booklet.

A group of parents and staff have thoughtfully put this little booklet together to provide you with all the information we think you may need to know as you start school here.

We want your first year of High School to be a positive, happy and memorable experience. We have therefore created a support base for you, made up of staff which include your Tutor and Grade Head. You also have the prefects and specifically your house prefects to look out for you and look after you. We also have the school counsellor and school psychologist to add to the overall support net. However, the person who you may get the most immediate support from is Ms Murray, the front office secretary. If you are ever lost or need help, she is a good place to start.

So again, we are delighted that you have joined the Camps Bay High School Family. I wish you every success for this year and the years ahead.

Yours sincerely,  
**D de Korte**  
**PRINCIPAL**

*Imagine*  
With all  
your mind.  
*Believe*  
With all  
your heart.  
*Achieve*  
With all  
your might.

# PROVISIONAL CALENDAR

## FIRST TERM CALENDAR 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1</b>	<b>7 JANUARY</b> <ul style="list-style-type: none"><li>· Educators Start</li><li>· 8am: New Staff</li><li>· 9am: Staff Meeting</li><li>· Clothing Shop Open</li></ul>	<b>8</b> <ul style="list-style-type: none"><li>· 11am-2pm Book Sale</li><li>· Clothing Shop Open</li><li>· 12:30 Grade 8 Orientation</li></ul>	<b>9</b> TERM STARTS	<b>10</b>	<b>11</b> 14:45 New Staff Meeting	<b>12</b>	<b>13</b>
<b>2</b>	<b>14</b> Prefect/RCL Round Table	<b>15</b> Sports Sign up	<b>16</b> <ul style="list-style-type: none"><li>· 17:30 Grade 12 Matric Parent Meeting 'Road Ahead'</li><li>· Blood Donation</li><li>· House Meetings</li></ul>	<b>17</b> 18:00 Gov Body	<b>18</b> Boys Surf Camp	<b>19</b>	<b>20</b> →
<b>3</b>	<b>21</b> Academic Assembly for 2018 Matrics	<b>22</b>	<b>23</b> <ul style="list-style-type: none"><li>· 17:30 New Parents Meeting</li><li>· 7am 3000 meters Athletics</li><li>· House Meetings</li></ul>	<b>24</b> 7am 1500 meters Athletics	<b>25</b> Interhouse Athletics	<b>26</b>	<b>27</b>
<b>4</b>	<b>28</b>	<b>29</b> Grade 12 Consumer Studies Excursion-visit to The Private Hotel School	<b>30</b> House Meetings	<b>31</b>	<b>I FEBRUARY</b> Grade 8 Camp	<b>2</b>	<b>3</b> →
<b>5</b>	<b>4</b> Camps Bay Invitational Interschool Athletics	<b>5</b>	<b>6</b> Interhouse Gala	<b>7</b>	<b>8</b> RCL Camp	<b>9</b>	<b>10</b> →
<b>6</b>	<b>11</b>	<b>12</b> Athletics Zonal Competition	<b>13</b> <ul style="list-style-type: none"><li>· Grade 8 (2020) Open Day</li><li>· Bread Buddies</li></ul>	<b>14</b> Waterpolo Tour to Knysna	<b>15</b>	<b>16</b> Xhosa Mom and Kids Tea	<b>17</b> →
<b>7</b>	<b>18</b> Prefect Assembly	<b>19</b>	<b>20</b> General Knowledge Exam	<b>21</b> <ul style="list-style-type: none"><li>· Science Olympiad Grade 11</li><li>· Holocaust Outing</li></ul>	<b>22</b> <ul style="list-style-type: none"><li>· Silver Hike</li><li>· Girls Surf Camp</li></ul>	<b>23</b>	<b>24</b> →
<b>8</b>	<b>25</b> <ul style="list-style-type: none"><li>· RCL Assembly</li><li>· Computer Olympiad</li><li>· French Arrive</li><li>· Holocaust Outing</li></ul>	<b>26</b> <ul style="list-style-type: none"><li>· Summer Sports Photo's</li><li>· English Olympiad</li></ul>	<b>27</b> <ul style="list-style-type: none"><li>· House Meetings</li><li>· Xhosa Play</li></ul>	<b>28</b> RCL Fundraiser	<b>I MARCH</b> School Safety Day	<b>2</b> West Coast Rugby and Netball Festival	<b>3</b> →
<b>9</b>	<b>4</b>	<b>5</b> <ul style="list-style-type: none"><li>· Interhouse Competition</li><li>· Cultural Slot</li><li>· English Olympiad</li></ul>	<b>6</b>	<b>7</b> <ul style="list-style-type: none"><li>· Gov Body</li><li>· Cycle Marks Due</li><li>· French Depart</li></ul>	<b>8</b> <ul style="list-style-type: none"><li>· 6:30 Matric Cultural Showcase</li><li>· Grade 11 Camp</li></ul>	<b>9</b>	<b>10</b> →
<b>10</b>	<b>11</b> <ul style="list-style-type: none"><li>· 8am Rocking Future Roadshow</li><li>· Incoming U16 Tour Ruby, Netball, Hockey</li></ul>	<b>12</b>	<b>13</b>	<b>14</b> 17:30-19:30 Parent Teacher Meeting	<b>15</b> TERM ENDS	<b>16</b> French Exchange	<b>17</b> →

Thailand Tour 16-28 March • Hockey Tour (George) 17-22 March • French Exchange 16-30 March

# **TERM DATES 2019**

<b>TERM</b>	<b>SCHOOL STARTS</b>	<b>SCHOOL ENDS</b>	<b>WEEKS</b>	<b>SCHOOL DAYS</b>
<b>1</b>	(7) 9 JANUARY	15 MARCH	10	48
<b>2</b>	2 APRIL	14 JUNE	11	51
<b>3</b>	9 JULY	20 SEPTEMBER	11	53
<b>4</b>	1 OCTOBER	4 (6) DECEMBER	10	47

## **PUBLIC HOLIDAYS**

1 JANUARY 2019 – New Year's Day

21 MARCH 2019 – Human Rights Day

19 APRIL 2019 – Good Friday

22 APRIL 2019 – Family Day

27 APRIL 2019 – Freedom Day

1 MAY 2019 – Workers Day

16 JUNE 2019 – Youth Day

17 JUNE 2019 – Public Holiday

9 AUGUST 2019 – Women's Day

SEPTEMBER 2019 – Heritage Day

16 DECEMBER 2019 – Day of Reconciliation

DECEMBER 2019 – Christmas Day

26 DECEMBER 2019 – Day of Goodwill

# **HOUSE AND TUTOR SYSTEM**

You will be allocated to a House in Grade 8 and you will remain in that house for your entire time at Camps Bay High School. The House you are in will determine your Tutor Group for your 5 years. The 25 – 30 of you will move through the grades together, along with your Tutor Teacher.

The Grade 8 Tutor Teachers for 2019 are as follows:

- **Red:** Ms. McKay • **Orange:** Ms. Horsfield • **Yellow:** Ms. Brand
- **Green:** Ms. van der Walt • **Blue:** Ms. Scarborough • **Purple:** Mr. Mukombwe

Your tutor is your first point of call whenever you have an issue. Next in line will be your Grade Heads: Mrs. Harvey and Mr. Nyathi.

There are number of interhouse events that happen throughout the year, where house points are allocated. The hotly contested 'Interhouse Trophy' is awarded to the winning house at Celebration at the end of the year.

Wear your house button badge with pride and always try to accumulate those treasured house points.

## **SETS**

Our timetable works on an 8-day cycle with 7 lessons per day. The first day of school will be day 1 and you will follow through to day 8, then revert back to day 1. So what does this mean?

<b>DAY 1</b> Wed 9 Jan 2019	<b>DAY 2</b> Thu 10 Jan 2019	<b>DAY 3</b> Fri 11 Jan 2019	<b>DAY 4</b> Mon 14 Jan 2019	<b>DAY 5</b> Tue 15 Jan 2019	<b>DAY 6</b> Wed 16 Jan 2019	<b>DAY 7</b> 17 Jan 2019	<b>DAY 8</b> Fri 18 Jan 2019	<b>DAY 1</b> Mon 21 Jan 2019	<b>DAY 2</b> Tue 22 Jan 2019
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You will receive a timetable according to your set (Set 1, Set 2, Set 3, Set 4, Set 5, Set 6)

You will be divided into sets according to your Creative Arts Subject. You will remain in this set for the year. What this means is you will have all your lessons (except Maths and Languages) with this group of your peers for the year. For Maths and Languages you will be split based on the results of your Placement Tests you wrote in November last year. It may sound very confusing at first but be rest assured that you will get it after the first week. If you are not sure where to go during lesson changes, please report to the Front Office and we will gladly help you navigate the halls and timetables.

