



CAMPS BAY HIGH SCHOOL



Newsletter #9 2019

1 March 2019

Dear Parents,

On Wednesday, we held the Governing Body By-Election.

Congratulations to Mrs. Shamiso Nyoka, mother of Cherise in Grade 9, and also to Mr. Ashley Holling, father of Dominic in Grade 9 on their election to the Camps Bay High School SGB.



“WHAT IF” File

Can I commend to you this article on the need for a “What If file”? We were reminded again with the tragic death of one of staff members, Nicky van Rooyen, of the need to have these vital documents together.



The Importance of Creating a What If File for When a “What If” Moment Strikes.

It's the month of love and load shedding has started again! So, here's how to use the downtime when you have no electricity to do something meaningful --- get your What If File in order. So, what's a What If file, I hear you say? Read on or skip forward to watch the TV interview I did on the topic recently.

Preparing for the unexpected and for potential disruptions in life, through death, is a tough conversation to have. But, the honest truth is, all of us will be faced with a ‘what if’ moment at some stage, when a loved one unexpectedly falls ill or dies. When you find yourself in such a position, the last thing you want is to start searching for important documents from scratch, especially when you are in shock or in a highly emotional state.

Love each other and yourself enough to get your admin and paperwork in order before a ‘What If’ moment unexpectedly strikes. You have no idea how much time, energy, anxiety, anger and frustration you will avoid if you do!

My Valentine's gift to you - peace of mind

From my own journey with shock, trauma, tragedy and grief, I have compiled a comprehensive list of the documents that you need to have at your fingertips in what I call, the What If File (a real file or one on your computer). Please download your free copy of my list here with one caveat: don't just download it, spend a weekend collating all the documents into your own What If File and give yourself and your family the gift of peace of mind. It is far more valuable than you can imagine!

“Only dead people never get stressed, never get broken hearts, never experience the disappointment that comes with failure. Tough emotions are part of our contract with life. You don't get to have a meaningful career or raise a family or leave the world a better place without stress or discomfort. Discomfort is the price of admission into a meaningful life.”

~Dr Susan David from her TED talk entitle The Tyranny of Relentless Positivity.

I hope that what I have experienced and learned on this journey so far (and I am only at the beginning) will be helpful to many of you. The space I am in can be seen as a gift or punishment. I choose to see it as a gift. I journey with both old and new teachers. I've learnt to let others in. To be vulnerable and supportable. To support myself and others. We do not journey alone - ever!

Much Love
Nikki Bush

[Download What If File List](#)

Sad News

We were sad to learn that *Stuart Collier* is taking early retirement. For your interest, please see attached the letter he wrote to the Primary School.

PLB Cheese and Wine Evening

The PLB (Parent Liaison Body) will host a cheese and wine evening on **Wednesday, 6 March** at **6 p.m. for 6.30 p.m.** All parents are welcome. It will be a great opportunity to meet other parents in your child's grade.



CAMPS BAY
HIGH SCHOOL

INVITATION: PLB CHEESE & WINE EVENING

Camps Bay High School's Parent Liaison Body (PLB) invites you to join them at a Cheese & Wine Evening where you will have the opportunity to meet other parents in your grades, make connections and discuss ideas for the school's projects.

When: Wednesday, 6 March 2019 @ 6pm for 6.30pm
Where: Ardi's (the tuck shop)
Camps Bay High School,
Lower Kloof Road, Camps Bay

For catering purposes, please RSVP to: Wendy Foster -
wendydfoster@gmail.com before Monday, 4 March 2019



PLB Notice

Please see attached page further down, being the appeal from the PLB for benches for our school.

Clothing Shop

Most of the stock items we were waiting for have arrived. The following items are **out of stock**:

Item	Size
Boys golf shirts	9-10, 11-12, 13-14, Large
Boys swimming costume	9-10 & 13-14
Girls swimming costume	9-10, 11-12, Medium
Girls golf shirts	13-14, Medium, Large, XXXLarge
PT shirts	11-12, 13-14

These suppliers have notified me that they have quite a large backlog to get through. Delivery will therefore only take place during the School Holidays. Apologies to those parents who are waiting for items on this list.

