



# CAMPS BAY HIGH SCHOOL

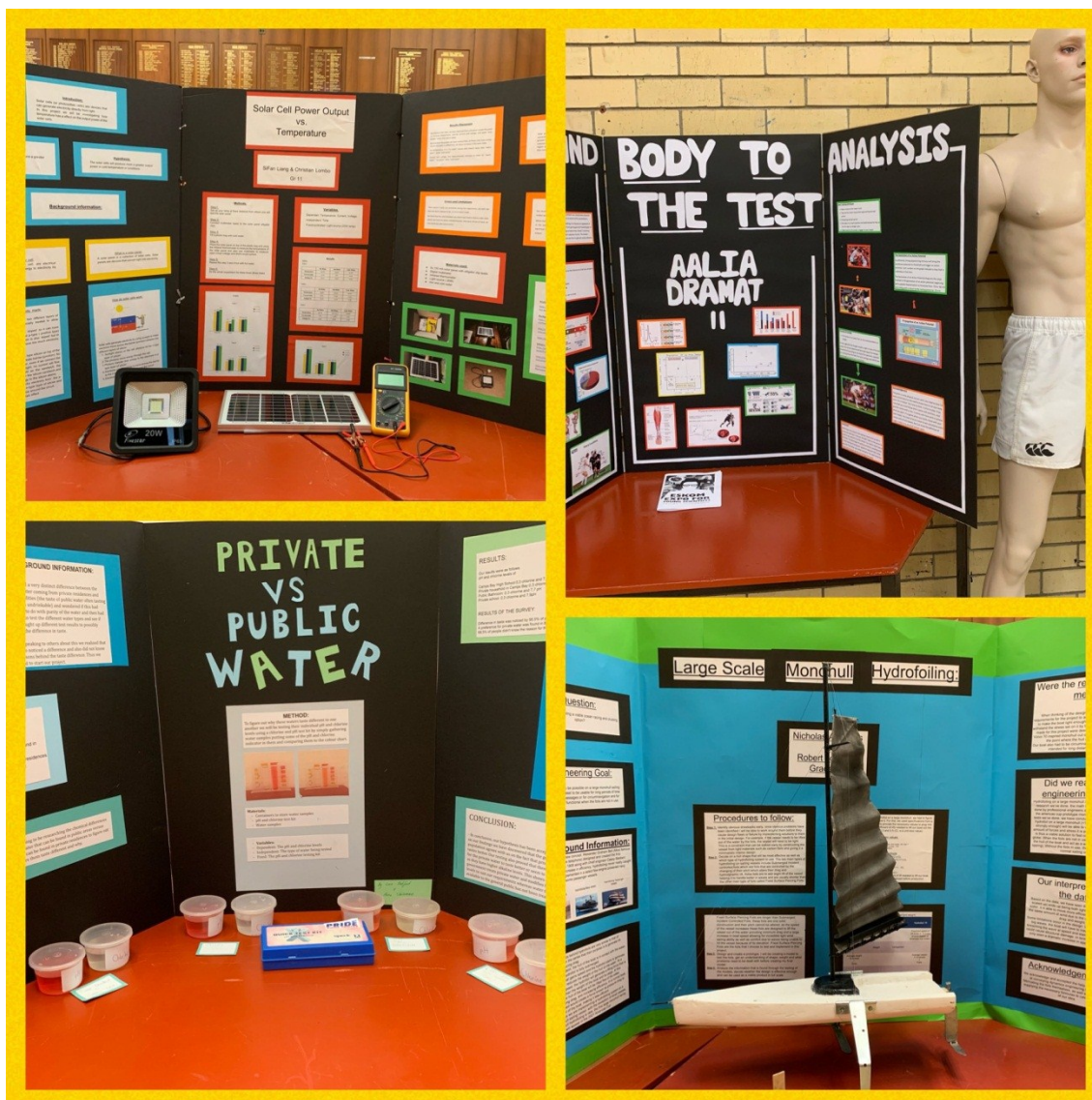
**Newsletter #18 2019**

17 May 2019

Dear Parents,

On Monday the whole school will be writing exams and for a time the pace of life at school changes.