## **TUTOR GROUPS 2019**

	<b>RED</b>	<b>ORANGE</b>	<b>YELLOW</b>	<b>GREEN</b>	<b>BLUE</b>	<b>PURPLE</b>	<b>GRADE HEADS</b>
<b>HEAD OF HOUSE</b>	PS	OV	KD	BF	AE	RM	
<b>GRADE 12</b>	PS	Ti	KD	CM	MN	RM	JP/MH/KD
<b>GRADE 11</b>	SK	HC	BA	JM	RC	CS	SP/RC
<b>GRADE 10</b>	YM	OV	TR	BF	ML	RN	NC/JB
<b>GRADE 9</b>	DN	CD	CP	SC	RI	CH	KM/MJ/AE
<b>GRADE 8</b>	AM	JH	Je	LV	TS	KK	BH/MZ

# TIMETABLE 2019

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8
<b>LESSON 1</b>								
<b>LESSON 2</b>								
<b>LESSON 3</b>								
<b>BREAK</b>								
<b>LESSON 4</b>								
<b>LESSON 5</b>								
<b>BREAK</b>								
<b>LESSON 6</b>								
<b>LESSON 7</b>								

# SCHOOL TIMES 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Subject Meetings 07:30 – 08:00		Staff Meeting 07:30 – 08:15	
<b>TUTOR</b>	07:55 – 08:15	07:55 – 08:10	07:55 – 08:25	08:15 – 08:30	07:55 – 08:10
<b>1</b>	08:15 – 08:55	08:10 – 08:50	08:25 – 09:10	08:30 – 09:15	08:10 – 08:50
<b>2</b>	08:55 – 09:35	08:50 – 09:30	09:10 – 09:55	09:15 – 10:00	08:50 – 09:30
<b>3</b>	09:35 – 10:15	09:30 – 10:10	09:55 – 10:40	10:00 – 10:45	09:30 – 10:10
<b>ASSEMBLY</b>	<b>10:15 – 11:00</b>	<b>Cultural Period 10:10 – 10:55</b>			<b>10:10 – 10:50</b>
<b>BREAK</b>	<b>11:00 – 11:30</b>	<b>10:55 – 11:25</b>	<b>10:40 – 11:10</b>	<b>10:45 – 11:10</b>	<b>10:50 – 11:20</b>
<b>4</b>	11:30 – 12:10	11:25 – 12:05	11:10 – 11:55	11:10 – 11:55	11:20 – 12:00
<b>5</b>	12:10 – 12:50	12:05 – 12:45	11:55 – 12:40	11:55 – 12:40	12:00 – 12:40
<b>BREAK</b>	<b>12:50 – 13:20</b>	<b>12:45 – 13:15</b>	<b>12:40 – 13:10</b>	<b>12:40 – 13:10</b>	<b>12:40 – 13:05</b>
<b>6</b>	13:20 – 14:00	13:15 – 13:55	13:10 – 13:55	13:10 – 13:55	13:05 – 13:40
<b>7</b>	14:00 – 14:40	13:55 – 14:40	13:55 – 14:40	13:55 – 14:40	13:40 – 14:20
	40 minute lessons	40 minute lessons Lesson 7 = 45 min	45 minute lessons	45 minute lessons	40 minute lessons Lesson 6 = 35 min

# Hey guys, we are the Prefects of 2019,



**LEO**  
“Polo is my game; proud representative of the CBHS bus!”



**SIHLE**  
“Witty – always ready for a laugh and will never fail to give you a quick comeback.”

**BIANCA**  
“Just a smiley girl, who’s laugh is aimed at brightening your day.”



**RUBY**  
“I’m not Jade.”



**CAILIN**  
“That’s ginger that makes bad jokes, but puts a smile on your face and is never dull.”  
(DEPUTY HEAD)



**SEAN**  
“Often seen on the sports field or throwing his TV out the window when he loses at Fifa 19.”

**JADE**  
“A clumsy human who likes to give hugs and will almost always like you.”



**ANNA**  
“When you need memes, but do not want memes, I will stay – but when you want memes, but do not need memes, than I have to go.”



**KRISTEN**  
#Nofilter  
#girl  
#prefect  
#senior  
#TBT



**NWABISA**  
“Has read every book that exists and will wake from a coma to finish an argument.”

**ALEXA**  
“Dynamite comes in small packages.”



**ETHAN**  
“An approachable, friendly fish, who can’t wait to get to know you and help you with anything you need (but not academics – that’s what the others are for).”



# ...otherwise known as you School Family!



**JORDI**

“Sweet and to the point. All in all just an awesome girl who’s bound to snap a real good one on you.”



**KAHLIL**

“A spontaneous dramatic guy, who loves sharing his love for Peppa Pig, through his use of interpretive dance.”

**GIA**

“A small bean with a big heart and a big brain, who loves helping people and making them laugh.”  
(DEPUTY HEAD)



**PAIGE**

“...awkward laughter.”



**AMEER**

“I will always put a smile on your face and I am never dull.”



**ZUZU**

“I laugh too loud or at the wrong time, I’m frightened by almost everything, but generally I’m just a humble person.”



**AMANDA**

“I’m nice, funny, and like laughing at my own jokes, even when they are not funny – and most of the time I will laugh, before I even get to tell the joke.”



**GABBI**

“I will always be a friendly face.”



**HANNAH**

“That really loud girl that is easy to talk to.”  
(HEAD PREFECT)



**TRISTAN**

“Kind, caring, a bit childish and easy to talk to, but can be serious when I need to be.”



**OCEANA**

“Sporty and outgoing, always seen on the sports field. I have that whole resting mad or scary look on my face, but don’t worry, I am the complete opposite of that.”

**TRISH**

“Sunshine personified.”



# RCL

## YOUR STUDENT REPRESENTATIVES

### CAMPS BAY HIGH SCHOOL REPRESENTATIVE COUNCIL OF LEARNERS (RCL)

The RCL is run by Ms. M. Janse van Rensburg and Mr. A. Edwards. They meet every Tuesday at second break. The RCL is made up of 3 to 4 learners per Grade who have been elected by their Grade to represent them.

If pupils have issues or ideas, they are welcome to raise these with one of their Grade Representatives who will then take these issues to the Council for discussion, looking for solutions. The RCL is also responsible for helping to build school spirit.



The lunchtime experience

# **CODE OF CONDUCT**

Every school has a Code Of Conduct, a set of agreed on 'Rules' that governs our society on campus. At Camps Bay High School our rules are built on the concept of respect. We want you as a new Camps Bay High pupil to:

## **RESPECT YOURSELF**

This means that you take care to look good at school and that involves wearing your uniform with pride and making sure you are neat and tidy at all times.

## **RESPECT EACH OTHER**

Here you will be encouraged to think of others before yourself. This means that you will behave in a way that does not infringe on the rights of other pupils to enjoy their school experience. In practical terms this may involve being quiet in class so that everyone can hear what the teacher is saying.

## **RESPECT FOR PROPERTY**

At school you will show respect for other people's stuff by not touching things which are not yours. Also you will take good care of the textbooks that the school loans to you, as well as the locker you hire. It also means not littering.

## **RESPECT FOR DIVERSITY**

Camps Bay High School believes that there is 'Strength in Diversity'. We celebrate that we are all different on campus and we respect people who are different from us in any way.