The following items are on sale for **R80-00** until stocks last:

Boys' short-sleeve golf shirts: 4-5yrs & 5-6yrs
Girls' short-sleeve golf shirts: 5-6 yrs
Long-sleeve golf shirts: Large, XL & 2XL

Athletics Awards 2019

NEW RECORDS:

Hallie METH New Record U15 Long Jump 3,93m
Tanya MBWEMBWE New Record U15 Shotput 8m
Kabelo MOYO Equal RECORD U17 High Jump - 1,80m

LEARNERS WHO OBTAINED MORE THAN 1000 ASA POINTS

UNDER 14 BOYS: Jensen SMITH, Josh LANGDON, Robert GARDE
UNDER 14 GIRLS: Daniella SEGAL, Hannah BADENHORST, Lia WELLS, Nina FURST
UNDER 15 BOYS: Christian LEE MING YESCA, Adinaan CORNELIUS, Thomas SYMONS
UNDER 15 GIRLS: Casey BLOOMBERG, Mishka BAILEY, Taylor STOLTENKAMP
UNDER 17 BOYS: Emmanuel MWANZA, Joshua FINNISH, Mudrek GAMIELDIEN, Tendai BANDA, Troy FERGUSON
UNDER 17 GIRLS: Amanda FUMBA, Laura KAIPA, Trinity DE VILLIERS
UNDER 19 BOYS: Sean PAPE, Thabo KALU
UNDER 19 GIRLS: Casey SUTHERLAND, Kristen RAS, Trish GANDA, Zoe MASON

Junior Victor LUDORUM

Samuel WARREN 1790 points

Junior Victrix LUDORUM

Mia ENGELS 2670 points

Senior Victor LUDORUM

Tyrese COETZEE 2010 points

AND

Alexandro DA SILVA
and New Record in 3000m 2010 points

Senior Victrix LUDORUM –

Daniella LEE MING YESCA 2340points

Inter-House Swimming Awards 2019:

Laila SANDERS-PERRIN Girls u/14 50M
BACKSTROKE

Kayla GILMOUR Girls u/14 50M
BREASTSTROKE

Jenna THOMPSON Girls u/14 50M
FREESTYLE and
Girls u/14 25M
BUTTERFLY

Benjamin PIENAAR Boys u/14 25M
BUTTERFLY

Sebastian REYNOLDS Boys u/14 50M
BREASTSTROKE

Eleane ERAS Boys u/14 50M
FREESTYLE

Neve INGLE Girls u/16 50M
BREASTSTROKE

Teia MASSEY Girls u/16 50M BACKSTROKE

Erin MILLER Girls u/16 50M FREESTYLE and Girls u/16 50M BUTTERFLY

Johnny LUCAS Boys u/16 50M BACKSTROKE

Matthew REES-GIBBS Boys u/16 50M FREESTYLE

Alexa SPITZER Girls OPEN 100M FREESTYLE and Girls u/19 50M BUTTERFLY

Casey SUTHERLAND Girls u /19 50M BREASTSTROKE

Troy FERGUSON Boys u/19 50M BACKSTROKE

Ethan HOLTMAN Boys u/19 50M BREASTSTROKE

Robert JOHNSON Boys u/19 50M BUTTERFLY

Thabo FIKIZOLO Boys u/19 50M FREESTYLE

Morgan LOUW Boys OPEN 100M FREESTYLE



Junior Victor Ludorum

Asher BORCHARDT Boys u/14
50M BACKSTROKE

Junior Victrix Ludorum

Mia HYLAND

Senior Victor Ludorum

Lochlan WILLIAMSON
Boys OPEN
100M MEDLEY;
Boys u/16 50M
BREASTSTROKE;
Boys u/16 50M BUTTERFLY

Senior Victrix Ludorum

Justine GARDE Girls OPEN
100M MEDLEY;
Girls u/19
50M BACKSTROKE;
Girls u /19 50M FREESTYLE



Grade 10 Summer Fling Festival

The Grade 10s hosted their Summer Fun Fling Festival on Friday, 22 February 2019. A big thank you to all the teachers and parents who gave up their time to assist - special mention to *Juliet Manderson*, *Kiera Kresfelder's* mom and owner of The Woodstock Lounge, for the delicious food!



Dance Showcase

We will have a dance showcase in Term 2 where all dancers participating in Dance as a sport and those who have taken Dance Studies for Grade 10 - 12 will perform. There is a very important letter about this showcase attached to this newsletter which details extra rehearsals and other related matters. Please ensure you read this letter if your child is dancing.