In this week we held the Camps Bay High School Science Expo. Here our Physical Science and Life Science pupils came up with innovative ideas for solving some of our problems from creating biodegradable plastic to harnessing methane gas from home toilets. The Projects were put on display in the John Ince Hall. The best ten will be put forward for the Eskom National Science Competition. Marking is still in progress, therefore, the finalists will be announced on the first day of the third term.





## **SAM WARREN AWARDED LIFESAVING HERO AWARD**

In assembly on Monday I recounted the story of one of our Life Savers, Sam Warren, who received a 'Hero Award' from Life Saving Western Province. I include the citation that accompanied the award:

*Sam Warren while on holiday at his grandmother's beach house was alerted to the fact that two members of the public had pulled a drowning person from the sea. He ran out onto the beach where the 2 members of the public who had pulled the victim from the water were attempting to perform CPR on the victim. Sam took charge of the resuscitation, made more difficult by the rapidly rising tide and the gathering crowd. The patient was vomiting and issuing copious froth, he had an intermittent pulse but was not breathing. Sam was joined by two lifeguards from Big Bay Surf Lifesaving Club. They joined Sam in rotation, allowing the members of the public to retire. About 15 minutes after that, the paramedics arrived and the victim was moved out of the tidal zone to the pavement, where all three of the lifeguards continued CPR in rotation with the paramedics. After approximately an hour the patient was declared dead. Lifesaving Western Province commends Sam on his efforts in taking charge of the situation and performing CPR.*



## **XAVIER PARMENTIER RACES IN FIRST JUNIOR CLASS RACE**

Well done to Xavier Parmentier in Grade 10 who raced in his first race in the 150 Juniors Class last weekend at Killarney international raceway.



## **EMMA DU TOIT & LOCHLAN WILLIAMSON EXCEL IN WP SQUASH COMPETITION**

Congratulations to Lochlan Williamson and Emma du Toit who competed in the Western Province Closed Squash Tournament over the past weekend. Emma came 2nd out of 12 finalists in the U16 Girls Competition and Lochlan came 3rd out of 24 finalists in the U16 Boys Competition. Both have made the WP A Teams and will be going to Bloemfontein in June for the Inter-Provincial Championships.



## **BREEDE RIVER PRESIDENT'S AWARD ADVENTUROUS JOURNEY.**

Ms. Mobsby and Mr. Mileham took a group of 21 students to Swellendam last weekend for their President's Award Adventurous Journey. The students camped in tents and spent their days paddling on the river. They also needed to prepare all their meals. Well done to all those who completed this tough but fun journey.

### **Silver President's Award Adventurous Journey**

Tessa Sirin

Ben Stoltzman

### **Bronze President's Award Adventurous Journey**

Michael Adamou

Casey Bloomberg

Liam Carter

Nikita Erni

Kukhanya Finca

Hanna First

Liya Gaylard

Ailing Guan

Nicholas Haupt

Neve Ingle

Lance Metrowich

Matthew Pape

Benjamin Pienaar

Maddalena Reggio



Vieve Staal  
Dylan Stocks  
Rafe Tayler  
Abigail van der Spuy  
Jade Wakeford



### INKCUBEKO YETHU SOCIETY CULTURAL EVENING

Students from Camps Bay, Wynberg Boys, Wynberg Girls, SACS, Rondebosch Boys, Groote Schuur, Springfield, Rustenburg, and Westerford showcased their love for the isiXhosa Culture with performances of Umxentso (traditional dance), Choir, Marimba band and Umbongo (poetry) last Friday night. The evening was most enjoyable - well done to all involved.





### **DANIEL THETARD & SIHLE PARKER PERFORM IN PREP ASSEMBLY**

Daniel Thetard in Grade 9 and Sihle Parker in Grade 2 gave a repeat performance of their very popular duet from the Camps Bay High School Dance Showcase at the Prep Campus Assembly on Monday.