*These broad areas of respect are translated into specific rules that can be viewed under the Code of Conduct on our website.*

**AT THE END OF THE DAY  
WHO YOU ARE IS TOTALLY  
& COMPLETELY UP TO YOU**

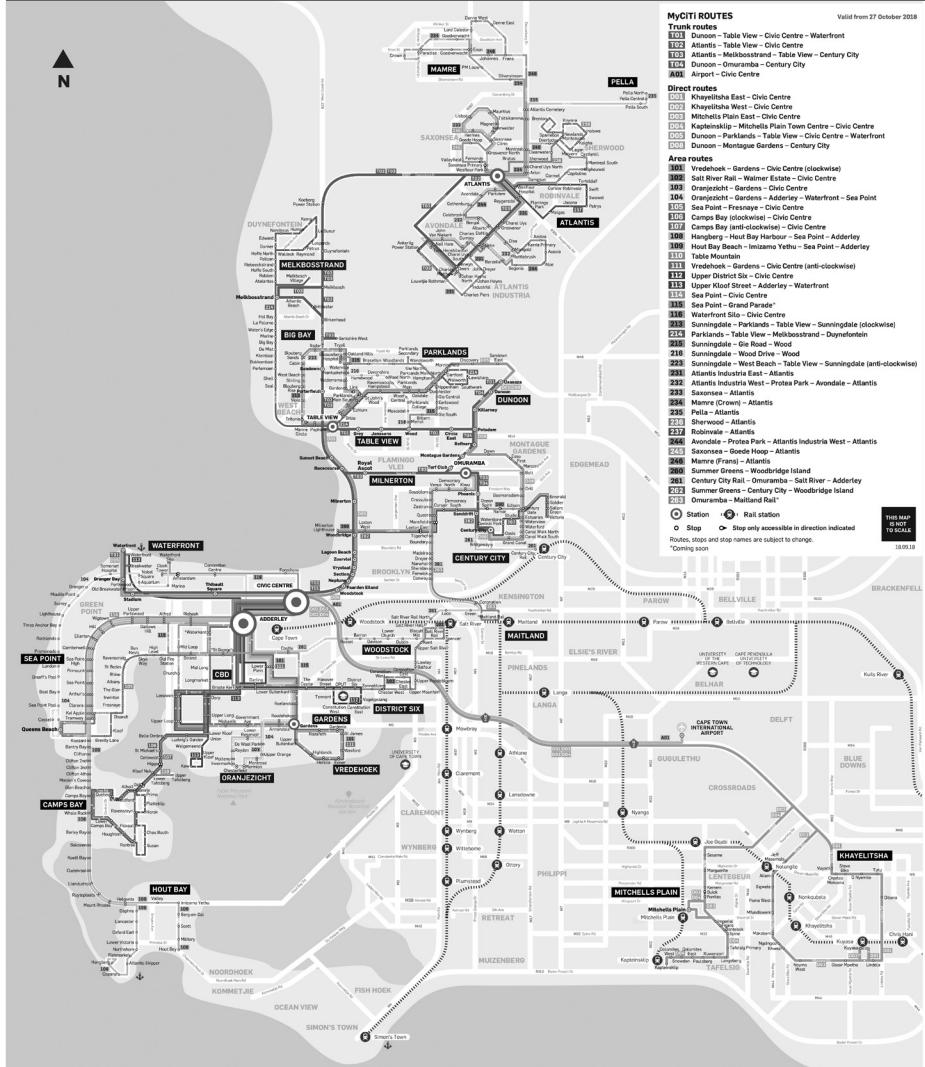
# MYCITI SYSTEM MAP

## 106: Camps Bay (clockwise) – Civic Centre

107: Camps Bay (anti-clockwise) – Civic Centre

108: Hangberg – Houtbay Harbour – Sea Point – Adderley

109: Hout Bay Beach – Imizamo Yethu – Sea Point – Adderley



FIND TIMETABLES AT [MYCITI.ORG.ZA](http://MYCITI.ORG.ZA)

# **BUS CARDS AND TOP UPS AT THE CLOTHING SHOP**



**MyCiti**  
Siyajikeleza. Laat Wiel.  
Going Places.

# A SIMPLE LOOK AT THE DOS AND DON'TS LIST

## DO

- ✓ Be on time, in fact be early.
- ✓ Arrive prepared for the day and all your commitments.
- ✓ Be neat – you wear your pride in your school.
- ✓ Always do your homework and complete it on time.
- ✓ Stay out of trouble, in fact, avoid it at all costs.
- ✓ Always ask questions when you don't understand work.
- ✓ When your teacher asks you to do something - do it!
- ✓ Pay attention in class – that's the time to absorb the information.
- ✓ Get involved in activities and clubs, sport and culture.
- ✓ Instead of memorizing try to learn it till you understand it.
- ✓ Greet your teachers and thank them for their time.
- ✓ Treat your peers with respect.
- ✓ Talk to someone if you are unsure or uncomfortable.
- ✓ Take care of your possessions, they are a privilege.
- ✓ Be organised, disciplined and self-motivated and you will go far.



## DON'T

- ✗ Don't be late – for school, class, sport meetings.
- ✗ Don't backchat your teachers or coaches, rather talk to them.
- ✗ Don't skip class, you will regret the work missed when it counts.
- ✗ Don't stop caring because of a poor grade, always try your best.
- ✗ Don't hesitate to ask questions - it's good to seek understanding.
- ✗ Don't hand assignments in late – you have to do them anyway...
- ✗ Don't break the Code Of Conduct - the rules are fair.
- ✗ Don't even consider bullying – a zero tolerance policy is in place.
- ✗ Don't go on your cell phone during class - manage your tech time.
- ✗ Don't give in to negative peer pressure- learn how to say NO!
- ✗ Don't miss out on opportunities that are offered you.



**“Camps Bay will give you every opportunity to shine,  
you would be a fool not to grab it!”**

...DEAN COTTLE ( PAST PUPIL, TEACHER AND SPORTS COACH)

# **COMMUNICATION AT CAMPS BAY HIGH SCHOOL**

## **THE SCHOOL TO YOU**

Things are a little bit different at High School... In Primary School your parents were "spoon fed" information about you and your life at school. At High School we help you on your journey to becoming responsible young adults, and so believe that you need to start taking responsibility for staying in touch with what's happening at school and what's required in your classroom or your extramurals.

We will still send your parents a weekly newsletter which will include highlights of the past week as well as planning for the week to come. But, the responsibility is with **YOU** - not your parents - to find out about your sports practice times, sports matches, homework, test dates, project deadlines, etc.

### **GOOGLE CLASSROOM**

At the beginning of the year, a school google account will be set up in your name. For the duration of your schooling at Camps Bay High School, this will stay the same. This will give you access to Google Classroom. Most of the teachers at Camps Bay High School use Google Classroom to post notices and information on tests and assignments. Some of your projects and assignments will even have to be submitted directly via Google Classroom.

You will also find past papers from exams here - this can help you with your Exam Preparation. Remember, the computers in the library are available for ALL STUDENTS to use so if you don't have a computer at home you can use the school's computers. The library is open till at least 4:30pm - Mondays to Thursdays. On Fridays the Library is open to 2:30pm.

You will also be able to access Google Classroom via your smartphone, if you have one.

The school has FREE WiFi available to all students but if you abuse this privilege (by downloading movies, music, or visiting sites restricted for over 18s) you will be cut off from the school WiFi.



### **SOCIAL MEDIA**

At Camps Bay High School, we have an Instagram and a Facebook Page as well as a YouTube Channel. If you are on Social Media, please follow/like/subscribe to our services. We post all the school's news here as well as fun video clips of school activities.

If you have anything you think should be shared with the school, for example an incredible personal sporting achievement, please mail our Marketing & Communications Manager - Ms. van der Spuy on [canderspuy@campsbayhigh.co.za](mailto:canderspuy@campsbayhigh.co.za). Ms. van der Spuy also welcomes any pics and stories of your life at school - she might not be able to use all of them but don't let that stop you from sharing!

Always remember... whatever you publish on social media, stays with you permanently so be responsible and don't put anything on social media that you might be embarrassed about one day!

## **WEBSITE ([www.campsbayhigh.co.za](http://www.campsbayhigh.co.za))**

Our website is what we call our “Outsiders View” of the school so this is essentially a Marketing tool for the school for those who are interested in the school.

## **IN TOUCH PARENT PORTAL**

The InTouch portal is a website that your parents can use to keep up to date with your life at school and includes information on:

- School announcements
- Upcoming events
- Calendar
- Attendance records
- Student behaviour
- Copies of term reports

Your parents will be able to check up on you here and see if you get any demerits, so be sure to always be on your best behaviour!

More info to follow.

## **SPORTS COMMUNICATION**

Mr. Nyathi is the Head of Sport at Camps Bay High School and Ms. Mbedzi is our Sports Administrator.

Teachers at Camps Bay High School are assigned to be in charge of different sports and are assisted by outside coaches in some cases.

Most of the Teachers in Charge or Coaches will set up WhatsApp Broadcast Groups to keep you informed of team matches, etc. It is your responsibility to make sure that your parents are aware of this.

Every student at Camps Bay High School is required to choose ONE summer and ONE winter sport. It is compulsory to attend all practices and be available for matches.