Under 16 Netball Team Wins Netball Tournament

Our Under 16 and Under 19 Netball Teams participated in a Netball Tournament at Bosmansdam High School last weekend. The Under 16 team dominated the tournament, winning all their matches and taking home the tournament cup beating Bosmansdam 7-1 in the Final. In the run up to the final, they beat Apex 7-1, Melkbosstrand 8-3, Sibeliuss 8-1 and CBC Parklands 9-5.

The Under 19 team can also be very proud of their achievement, having made it all the way through to the semi-finals before losing to Fairbairn College.



Learner Achievements

TABLE BAY ZONALS

Over 30 of our athletes competed in the Table Bay Zonal Athletics Finals last week and we are very proud of their achievements. The following athletes qualified to represent the Table Bay Zone in the WP High Schools Championships this weekend.

- | | |
|--------------------------|---------------|
| 1. Lia Wells - | 100m & 200m |
| 2. Madison De Villiers - | High Jump |
| 3. Taylor Stoltenkamp - | 800m & 1500m |
| 4. Hallie Meth - | High Jump |
| 5. Zoe Mason - | 800m |
| 6. Amanda Fumba - | 800m |
| 7. Adinaan Cornelius - | 400m & 1500m |
| 8. Samuel Warren - | 3000m |
| 9. Thomas Symons - | 100m |
| 10. Joshua Finnish - | Long Jump |
| 11. Mudrek Gamielien - | 1500m |
| 12. Moenier Benjamin - | 100m |
| 13. Alexandro Da Silva - | 5000m & 1500m |
| 14. Sean Pape - | 5000m |
| 15. Keandro Carr - | High Jump |

SANLAM CAPE MILE

Well done to *Ben Stoltzman* in Grade 9 (see on right) who attended the Maccabi swimming training camp in Hermanus and participated in the Sanlam Cape Mile.

LAS VEGAS MAYOR'S CUP SOCCER TOURNAMENT

Grade 8 pupil, *Daniella Segall* (see below), has been in Las Vegas to compete in the Las Vegas Mayor's Cup as part of the Downtown Las Vegas Soccer Team. Her team beat Canada, Mexico United and Colorado on their way to the semi-finals before losing on penalties.



JUNIOR DEBATE TEAM WINS DEBATE AGAINST HERZLIA

Congratulations to our Junior Debate team who won their first debate of the year last night against Herzlia. The Junior Team members speaking at Tuesday's debate were *Amaan Abader*, *Sophie Rehn* and *Abigail van der Spuy*.

Their motion was "This House believes that parents should push their children to achieve, even if that comes at the expense of their child's happiness". Our juniors were proposition. *Abigail van der Spuy* was also awarded "Best Speaker".

Our Senior team who were represented by *Lola-May Dunn*, *Francois Kemp* and *Nwabisa Mbisholo* also debated against Herzlia on Tuesday night. Their motion was "This House believes that companies should prioritise making a profit above all else". The seniors opposed the topic. Unfortunately, the seniors narrowly lost their debate.

RCL

Congratulations to *Amava Mkuku* who has been elected as Head of Camps Bay High School's RCL for 2019. Her deputy is *Thandeka Mdawini*.

The Grade 8 RCL representatives are: *Daniella Segall*, *Ella Goddard*, *Laila Sanders-Perrin* and *Sa'eed Jattiem*.

On right: *Thandeka Mdawini* and *Amava Mkuku*

LOCHLAN WILLIAMSON SHINES IN CRICKET TOURNAMENT

Lochlan Williamson captained his Green Point Cricket Club (GPCC) Colts team in the Cape Town Sixes Tournament over the weekend. The team was made up of boys aged 15-18, from Camps Bay High, Wynberg Boys High, Rondebosch Boys High, Bishops and Herzlia High.



All the other teams were made up of men from the leading clubs in the Western Cape.

They did exceptionally well, finishing second out of 16 teams. They were very unlucky not to win the final, losing narrowly by only 7 runs to a very strong Durbanville team.

Lochlan finished as the tournament's top wicket taker, with 12 wickets, including a hat-trick in the semi-final



Results of General Knowledge Quiz

The results of the first term General Knowledge Quiz are in! Here are the top three in each Grade (scores out of 40).