### **GIRLS HOCKEY VS. GROOTE SCHUUR**

Our Hockey Girls played away matches against Groote Schuur on Saturday. The U19 team drew their match 3-3, playing a great game. The U14s also managed to draw their first match ever played as a team 1-1 - well played, girls! The U16s, who were missing quite a few of their players who were on the Breede River Trip, went down 2-1 but played a great game with guts and determination!



### **SUMMER SPORTS AWARDS 2019**

The Summer Sports Awards Assembly took place on Monday, 13 May 2019. The school will be holding over the colours, honours and special awards for later in the year as we wait for official documentation from some of the potential awardees.



## CRITERIA FOR AWARDS:

**TEAM AWARD** - awarded to a pupil who has represented the school's first team at a Senior level in at least a full season (2 terms), with attendance of at least 75%. Athletics - according to ABSA Table - minimum of 1 000 point, taken part in at least two inter-schools events.

**MERIT AWARD** - awarded to a pupil who has represented the school's first team at senior level in a full season (2 terms) with attendance of at least 80% and have shown above average ability. Or, awarded to a pupil who was elected for the final round of trials at Provincial level (senior).

## ATHLETICS TEAM AWARDS:

Mishka Bailey  
Hannah Badenhorst  
Tendai Banda  
Moenier Benjamin  
Casey Bloomberg  
Keandro Carr  
Tyrese Coetzee  
Adinaan Cornelius  
Trinity De Villiers  
Mia Engels  
Troy Ferguson  
Joshua Finnish  
Amanda Fumba  
Nina Furst  
Mudriek Gamielien  
Trish Ganda  
Robert Garde  
Laura Kaipa  
Thabo Kalu  
Josh Langdon  
Zoe Mason  
Hallie Meth  
Tanya Mbwembwe  
Kabelo Moyo  
Emmanuel Mwanza  
Sean Pape  
Kristen Ras  
Jensen Smith  
Daniella Segal  
Casey Sutherland  
Thomas Symons  
Christain Lee Ming Yesca



## ATHLETICS MERIT AWARDS:

Alexandro Da Silva Azevedo  
Taylor Stoltenkamp  
Samuel Warren  
Lia Wells

## GIRLS BASKETBALL TEAM AWARDS:

Khanyisile Danster  
Nikiltha Mantungwa  
Amava Mkuku  
Inathi Mokoena  
Kirstyn Smith



### **GIRLS BASKETBALL MERIT AWARDS:**

Nozubenathi Banise  
Lisakhanya Matayile  
Lavisa Ntini

### **CERTIFICATE FOR MOST IMPROVED GIRLS BASKETBALL JUNIOR PLAYER:**

Aisha Ndesi

### **CERTIFICATE FOR MOST IMPROVED GIRLS BASKETBALL SENIOR PLAYER:**

Cathrine Madzatunya



### **TEAM AWARD FOR BOYS BASKETBALL:**

Haylcon Chaonei  
Keo Herbert  
Christian Lombo  
Joshua Naude

### **MERIT AWARD FOR BOYS BASKETBALL:**

Kidimbu Junior  
Nathan Kalala  
Christian Kern  
Si Fan Liang  
Storm Rhoda  
Rong Hao Zhang

### **CERTIFICATE FOR MOST IMPROVED JUNIOR BOYS BASKETBALL PLAYER:**

Remi Carstens



## **CERTIFICATE FOR MOST IMPROVED SENIOR BOYS BASKETBALL PLAYER:**

Mayibongwe Mpofu

## **TEAM AWARDS FOR GIRLS WATERPOLO**

Alaya Ashby

Talullah Maltbie

Erin Miller

## **MERIT AWARDS FOR GIRLS WATERPOLO**

Hannah Barnes

Amicah Evans

Kira Gaylard

Georgia Goldie

Erin Mamacos

Tanique Smit

Alexa Spitzer

Casey Sutherland

Ruby van Zyl

Oceane Zoumis

## **LILTVED TROPHY FOR MOST IMPROVED JUNIOR GIRLS WATERPOLO PLAYER AND MERIT AWARD:**

Ruby Berg

## **LILTVED TROPHY FOR MOST IMPROVED SENIOR GIRLS WATERPOLO PLAYER AND MERIT AWARD:**

Jaime Augoustides



## **TEAM AWARDS FOR BOYS WATERPOLO**

Troy Ferguson

Diogo Inocentes

Tasco Maddock

Basilios Maroulis

Matthew Rees-Gibbs

Daniel Thetard



## **MERIT AWARDS FOR BOYS WATERPOLO**

Leo Horn  
Jett Ireland  
Matthew Kieswetter  
Dario Lee Ming Yesca  
Morgan Louw  
Kevin Stocks