If you cannot attend practice or participate in a match, your parent will need to write a letter to [cmbedzi@campsbayhigh.co.za](mailto:cmbedzi@campsbayhigh.co.za) and copy the teacher in charge of your sport. Ms. Mbedzi may request a copy of a Doctor's Certificate.

If you miss your team practice or a match, without permission, you will be issued demerits and will have to attend detention.

*focus  
on the  
good*

# **COMMUNICATION AT CAMPS BAY HIGH SCHOOL**

## **YOU TO THE SCHOOL**

### **WHO IS YOUR 'GO TO' AT CAMPS BAY HIGH SCHOOL**

If you have an issue or a query, the first person to contact is your tutor teacher.

If you feel that you are not getting anywhere with your tutor teacher or if it is an issue related to your tutor teacher, you should then get in touch with either of your Grade Heads.

If you still don't feel your issue is resolved or your issue is with your Grade Head, then you can get in touch with Mr. Mostert as Head of Academics or Mr. de Korte, the Principal.

We encourage you to try resolve issues yourself. We know that sometimes your parents need to be involved in helping you make decisions but part of growing up is learning how to resolve problems yourself.

Of course, it is still very important to talk to your parents about your issues and hopefully they can give you some guidance and direction in terms of how to resolve the issues you have before they step in to help you.

### **PROCEDURE TO FOLLOW IF YOU ARE ABSENT, LATE OR NEED TO LEAVE SCHOOL EARLY**

If you are going to be absent, late or need to leave early, **your parent** needs to send an email or a note to your tutor teacher and a **COPY** of that email or note to: [reception@campsbayhigh.co.za](mailto:reception@campsbayhigh.co.za).

In the email, your parent needs to explain the reason for your being absent/late or leaving early as well as include date and times.

If you are wanting to leave school early, please go to Ms. Murray at Reception at the start of the day and collect a **LEAVING EARLY FORM**. You will then need to get each of the teachers classes you will be missing to sign off on the form and then return to Ms. Murray.

If you get sick during the day and want to leave early, you will need to go to Ms. Murray at Reception and she will give you permission to call your parents. You then need to get your parents to either send Ms. Murray an email on [reception@campsbayhigh.co.za](mailto:reception@campsbayhigh.co.za) (this is preferable) or Ms. Murray will get verbal permission from them.

Ms. Murray will issue you with a **LEAVING EARLY FORM** which you will have to get the teachers whose classes you are missing to sign and then you must return to Ms. Murray. You will then wait at Reception until you are collected or escorted to the bus stop by a Safety Officer.

# **ACADEMIC PILLAR**

We, as teachers, are here to help you and to make sure that we assist you in getting the highest possible marks at high school so that doors are opened up for you when you want to go and study after school.

We do not expect all of our pupils to be brilliant at every subject, and we recognise that some pupils are strong in some subjects, but might struggle with other subjects. All we want is for you to work hard and to do all your homework. It is important to ask questions in class and to make sure you understand what is taught. If at any stage, you are unhappy about something and would like to chat about it to me, I would love to see you, so please pop in to my office.

Regards

**Mr L Mostert**

**DEPUTY PRINCIPAL**

**HEAD OF ACADEMICS**

**HEAD OF MATHEMATICS**



## **GAP**

The Get Ahead Programme (GAP) is a programme of extra lessons in the core subjects that are run after school to help any pupil who feels they need additional help to pass or for pupils who were absent when a section of work was taught. It is voluntary and the classes are nice and small. Pupils do not have to attend every lesson, but can choose when they would like to attend. The programme will be made available in the first week of every term.

# TEACHER CODES AND CONTACTS

SENIOR MANAGEMENT TEAM			
CODE	NAME	POSITION	EMAIL
DD	Mr. Dave de Korte	Principal	dekorte@campsbayhigh.co.za
LM	Mr. Louis Mostert	Deputy Head, Head of Academics & Maths Subject Head	lmostert@campsbayhigh.co.za
KJ	Mr. Kevin Jenneke	Head of Discipline & Business Studies Subject Head	kjenneke@campsbayhigh.co.za
CR	Mr. Clinton Robbertze	Head of Discipline & Maths Literacy Subject Head	crobbertze@campsbayhigh.co.za
SC	Mr. Sheldon Cross	Head of Culture	scross@campsbayhigh.co.za
MZ	Mr. Mzi Nyathi	Head of Sport	mnyathi@campsbayhigh.co.za
BJ	Ms. Janet Burger	Economics Subject Head	jburger@campsbayhigh.co.za
VvH	Mr. Victor van Heerden	Operations Manager	vvanheerden@campsbayhigh.co.za

DEPARTMENTS				
SUBJECT	CODE	TEACHER	ROLE	EMAIL
Accounting	KM	Ms. K Mobsby	Subject Head	kmobsby@campsbayhigh.co.za
Afrikaans	CS	Mrs. C Sehnke	Subject Head	csehnke@campsbayhigh.co.za
Afrikaans	MJ	Ms. M Janse Van Rensburg	Teacher	mjansevanrensburg@campsbayhigh.co.za
Afrikaans	KJ	Mr. K Jenneke	Teacher	kjenneke@campsbayhigh.co.za
Afrikaans	LV	Ms. Louwlene van der Walt	Teacher	lvanderwalt@campsbayhigh.co.za
Afrikaans	CD	Ms. Chamune du Plessis	Teacher	cduplessis@campsbayhigh.co.za
Afrikaans	CH	Ms. Cindy Hanekom	Teacher	chanekom@campsbayhigh.co.za
Business Studies	KJ	Mr. K Jenneke	Subject Head	kjenneke@campsbayhigh.co.za
Business Studies	JM	Ms. J Mabaya	Teacher	jmabaya@campsbayhigh.co.za
Business Studies	RM	Mr. R Mileham	Teacher	rmileham@campsbayhigh.co.za

Business Studies	KK	Mr. K Mukombwe	Teacher	kmukombwe@campsbayhigh.co.za
Business Studies	CP	Ms. Ciaran Potgieter	Teacher	cpotgieter@campsbayhigh.co.za
Computer Applications Technology	YM	Mrs. Y Moopelwa	Subject Head	ymoopelwa@campsbayhigh.co.za
Consumer Studies	DS	Mrs. D Samu	Subject Head	dsamu@campsbayhigh.co.za
Creative Arts	SC	Mr. S. Cross	Teacher	scross@campsbayhigh.co.za
Creative Arts	BH	Ms. B Harvey	Teacher	bharvey@campsbayhigh.co.za
Creative Arts	ML	Ms. M Laufer	Teacher	mlaufer@campsbayhigh.co.za
Creative Arts	TS	Ms. T Scarborough	Teacher	tscarborough@campsbayhigh.co.za
Creative Arts	LT	Ms. L Terry	Teacher	lterry@campsbayhigh.co.za
Dance Studies	TS	Ms. T Scarborough	Subject Head	tscarborough@campsbayhigh.co.za
Dramatic Arts	SC	Mr. S Cross	Subject Head	scross@campsbayhigh.co.za
Economics	BJ	Mrs. J Burger	Subject Head	jburger@campsbayhigh.co.za
EMS	BJ	Mrs. J Burger	Teacher	jburger@campsbayhigh.co.za
EMS	JM	Mrs. J Mabaya	Teacher	jmabaya@campsbayhigh.co.za
EMS	KM	Ms. K Mobsby	Teacher	kmobsby@campsbayhigh.co.za
EMS	KK	Mr. K Mukombwe	Teacher	kmukombwe@campsbayhigh.co.za
EMS	CP	Ms. Ciaran Potgieter	Teacher	cpotgieter@campsbayhigh.co.za
English	JH	Mrs. J Horsfield	Subject Head	jhorsfield@campsbayhigh.co.za
English	BA	Mr. B Arthur	Teacher	barthur@campsbayhigh.co.za
English	NC	Ms. N Cross	Teacher	ncross@campsbayhigh.co.za
English	KD	Ms. K Drew	Teacher	kdrew@campsbayhigh.co.za
English	ML	Ms. M Laufer	Teacher	mlaufer@campsbayhigh.co.za
English	AM	Ms. A McKay	Teacher	amckay@campsbayhigh.co.za
English	Je	Ms. J Brandt	Learnership	jbrandt@campsbayhigh.co.za
Geography	JB	Mr. J Becker	Subject Head	jbecker@campsbayhigh.co.za
History	JP	Mrs. J Parsons	Subject Head	jparsons@campsbayhigh.co.za
History	RC	Mr. R Charters	Teacher	rchartsers@campsbayhigh.co.za