GRADE 8

- Joint First:** Keyaan Shadrack, Alexzandria Letizia (32)
Joint Second: Mia Engels, Zanele May, Kayley Cronje, Lili Louw (31)
Joint Third: Shuaib Davids, Jensen Smith, Ntando Mambukwe (30)

GRADE 9

- First:** Anderson Alberto (37)
Second: Yasaar Bassier (36)
Third: Michael Adamou (34)

GRADE 10

- First:** Troy Ferguson (35)
Joint Second: Medad Pembele, Mudrek Gamielien, Ammaar Smith (34)
Joint Third: Ruby Berg, Yanga Mtongana (33)

GRADE 11

- Joint First:** Francois Kemp, Liam Ramsden (36)
Second: Matteo Vigliotti (35)
Joint Third: Hannah Fowler, Jenna Perrone, Mila Engelbrecht, Eathan Shirley (33)

GRADE 12

- First:** Azraa Abrahams (37)
Second: Rebecca-Ann Klaasen (36)
Third: Georgia Goldie (35)

HOUSE RESULTS

1. GREEN
2. BLUE
3. RED
4. ORANGE
5. PURPLE
6. YELLOW

Rehearsals Underway for eKHAYA

Rehearsals are well underway for *eKhaya* which opens at Camps Bay High School on **15 August 2019**. Here the cast can be seen rehearsing the final moments of the musical production, which has been written for Camps Bay High School by award winning playwright, Penny Youngleson.



French Exchange Visitors

We welcomed our French Exchange visitors on Monday with a tea in *Mrs. Sehnke's* Classroom. Our French guests are being hosted by Camps Bay High School families and are spending their time here learning more about the culture of our country and taking in local sights.



Camps Bay LGBTQI Society at Cape Town Pride

Camps Bay LGBTQI Society will be taking part in Cape Town Pride Parade tomorrow and were spotted making their banner for the Pride Parade in break today.



Grade 10 Art Projects

The Grade 10s turned in some exceptionally creative projects this week and turned the Art Room into an Insect Garden.



Camps Bay High School in the News

Two Camps Bay High School stories featured in **Awsum School News** this week:

<https://www.awsumnews.co.za/regions/camps-bay-ul-16-team-wins-netball-tournament/>

<https://www.awsumnews.co.za/regions/western-cape/city-bowl-atlantic-seaboard/camps-bay-high-school/camps-bay-high-school-officially-opens-new-classrooms/>

The Week Ahead:

Friday 1 March – Saturday 2 March	Swimming Camp (at school)
Friday 1 March	Camps Bay Primary Picnic (on CB High School field)
Friday 1 March – Saturday 2 March	WP High Schools Championships
Saturday 2 March	West Coast Rugby and Netball Festival
Monday 4 March	RCL Assembly
Tuesday 5 March	Inter-House Waterpolo and Basketball
Tuesday 5 March	English Olympiad
Wednesday 6 March	Interhouse Waterpolo and Basketball
Wednesday 6 March	PLB Cheese and Wine Evening – 6 p.m.
Thursday 7 March	French Exchange Farewell Assembly – 8.15 a.m.
Thursday 7 March	MAPS (Marketing Association for Public Schools) Breakfast
Friday 8 March – Sunday 10 March	Grade 11 Camp

I am pleased to report that our **Test Week** went really well.

Have a good weekend.

Yours sincerely,

David de Korte
PRINCIPAL

ADVERTISEMENTS



Are you in need of a **domestic worker, nanny, home-based career (with nursing experience), efficient driver, gardener, grounds man, waiter, barista, bartender, cashier or general worker**? Scalabrini Centre has a database of migrants willing to work for you now! We also have individuals with welding and grinding and electrical experience, and seamstresses. Foster integration and help combat unemployment today by contacting the centre at **021-465-6433** or e-mail Max at jobplacement@scalabrini.org.za
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083 289 0023 | DANCEWARRIORSSA@GMAIL.COM



CAMPS BAY PRIMARY SCHOOL

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www.campsbayschools.co.za

27 February 2019

Dear Parent(s) / Guardian(s)

It is with a heavy heart and after much deliberation that I inform you that it is my intention to retire as principal of Camps Bay Primary School towards the end of the year, subject to the government initiative and roll out of the recently announced early retirement package. After 34 years in education, 18 of which associated with the Camps Bay Schools, firstly as a deputy head at Camps Bay High, followed by 10 years as principal of Camps Bay Primary, it is time to pass the baton on to a new candidate.