## **ERROL DIAMOND TROPHY FOR MOST IMPROVED JUNIOR BOYS WATERPOLO PLAYER**

Lance Metrowich

## **GEORGE RENECKE TROPHY FOR MOST IMPROVED SENIOR BOYS WATERPOLO PLAYER AND MERIT AWARD**

Max Symington



## **CLOTHING SHOP**

From Monday, 21 May 2019 to Thursday, 06 June 2019, (during examinations) the Clothing Shop will close at 14h00. The operating hours will, therefore, be Monday to Thursday, from 07h30 to 14h00.

Thereafter, normal hours resume until 13 June 2019, which is the last operating day for the term.

## **EXTRA AFRIKAANS CLASSES DURING EXAMS**

The Afrikaans Department has arranged for Extra Afrikaans Classes during Exams.

GRADE 8 - Ms Van der Walt (Room 56)  
Monday, 27 May 2019. Time: 1.15pm – 2.15pm  
Content: Paper 2 Revision

GRADE 9 – Ms du Plessis (Room 55)  
Tuesday, 21 May 2019. Time: 1.15pm – 2.15pm  
Content: Paper 4 Revision



GRADE 10 - Ms Hanekom (Room 54)  
Monday, 20 May 2019 Time: 1.15pm – 2.15pm  
Content: Paper 1 Revision

Wednesday, 29 May. Time: 1.15pm – 2.15pm  
Content: Paper 2 Revision

GRADE 11 - Ms Janse van Rensburg (Room 53)  
Monday, 27 May. Time: 1.15pm – 2.15pm  
Content: Paper 2 Revision

Thursday, 6 June. Time: 1.15pm – 2.15pm  
Content: Paper 1 Revision

GRADE 12 - Mrs Sehnke (Room 52)  
Wednesday, 22 May. Time: 1.15pm – 2.45pm  
Content: Paper 2 Revision

Monday, 3 June. Time: 1.15pm – 2.45pm  
Content: Paper 1 Revision

### FUNNY FESTIVAL FUNDRAISER

We have once again managed to secure some tickets for the Cape Town Funny Festival. If you would like tickets, please email [wendydfoster@gmail.com](mailto:wendydfoster@gmail.com) and state how many tickets you require. You will then be charged via Karri and the tickets will be left at reception for collect.



**Camps Bay High School  
Charity Evening  
TUES 16 JULY 2019**  
*Tickets R190 - limited to 100 only!*  
RSVP to [wendydfoster@gmail.com](mailto:wendydfoster@gmail.com)  
- State how many tickets you require -  
- You will then be charged via KARRI -  
- Collect tickets from CBHS reception -





## MY SCHOOL CARD

My School card is an important monthly contributor of funds to our school. We would really encourage all parents to either sign up for a card and make CBHS the beneficiary, and for those who have a card already please take a moment and change the beneficiary to CBHS especially to all Grade 8 Parents. Your actions will make a huge difference to our income from this initiative.



## R150 000 FOR YOUR SCHOOL YOUR SHARE OF R150 000 IN VOUCHERS

With R150 000 up for grabs for the school and one of 10 x R15 000 vouchers for you, everyone is giving their all to win the challenge. Remember to swipe your MySchool MyVillage MyPlanet card to get your school a swipe closer to winning big and to bagging your share in vouchers from any of our partners.

Each swipe is an entry\*, so the more you swipe, the more entries you get.

Competition closes 30 June 2019.

\* Each swipe is one entry however MULTIPLE swipes done at the SAME partner store on the SAME day will count as one entry only.