History	AE	Mr. A Edwards	Teacher	aedwards@campsbayhigh.co.za
History	JT	Ms. J Thompson	Teacher	jthompson@campsbayhigh.co.za
<b>Life Orientation</b>	<b>ML</b>	<b>Ms. M Laufer</b>	<b>Subject Head</b>	<b>mlaufer@campsbayhigh.co.za</b>
Life Orientation	BH	Mrs. B Harvey	Teacher	bharvey@campsbayhigh.co.za
Life Orientation	MH	Mr. M Howell	Teacher	mhowell@campsbayhigh.co.za
Life Orientation	KM	Ms. K Mobsby	Teacher	kmobsby@campsbayhigh.co.za
Life Orientation	DS	Mrs. Dineo Samu	Teacher	dsamu@campsbayhigh.co.za
Life Orientation	TS	Ms. T Scarborough	Teacher	tscarborough@campsbayhigh.co.za
Life Orientation	Je	Ms. J Brandt	Learnership	jbrandt@campsbayhigh.co.za
Life Orientation	CM	Ms. C Mbedzi	Teacher	cmbedzi@campsbayhigh.co.za
Life Orientation	CP	Ms. C Potgieter	Teacher	cpotgieter@campsbayhigh.co.za
<b>Life Science</b>	<b>CH</b>	<b>Mrs. C Hector</b>	<b>Subject Head</b>	<b>chector@campsbayhigh.co.za</b>
Life Science	BF	Mr. B Fortune	Teacher	bfortune@campsbayhigh.co.za
Life Science	SP	Ms. S Parker	Teacher	sparker@campsbayhigh.co.za
<b>Maths</b>	<b>LM</b>	<b>Mr. L Mostert</b>	<b>Subject Head</b>	<b>lmostert@campsbayhigh.co.za</b>
Maths	DD	Mr. D de Korte	Teacher	dekorte@campsbayhigh.co.za
Maths	MN	Mr. M Nye	Teacher	mnye@campsbayhigh.co.za
Maths	CR	Mr. C Robbertze	Teacher - Grade 8 & 9	crobbertze@campsbayhigh.co.za
Maths	TR	Ms. T Robbertze	Teacher	trobbertze@campsbayhigh.co.za
Maths	KR	Mr. K Roussopoulos	Teacher - Grade 8 & 9	kroussopoulos@campsbayhigh.co.za
Maths	OV	Mr. O Van Gruting	Teacher	ovgruting@campsbayhigh.co.za
<b>Maths Literacy</b>	<b>CR</b>	<b>Mr. C Robbertze</b>	<b>Subject Head</b>	<b>crobbertze@campsbayhigh.co.za</b>
Maths Literacy	OV	Mr. O Van Gruting	Teacher	ovgruting@campsbayhigh.co.za
Maths Literacy	MN	Mr. M Nye	Teacher	mnye@campsbayhigh.co.za
Music	BH	Mrs. B Harvey	Subject Head	bharvey@campsbayhigh.co.za
Natural Science	Ti	Mrs. T Boot	Subject Head	tboot@campsbayhigh.co.za
Natural Science	CH	Mrs. C Hector	Subject Head	chector@campsbayhigh.co.za
Natural Science	BF	Mr. B Fortune	Teacher	bfortune@campsbayhigh.co.za
Natural Science	SK	Ms. S Kohler	Teacher	skohler@campsbayhigh.co.za
Natural Science	SP	Ms. S Parker	Teacher	sparker@campsbayhigh.co.za

<b>Physical Education</b>	<b>MZ</b>	<b>Mr. M Nyathi</b>	<b>Head of Sport</b>	<b>mnyathi@campsbayhigh.co.za</b>
Physical Education	CM	Ms. C Mbedzi	Teacher	cembedzi@campsbayhigh.co.za
<b>Physical Science</b>	<b>Ti</b>	<b>Mrs. T Boot</b>	<b>Subject Head</b>	<b>tboot@campsbayhigh.co.za</b>
Physical Science	SK	Ms. S Kohler	Teacher	skohler@campsbayhigh.co.za
Social Science	RC	Mr. R Charters	Teacher	rcharters@campsbayhigh.co.za
Social Science	AE	Mr. A Edwards	Learnership	aedwards@campsbayhigh.co.za
Social Science	MH	Mr. M Howell	Teacher	mhowell@campsbayhigh.co.za
Social Science	JP	Mrs. J Parsons	Teacher	jparsons@campsbayhigh.co.za
Social Science	RI	Mr. R Isaacs	Learnership	risaacs@campsbayhigh.co.za
Social Science	JT	Ms. J Thompson	Teacher	jthompson@campsbayhigh.co.za
<b>Technology</b>	<b>RM</b>	<b>Mr. R Mileham</b>	<b>Subject Head</b>	<b>rmileham@campsbayhigh.co.za</b>
Technology	MZ	Mr. M Nyathi	Teacher	mnyathi@campsbayhigh.co.za
Technology	RN	Mr. R Nemutanzhela	Learnership	rmemutanzhela@campsbayhigh.co.za
Technology	CP	Ms. C Potgieter	Teacher	cpotgieter@campsbayhigh.co.za
Visual Arts	LT	Ms. L Terry	Subject Head	lterry@campsbayhigh.co.za
Xhosa	PS	Ms. P Siwendu	Subject Head	psiwendu@campsbayhigh.co.za

**TRY  
SOMETHING  
NEW**

<b>HOUSE HEADS</b>			
<b>HOUSE</b>	<b>CODE</b>	<b>NAME</b>	<b>EMAIL</b>
BLUE	AE	Mr. A Edwards	aedwards@campsbayhigh.co.za
GREEN	BF	Mr. B Fortune	bfortune@campsbayhigh.co.za
ORANGE	OV	Mr. O van Gruting	ovangruting@campsbayhigh.co.za
PURPLE	RM	Mr. R Mileham	rmileham@campsbayhigh.co.za
RED	PS	Ms. P Siwendu	psiwendu@campsbayhigh.co.za
YELLOW	KD	Ms. K Drew	kdrew@campsbayhigh.co.za

# **SPORT PILLAR**

## **GRADE EIGHT SPORTS GUIDE 2019**

(Extracts from the Sports Policy Document)

### **JUNIORS (Grade 8 – 10)**

- It is compulsory for all junior grades to be involved in sport.
- They may choose one sport in summer and one sport in winter.
- They may also choose to add a society to their sporting obligations.
- **NB:** When a pupil signs up for Summer Sport, they are signing up for the whole year's summer season (Terms 1 & 4). Winter Sports run through Term 2 & 3.

### **DRESS CODE**

Only the official Camps Bay sports kit must be worn for matches and practices with all Juniors (Grade 8-10). This is vital in terms of generating the right attitude in our pupils and projecting the right image of our school.

### **PRACTICE TIMES (Appear on the EXTRA-CURRICULAR SCHEDULE on Google Classroom)**

Team sport practices begin at 15h00 and end at 16h30 for juniors and 17h00 for seniors. (Some variations do apply where there is pressure on facilities or for pupils who play for senior teams

### **ABSENCE (48-hour Notice Period)**

If unavailable to play, because of exceptional circumstances other than ill health, the pupil needs to bring a letter from their parent (or send an e-mail). This must be handed to the coach or manager at least **48 hours** before the fixture.

### **MATCHES (Appear on the FIXTURES SCHEDULE on Google Classroom)**

- Matches are compulsory for ALL players chosen to represent the school. Some matches during the week are far and transport arrangements must be made for the end of the day. No excuses will be allowed for lack of transport.
- Camps Bay High School sports kit MUST be worn for matches.
- Sportsmanship comes first, winning, second. Be an **AMBASSADOR** for your school.
- Derby Days are **compulsory**.

### **EXEMPTIONS FROM SPORT**

Where the pupil represents a Provincial or National team and the documentation to this effect is presented to the school for consideration and exemption from school sport is possible. No exemptions will be given for Virgin Active Gym contracts, playing sport at a club, taekwondo, judo, horse-riding and the like.