I have had ten great years as leader of this special school and a lot has been achieved in all spheres by many stakeholders. I have given it my very best and it has indeed been a privilege to work with the wonderful team of teachers, administrative and support staff, parents and learners. It has indeed been an absolute pleasure and privilege to be the principal of a school so full of warm-hearted children who work hard and are always eager to please and learn. Hopefully one day one can look back and say that one has helped to lay solid foundations and positively impacted on the paths of young people to do good and make a difference.

I would like to thank the Deputy Principal, Mrs Liesel Visagie, the Head of the Prep campus, Mrs Linda Murray, the School Management Teams and governors for all their support and leadership over the years.

The School Governing Body will work closely with the WCED to appoint the new principal. Although there will be a change of leadership, you should rest assured that everything possible will be done to ensure that the leadership transition will be a smooth one. The process of nomination and appointment of a new principal includes the following steps:

- The post will be advertised in the press and in the WCED Vacancy List
- Candidates are shortlisted and interviews will be conducted by the SGB
- Nomination(s) are then made by the SGB to the Head of Education

In all likelihood an appointment will be made as of 1 January 2020.

This decision has not been an easy one; however, I thank you for your understanding and continued support.

Yours sincerely

Stuart Collier
PRINCIPAL



CAMPS BAY HIGH SCHOOL

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Dear Dancers, Parents and Guardians,

Welcome to extra mural dance. We have offered dance as an extra mural activity since 2015 but this year, for the first time, it is included as one of the sport options on our sports timetable. This extra mural was originally started to offer extra dance classes for the pupils who were doing Dance Studies as their FET subject (grade 10 – 12) and needed the extra practical training. It was also a solution for those who wanted to dance but could not take it as a subject as it clashed with other subject choices. Now that it is open to everybody as we have seen a large growth in numbers.

We divide the pupils up according to ability and not age and therefore have a beginner, intermediate and advanced class. Often new pupils, regardless of previous training, end up in the beginners because I need time to first see what they can do before I decide where they fit in. Some pupils come with dance training in a different genre, which means they still need to start at the bottom with our genre, which is Contemporary Dance. Please take a moment to talk through this with your child so that we can avoid “upset feelings”. Over time we will see who needs to be challenged by a higher level class, who proves themselves to be dedicated and so on and adjust classes accordingly.

Every year we do a DANCE SHOWCASE so that all the extra mural dancers plus the Dance Studies pupils have the chance to perform. As we do not do weekly matches like other sports, this (and Celebration in October) is the goal that they work towards. Dance is a **performance art**! All pupils who take extra mural dance are expected to be in the showcase. This means attending classes regularly plus extra rehearsals preceding the show. Attached is a broad temporary timetable for this year's showcase rehearsals so that families can plan accordingly. Our school facilities (e.g. Hall) are used for many different functions so we also have to fit in with the overall timetable. Please make note of rehearsals on **Saturdays** and **public holidays** in term 2 and make sure you do not plan doctor's appointments or weekends away over these times. There are many public holidays in April and May and we would lose too many rehearsal days if we did not use these days. A more detailed timetable will be sent out later in the term for Term 2.



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As with all shows sufficient preparation is essential and the performers work as a team. This means that when people miss lessons and rehearsals they slow down the process, affect the quality of the final outcome and let the team down.

In the final “SHOW WEEK” we will have **technical (sound and lighting) and dress rehearsals** – these are compulsory for everyone! Dancers must bring enough food and drink for the afternoon and can do homework in the library or my classroom while they await their turn. Waiting around until it is your turn to rehearse on stage is all part of the process of putting a show together – it can be boring while waiting so bring books to read or school work to do!

Creating and buying **costumes** for large groups of dancers is a costly exercise. All dancers are asked to please contribute money towards their costume. We will add to this with bits and pieces from our existing wardrobe. You will be notified about exactly how much you need to contribute as soon as we have worked out the budget. Money can be given to Ms. Scarborough or put in an envelope in the drop box. Please label the envelope “Dance costume money” and include your child’s name. A costume list with all the personal items each group needs (e.g. footless tights etc.) will be sent out at a later stage.