Don't have a MySchool MyVillage MyPlanet card?  
Visit [www.myschool.co.za](http://www.myschool.co.za).

T&Cs apply





## THE WEEK AHEAD:

Friday, 17 May 2019 – Saturday, 18 May 2019:

18 of our teachers will attend the SAPA conference on school discipline

Monday, 20 May 2019:

Whole school writing exams. School will close at 1pm.


It is easy to say 'good luck' for the exams. Just a reminder that Gary Player is quoted as saying, 'The more I practice, the luckier I get'. So let's put in the practice needed to ensure that we are 'lucky' in each exam.

**Yours sincerely,**

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

## MATRIC REVISION

The Bergvliet High School Continuing Education Programme will once again be running a Matric Revision School from 24 – 28 June. The revision sessions are facilitated by experienced Grade 12 teachers from various schools, many of whom have also marked the external National Senior Certificate examination and are therefore familiar with the standards required. The aim of the Revision School is to prepare the matrics for the September exams, as well as their Finals by exposing them to typical exam-type questions. Detailed course notes will be provided.



bergvliet high  
continuing  
education

24 - 28 JUNE 2019

**MATRIC  
REVISION SCHOOL**

*Maths Science Life Sciences Afrikaans Geography  
Accounting Business Studies*

**ACCEPT THE CHALLENGE!**

# Hello May

This month we VOTE! We celebrate our Moms,  
Workers & Africa Day.

1 May '19  
Workers  
day

## Hair-Free Care-Free SUMMER



**WE CHALLENGE YOU TO BE HAIR FREE  
BY SUMMER 2019!**

Start your hair free journey today!

Buy 8 and get 4 FREE

OR

Buy 6 and get 2 FREE



## Summer Facial SOLUTIONS

### Technology Facial

Book any 3 Technology Facials &  
get 1 FREE!

Facials include: Cinderella/Prince  
Charming Near Infrared, Radio Frequency  
& Ultrasound, Dermapen, Peels,  
Coolift & Dermaplaning



### Rejuve & Renew

Book your Coolifting Facial & get a  
Dermapen Facial FREE!

From Kim Kardashian to Pearl Thusi  
& Paris Hilton. Coolifting has become  
Hollywood's favourite Facial!





# Hello May

This month we VOTE! We celebrate our Moms,  
Workers & Africa Day.

## Body CONTOURING

8 May '19  
Election  
Day



Radio Frequency and Ultrasound is the  
very best Technology for Lipolysis  
Buy 4 and get 2 FREE!



Book a course of 8 CoolCell treatments &  
get 8 NIR Skin tightening treatments  
FREE, SAVE up to R16 980!

## Mommy MASSAGE

### The Royal Treat

Get a FREE 30 min Near Infrared or  
Foot massage for mum, when you  
purchase her any 60min  
Technology Facial!

**VOTE**



### Moisturize & Hydrate

Purchase any 4 home-care products  
and get 50% OFF your 60 min  
Technology Facial

**VOTE**





# DIOS DE LOS MUERTES

DAY OF THE DEAD

## BRIGHT START'S PARTY WITH A PURPOSE AT SUIKERBOSSIE RESTAURANT

Friday 1st November 7pm til late

Tickets R1000 p/p, tables of 10,  
includes welcome cocktails, 3 course meal  
and wine. Cash bar

Featuring DJ René "The Frenchman" - bring  
your dancing shoes! Dress: Day of the Dead

Book now for your tax deductible year-end party!  
funding @brightstart.org.za

### Missing Leon, my grey CAT



Leon is missing *since 20/4/2019 from the Panorama  
Complex in 26 Woodford Avenue, Camps Bay.*

He is grey, has yellow eyes, is chipped, wearing no collar.

In case you've seen Leon, please phone/message me on

+27 61 856 1097. Thank you so much!!!



BIG CAT YOUTH COLLECTION

# ADOPT-A-HANDMADE

# BIG CAT

Saving one animal may not change the world,  
but surely for that one animal the world will change forever!