### **DISCIPLINARY ACTIONS**

- Failure to sign-up for Sport & Extra-Curricular activities – 2 hour DT
- Absent from sport/activity without an excuse – 1 hour or 2 hour DT
- Missing a Sports Match without presenting a letter before the event – Saturday DT
- Missing a Derby Day – Saturday DT

**Mr Mzi Nyathi**  
HEAD OF SPORT

# SPORT OFFERING

“We are determined to spotlight the renewed growth and development of sport at the school”



ATHLETICS

## SUMMER

BASKETBALL



SWIMMING



WATERPOLO



DANCE

## WINTER

BODYBOARDING



CROSS COUNTRY



HIKING



HOCKEY

NETBALL

RUGBY



SOCCER



SQUASH



SURFING

TABLE TENNIS

# CULTURE PILLAR



## DRAMATIC ARTS

**Mr S Cross**

Dramatic Arts at Camps Bay High School involves all aspects of drama, acting, directing, voice and movement. There is a strong focus on the technical elements of theatre, play study and the history of theatre. There is a major emphasis towards performance but we also encourage a host of related skills such as producing, writing, sound and lighting and stage management. We have an annual production either a musical or classic play. We also have our annual inter house play festival, all interested learners from grade 8 to grade 12 can get involved with producing competing one act plays. Those who would like to get involved with drama but are not yet sure if they would like to pursue it as a Creative Arts or FET subject can join the Drama club.



## MUSIC DEPARTMENT

**Mrs B Harvey**

The Music Department provides the Music Stream for Creative Arts in Grade 8 and 9 with a secondary art form of Visual Arts and FET Music from Grade 10. All learners in the Music Stream will learn to read and write music, participate in class singing and the practical component will include use of auxiliary percussion and marimbas. The use of technology in music, including the composing of electronic music, is strongly supported and catered for within the Music Department. The school provides instrumental teachers who teach drum kit, guitar, piano, flute, saxophone and clarinet. From 2019, the instruction will be expanded to include trumpet and violin. Lessons with these teachers are at the parent's expense. The Music Department also provides ensembles for both Music and non-Music learners. These are provided free of charge as part of the school extramural programme, this includes a school choir, a show choir, four rock and pop bands, two marimba bands and, from 2019, an instrumental ensemble and concert choir. The Music Department is heavily involved in school events including Celebration, and we participate at provincial and national competitions and eisteddfods. The Music Department has a strong focus on producing well-rounded musicians, nurturing both the academic and performance-orientated musician.

## DANCE

**Ms T Scarborough**

Dance classes are offered daily as an extra mural activity. Pupils who attend these classes regularly have the opportunity to perform in the Dance Showcase in May and Celebration in October. Classes vary according to ability and experience. Timetable will be confirmed in January 2019.



## **VISUAL ARTS**

### **Ms Terry**

Visual Art focuses on creative and intellectual problem solving processes. Planning, research, innovation, conceptualisation and critical reflection are also required. The syllabus includes the appreciation of Art and Art History – from cave art through to 20th century art movements. Learners will explore and experiment with materials, techniques and processes related to art practice. Learners complete specific assignments revolving around a brief with a specific theme. Workshopped styles of art-making as well as individual or interpretive expression get developed. Visual Art is for the learner who is willing to approach the subject in a mature and dedicated manner. Art after school happens on a Tuesday and is for students who already take Art as a subject and wish to use the time to develop their practical tasks further.



## **CULTURAL EVENTS 2019**

**FEBRUARY 8-10 – Senior Music Camp**

**FEBRUARY 22-24 – Choir Camp**

**FEBRUARY 20 – Senior Music Recital**

**MARCH 6 – Band and Choir Evening**

**APRIL 26 – Founders Day Assembly**

**APRIL 12-13 – Grade 8 & 9 Music Mini Camp**

**APRIL 17 – Grade 8 & 9 Music Evening**

**MAY 15 – CBHS Annual Bean Feast**

**MAY 2-3 – Dance Showcase**

**JULY 12 – Inter house Play**

**AUGUST 15-17 – eKhaya the Musical**

**SEPTEMBER 2 – Matric Drama Prelim Evening**

**OCTOBER 3 – Celebration (Dates are subject to change)**

# **SERVICE PILLAR**

Camps Bay is excited to add a new pillar to our school in the form of Service which has already been a part of the school for many years. Serving others is an opportunity for students to contribute beyond themselves to the benefit of others leading to a well-balanced lifestyle.

Some students are actively involved in service outside of the school, for example Lifesaving. You will find that there are many ways to be of service within the school too.

## **THE PRESIDENT'S AWARD**

### **Ms K Mobsby**

TPA creates opportunities for young people to develop character discover their purpose and determine their future to contribute towards nation building.

Participants progress at their own pace through 3-Levels: Bronze, Silver & Gold.

- Bronze – Ages 14+
- Silver – Ages 15+
- Gold – Ages -16+

There are 5-Sections to the Programme that must be done per level over a fixed time:

- Physical Recreation – Encourages improved performance & physical fitness
- Service – Encourages responsibility to the community
- Skills – Encourage the development of cultural, vocational & practical skills
- Adventurous Journey – Cultivates a spirit of adventure and discovery; an understanding of the environment and the importance of team work and common purpose

## **FIRST AID**

### **Ms S Parker**

All Camps Bay High School, pupils are given the opportunity to be trained in First Aid up till First Aid Level 3. The training is offered on campus by outside trainers at least once a year. There is a cost involved.

Ms. S. Parker is in charge of the First Aiders at Camps Bay High School . Those who have qualified, volunteer at school sports matches, providing First Aid Service when needed. Ms. Parker draws up a roster according to the School's Sports Fixture List.

# SERVICE CLUBS AND SOCIETIES

<b>NAME OF SERVICE</b>	<b>TEACHER IN CHARGE</b>	<b>DAY/TIME OF MEETING</b>	<b>MEETING PLACE</b>	<b>DESCRIPTION OF ACTIVITIES</b>
ACTA - Against Cruelty to Animals	Ms. M. Janse van Rensburg	Wednesday at second break.	Miss MJ's class	4 big projects per year, helping fundraise for NPOs. This has included building a life sized rhino for World Rhino Day, adopting SANCCOB penguins, adopting 5 lions at the Drakenstein Lion Park. In addition, ACTA collects dog & cat food which has been donated to the SPCA and DARG.
Catering Society	Ms. D. Samu	Tuesday after school at 14.45. Once a term meet for a Saturday workshop.	Consumer Studies class	Provide catering services for the grade 8 camp, all the home Derbies, Xhosa cultural evening, Sports & Culture Awards Dinner, Matric Farewell lunch, Ground Staff Christmas Party, Private events, and annual Catering Camp.
Interact	Ms. K. Mobsby (Paige Cumming - President)	Thursday at second break.	Ms. Mobsby's class	Easter eggs collection, Bread Buddies, Christmas party for a creche, Christmas party for ground staff, Visit to an old age home, Sikhona Educare, Cancer awareness week, RAK week, Toy collection and stationery collection, Bra drive, Fundraising for different charities, One to one day, Santa's Shoebox.
Environmental Club	Ms. K. Drew	Thursday at first break.	Room 37	Tackling environmental issues around the school. Recycling initiatives. Beach clean ups, etc.
PR Team	Ms. C. van der Spuy and Mrs. S. Ford	Monday at second break.	Mr Jenneke's class	Photography and Videography at school events, Creating marketing material - posters, flyers, emailers, videos, etc. for school events, Updating notice boards/TV at school, Hosting tours ,visiting media and site visits on campus, Hosting Derby Day Being the "face of the school" at school functions and events, Writing stories for the newsletter, Drafting media releases, Writing, Uploading stories, videos, photographs, etc., to Instagram, Facebook and YouTube, Producing a monthly report of Club activities for inclusion in newsletter.
Sound and Lighting Crew	Mr. R. Mileham	Cultural slot & after school as needed.	Room 14 or sound box	Set up and running of technical needs of Camps Bay High School.

# CLUBS AND SOCIETIES

<b>NAME OF SOCIETY/ CLUB</b>	<b>TEACHER IN CHARGE</b>	<b>DAY/TIME OF MEETING</b>	<b>MEETING PLACE</b>	<b>DESCRIPTION OF ACTIVITIES</b>
Art Club	Ms. L. Terry	Tuesday after school.	Art Room	Offered to students who are currently taking Art as a subject and need to develop their term work further.
Chess Club	Ms. L. Terry	Cultural Slot and Friday after school for matches.	Art Room	Practice and play chess with coaching with matches against other schools on Fridays.
Choirs	Ms. B. Harvey	TBC	Music room	School choir and Show Choir.
Christian Union	Ms. T. Boot	Wednesday during first break.	Ms. Boot's class	Camps Bay Christian Life Church and Sea Point Life Church leaders lead us in Praise and Worship, Bible Study and Prayer.
Debating Society	Mr. B. Arthur	No set day for workshops & practices - dependent on coach's time schedule.  Rotary Debates are normally on Monday evenings.	Mr. Arthur's class	The Debating Society runs internal debates, workshops and take part in the Rotary Debating League.
Drama Club	Mr. S Cross (Student lead classes)	Monday directly after school till 4.	Drama Centre	Drama club for all those interested in performance - not limited to Drama Students.
LGBTQI + Society	Ms. A. McKay and Ms. M. Laufer	Friday at first break.	Ms. McKay's class (Rm 46)	This is a Safe space where issues affecting the community are highlighted. Includes discussion, guest speakers, workshops, films, documentaries. It aims to raise awareness and work to stop discrimination.