Parents who can sew (even simple hand sewing) or who are willing to **assist backstage** and/ or **do make-up and hair** on the night of performance are always needed! We have over 100 performers to manage backstage so we need at least two parents on each night to assist with noise and chaos control! Please contact me if you can help in any way.

Thank you for your help in this regard and I look forward to your participation. Please contact me at school to let me know where you can assist.

tscarborough@campsbayhigh.co.za

Kind regards,

Teva Scarborough

(Dance Studies Educator)

Term 1 & 2 Rehearsals



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Day / date	Time	Group / Dance
Mondays & Wednesdays	15h00 – 16h00	Advanced
Mondays & Wednesdays	16h00 – 17h00 (Hall)	Beginner A (Ms. Scarbs)
Mondays & Wednesdays	16h15 – 17h15 (Drama room)	Beginner B (Mrs. Thetard)
Tuesdays	15h00 – 16h00	Intermediate
Fridays	14h30 – 15h30	Intermediate
Thursdays	15h00 – 16h00	Primary school group
Tuesdays & Thursdays	16h00 – 17h30	Dance team/extra rehearsals (TBC)
Break times		Duets

Term 2 Rehearsals (during the week, same as above)

Extra rehearsals (compulsory)

Day/date	Group/dance	Time
Saturday 13 April	12h00 – 17h00 <i>Drama room / hall</i>	Various groups (exact times to be confirmed)
Thursday 18 April	16h00 – 17h00	Intermediate
Tues 23 April	16h00 – 16h45	Beginner
	16h45 – 17h30	Advanced
SHOW WEEK		
Saturday 27 April	12h00 – 17h00 <i>Drama room</i>	Whole show – various groups (exact times per group to be confirmed)
Sunday 28 April	11h00 – 16h00 <i>Hall</i>	Whole show – various groups (exact times per group to be confirmed)
Monday 29 April	15h00 – 18h00	Technical run – whole cast
Tuesday 30 April	15h00 – 18h00	Dress rehearsal – whole cast
Wednesday 1 May (Public holiday)	11h00 – 15h00	Technical/dress rehearsal (TBC)
Thursday 2 May	16h30	All dancers for make-up and hair
	19h00	Show opens (First night)
Friday 3 May	16h30	All dancers for make-up and hair
	19h00	Show opens (Second night)



PARENT DRIVEN PROJECT INITIATIVES 2019

ADDITIONAL SPECTATOR STANDS

Greetings and salutations to all our wonderful CBHS parents and guardians. As the first of our parent driven projects for this year, we are looking at purchasing additional Spectator stands for the school.

We have countless events going on at our busy school and not enough stands to facilitate spectator viewing and those we do have are massive and not easily relocated. The one we have selected and need can be easily moved by our estate staff.



They 100% recycled plastic packaging, long lasting and maintenance free but not cheap!

So the idea is to get a drive going which will enlist the support and participation in this initiative by all parents, extended family, guardians, past pupils, friends of Camps Bay High School as well as donations from corporate sponsors and businesses in Camps Bay.

Each bench will carry a plaque on it with the donors name(s) or corporate sponsors name on it.

Ways in which the donations can be made:-

- Outright donations for the full cost of a stand from a company or family can be given (total value of one stand R18335 incl VAT)

- Alternatively a contribution by each member of each Grade of R400.00 then goes toward the purchase of a stand or stands and the names of the grade contributing families (or child's name is included on the grade plaque(s))

This stand was donated by the following 2019 grade 9's :

- A. Family name or pupils name***
- B. Family name or pupils name***
- C. etc***
- D.***

Please contribute towards this much needed project to

CBHS

FNB

Current Account

number 50240343463

Code 201809

Reference:-**Stand** and **Family name**

The please email me your proof of payment wendydfoster@gmail.com



Wendy Foster

Cell 0828079741 [Email: wendydfoster@gmail.com](mailto:wendydfoster@gmail.com)

Camps Bay High School



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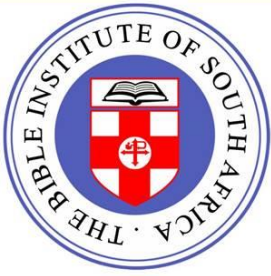


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Sat 4th May 2019

10:00 Tour & Mini Lectures

11:00 Meet the students

12:00 Braai

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