# **HEALTH SERVICES OFFERED BY CAMPS BAY HIGH SCHOOL**

Your physical and mental health is very important to us! This is one of the reasons we place an emphasis on team sports activities at Camps Bay High School as a healthy body = a healthy mind!

**We want you to be  
'Fit for Life'**

## **SCHOOL NURSE**

We have a school nurse who visits our School every second Wednesday. If you have a health issue or just need some advice, you can make an appointment to see her via Ms. Murray at Reception.

## **COUNSELLING SERVICE**

If, at any time, you feel you need emotional support or need to talk to someone confidentially about something that is causing you emotional distress, we have a full time Counsellor at the school as well as a Psychologist who comes in twice a week.

Mr. M. Howell is our Counsellor and you can see him in his office or simply catch him around the school and let him know you would like to chat to him. You can also email him on [mhowell@campsbayhigh.co.za](mailto:mhowell@campsbayhigh.co.za).

Mr. Howell may refer you to see Mrs. Spiro, our Psychologist.

**THERE IS ALWAYS  
A REASON TO**

**smile**

**FIND IT.**

# **MAKING THE TRANSITION TO HIGH SCHOOL**

Grade 8 is a new start, a time to put past expectations, and mistakes behind you and redefine the journey your high school will take you on. A time to decide if you will be a passive observer or an active participant.

Make no mistake, Grade 8 will come with its own set of challenges, two of which are peer pressure and stress. These two factors can impact your ability to focus and excel academically and yes, you want to give Academics your best! The rest of what Camps Bay can offer you is all yours for the taking. So here's some advice on how to make the transition smoothly...

## **BE ORGANISED**

This allows you to stay on track with your work, assignments and projects and gives you confidence at exam time. Prep the night before for the next day. Make lists.

Set goals – short and long term goals and constantly re-evaluate them. Build good study habits – every day! Ask for help, ask if you are uncertain... ASK!

## **PEER PRESSURE**

There is of course both Positive and Negative peer pressure all around us. This does not change after school – but what does change is our maturity and our self-discipline to say NO! This comes from making good choices and it starts right here in high school. Asking ourselves: "Is this going to have a good outcome for me or others?", "What is my gut telling me?", may answer that question for you.

Peer pressure comes in many forms: Theft, Drugs and Alcohol, Sexual Activity, Bullying and more potentially dangerous behaviour. The results of being swept up in the moment will have dire consequences. Understand this about peer pressure:

- Learn how to be Assertive -you have the right to say NO!
- Delay the moment – say “ let me think about it .”
- Get out - when in doubt – walk away!
- Choose your friends wisely, hold each other accountable, have each others backs!
- Ask for help - Talk to someone you trust.
- Be prepared – don't put yourself into “those” situations if avoidable.
- Be the game changer – stand up and be the positive peer pressure.
- Its okay to be alone – instead of being pressured to fit in... Stand out!
- Always go with your instincts and do the right thing even if its hard!

## **BULLYING**

Bullying is unacceptable. It is a behaviour that is rooted in fear rather than respect.

It can be physical, social, verbal, direct or indirect, and includes engaging, videoing, posting on social media platforms. Its intent is to harm an individual repeatedly and this is not tolerated at Camps Bay High School.

Because we are a family that celebrates diversity and individuality in our students we believe in creating a community that everyone has the right to enjoy, therefore our Code of Conduct is clear on the consequences should bullying occur and we encourage our students to speak to someone they trust about their concerns.

If you are being bullied here are some helpful tips...

- Maintain neutral facial expressions (Bullies look for reactions).
- Tell someone you trust – so we can hold the person accountable.
- Join an extracurricular activity to meet other/new friends.
- Ask a peer to support you in a confrontation.
- Respond with non-aggressive statements ("So what," "That's your opinion," "Okay").
- Make assertive statements ("This is a waste of my time.").
- If you are going to get involved make sure it is for the right reasons... to say STOP! ENOUGH!

## CYBERBULLYING

The coward's platform... using digital technology to deliberately hurt someone. You know what this looks like. It includes:

- Posting or sending messages that threaten people or put people down
- Leaving people out of online games or social forums
- Spreading nasty rumours online about people
- Setting up unkind or unpleasant fake social media accounts
- Trolling or stalking people online
- Sharing or forwarding people's personal information
- Posting insulting or embarrassing photos or videos of people

Cyberbullying often leaves teenagers with lowered self-esteem, and feeling unsafe. They will experience anxiety, and stress. This leads to less interest in school and low academic achievement.

## SOCIAL MEDIA (check out Emma Sadlier – the Digital Law Company)

We know social media is vital to your social and creative lives. It expands your knowledge base and connects you to like-minded peers. It challenges your creativity, opens up collaborative learning and builds into relationships. It is an extension of your offline interactions.

The risks are becoming more prevalent and with it the need to begin and maintain a dialogue on being safe, responsible and respectful. The dangers you face are real. The temptations are unavoidable and the choices you make are vital to ensuring a reputation of integrity that will follow you throughout life.



Know the dangers to avoid:

- Being exposed to inappropriate or upsetting content like mean, aggressive, violent or sexual comments or images.
- Uploading inappropriate content like embarrassing or provocative photos or videos of oneself or others.
- Putting the school reputation at stake – anything in uniform or referencing the school in a negative light – dire consequences.
- Sharing personal information with strangers – eg. phone numbers, date of birth or location.
- Being a responsible digital citizen by showing respect in posts and when sharing content – for example, if it's not OK to say or do something face to face, it's not OK online.

Your digital print is lasting.

# **STUDY TIPS FOR HIGH SCHOOL**

## **#1: BE ENGAGED, TAKE NOTES, AND LISTEN.**

Participating in class is a great high school study skill to build. It helps you to stay focused on what is being taught. Do this by:

- Taking notes.
- Raising your hand to ask questions.
- Engaging in class discussion.

## **#2: KEEP UP TO DATE WITH YOUR HOMEWORK**

Use a high school planner to stay on top of assignments that are due and upcoming. Don't just do this by writing down what is due each day, but:

- Pencil in study time for your upcoming quizzes and tests.
- Break larger assignments like essays and research papers into steps.

## **#3: HAVE AN ORGANIZATIONAL SYSTEM IN PLACE**

Having a folder for your high school classes can be a big help to keep those stray papers out of your backpack.

## **#4: HAVE A ROUTINE**

Decide when you want to wake up, and when you want to go to bed. Make a habit of it. Then write down everything you do in-between. If it's different for different days of the week, then do this for each day.

## **#5: HAVE DAILY AND WEEKLY OBJECTIVES IN PLACE**

Utilizing this high school study skill is important because it allows you to practice breaking larger tasks into smaller ones so you don't have to keep reminding yourself to do them and you still accomplish what you wanted to.

## **#6. DO NOT PROCRASTINATE (which is doing nothing...)**

The 2 most effective ways to beat procrastination are:

- Strong habits created through routine repetition and Doing before you think

## **#7: HAVE AN IDEAL STUDY STATION**

Since clutter is a distraction, keep your study spot organized.

## **#8: UNPLUG, LOG OFF, MUTE, AND POWER DOWN**

Having your phone out or checking Facebook while working is not just a HIGH SCHOOL habit, it's something everyone is guilty of. You'll find that breaking this habit is going to increase your workflow tremendously.

## **#9: MANAGE HIGH SCHOOL STRESS**

Take breaks and think positive.

## **#10: TAKE ADVANTAGE OF TECHNOLOGY AVAILABLE**

There are many high school apps that can serve as effective study methods.

Use the app that works best for you — any of these apps can make high school life just a little bit easier!

# **TERMS THAT MAY BE NEW TO YOU HERE IN HIGH SCHOOL**

## **1. LATE SLIP/YELLOW SLIP**

The slip you get from reception when you're late for school which you give to your tutor teacher.

## **2. CELEBRATION**

The end of year academic and special awards prize-giving.

## **3. ISOLATION**

When you are isolated from class for breaking the school Code of Conduct.

## **4. GAP**

The "Get Ahead Programme" is an afterschool class to help you understand work covered in class and help you catch up on work you've missed.

## **5. CULTURE SLOT**

A weekly slot on a Tuesday where cultural activities are given a platform.



## **6. LIFE SCIENCE**

Biology.

## **7. DAQ**

Dennis Abrahams Quad. It's the quad that has a roof.

## **8. TUTOR**

Equivalent to Home Room. It's the class you go to in the morning to do register and get notices.

## **9. OPEN QUAD**

It's the quad that has no roof and a basketball/netball court on it.

## **10. GOOGLE CLASSROOM**

The online source for specific subjects, to get past papers and to work on and submit projects.

## **11. ASP (ACADEMIC SUPPORT PROGRAMME)**

These are after school lessons where learners are given the opportunity to write a test that was missed (e.g. due to illness or to complete an assignment). Subject teachers will arrange this with you.

## **12. @campsbayhigh.co.za EMAIL DOMAIN**

Your school email account domain.

## **13. HOUSE MEETINGS**

Meetings with your Head of House to discuss interhouse competitions.

## **14. GRADE MEETINGS**

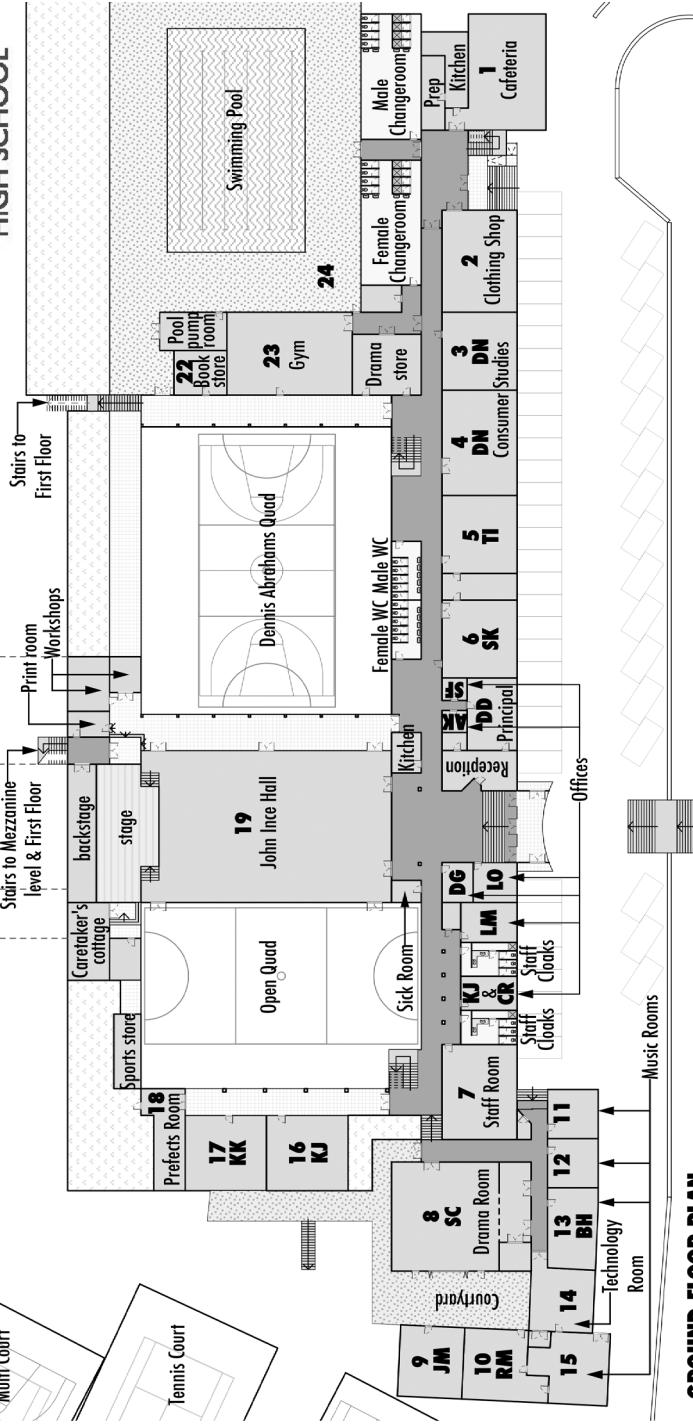
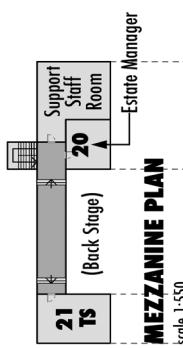
meetings with your Grade Heads to discuss any issues, concerns or upcoming events.

## **15. SPECTRUM WEEK**

This event is organized by the prefects for the whole school, and is a week filled with fun and activities for all.

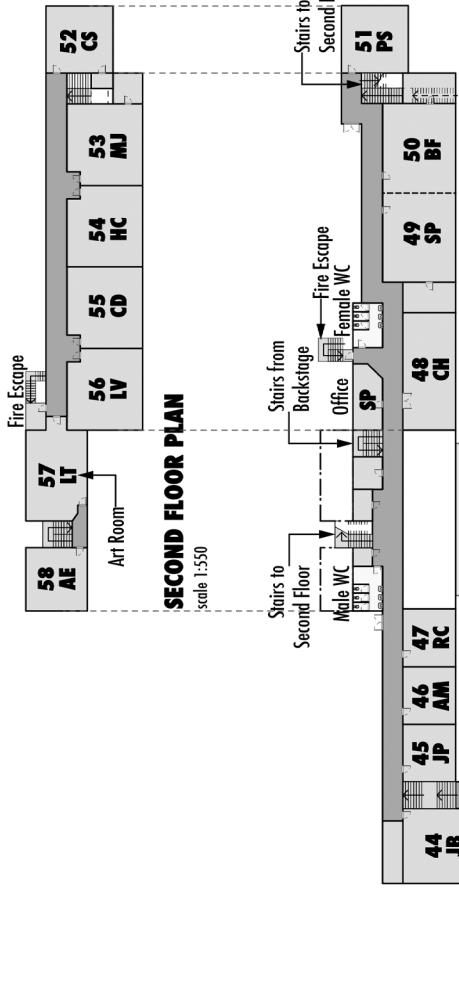


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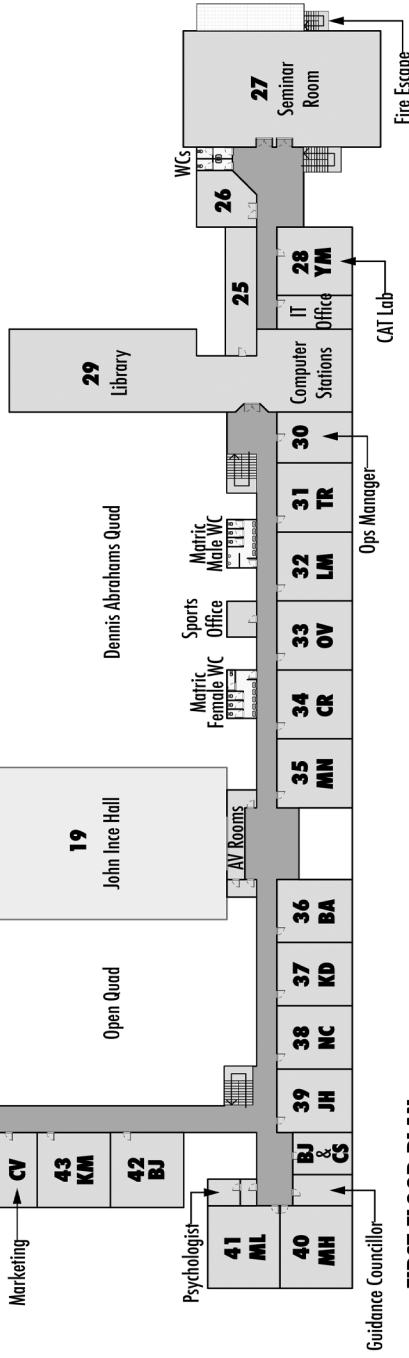


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SECOND FLOOR PLAN

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FIRST FLOOR PLAN

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