BY ADOPTING A HANDMADE BIG CAT YOU ARE HELPING TO RAISE AWARENESS FOR THE PLIGHT OF BIG CATS IN CAPTIVITY IN SOUTH AFRICA & WORLDWIDE.

50% OF THE PROFITS ARE DONATED TO A BIG CAT SANCTUARY OF YOUR CHOICE.

WE SUPPORT EMOYA BIG CAT SANCTUARY (LIMPOPO), DRAKENSTEIN LION PARK (PAARL) & PANTHERA AFRICA BIG CAT SANCTUARY (STANFORD).

Made from donated fabric, they have been lovingly stitched by hand. A skills, employment & awareness programme has been created working with local & rural communities in South Africa.

SINCE LAUNCHING 5 MONTHS AGO OVER 60 OF OUR HANDMADE BIG CATS HAVE FOUND NEW HOMES ALL OVER THE WORLD - ORDER YOURS TODAY & MAKE A DIFFERENCE!



#ForTheLoveofLions

This is a fundraising initiative by  
Camps Bay High School students  
DREW GOLDIE & SEBASTIAN BYRNES  
representing  
THE BIG CAT YOUTH COLLECTION

**ORDERS & ENQUIRIES**

EMAIL: [bigcatyouth@gmail.com](mailto:bigcatyouth@gmail.com)  
FACEBOOK: BIG CAT YOUTH COLLECTION



**WOOL DONATIONS NEEDED:-**  
**DO YOU HAVE LEFT OVER BALLS OF WOOL TO DONATE OR**  
**WOULD YOU LIKE TO USE THAT WOOL TO HELP KNIT OR**  
**CROCHET SQUARES FOR A GREAT CAUSE. WE MAKING UP**  
**BLANKETS FOR PETS AND OWNERS FOR DISTRIBUTION BY**  
**"FURGET ME KNOT NPO 222-361 (HTTPS://**  
**FURGETMEKNOT.ORG/ )**

**PLEASE EMAIL: MICHELE AT MICHELE@TICTAC.CO.ZA OR**  
**MESSAGE ME ON 0828265596 IF YOU WANT TO HELP WITH**  
**WOOL DONATION OR BY KNITTING/CROCHETING SQUARES.**





## Crochet Pattern

### MATERIALS

**ELLE FAMILY KNIT DK (50 g)**

*(Colour of your choice)*

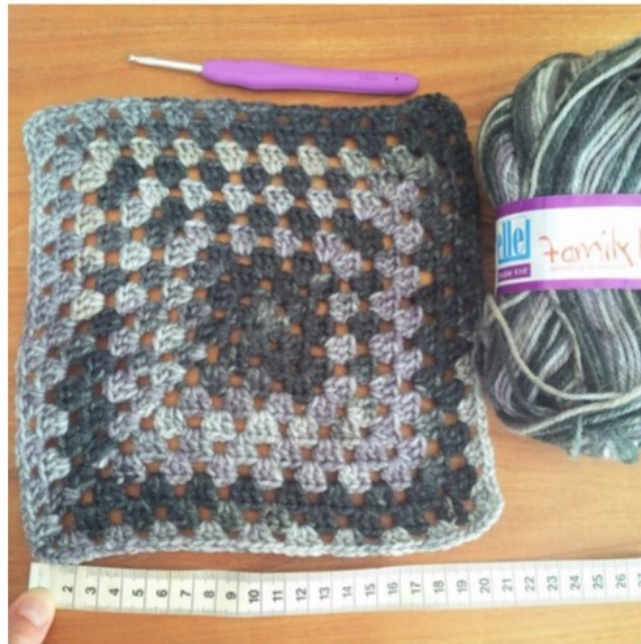
4 mm crochet hook

### MEASUREMENTS

20 cm x 20 cm square

### ABBREVIATIONS

ch = chain	rnd = round
chsp = chain space	slst = slip stitch
cont = continue	sp = space
patt = pattern	st(s) = stitch(es)
rep = repeat	tr = treble
	rnd = round



### INSTRUCTIONS

Using a 4 mm hook make 4ch, slst in first ch to form a ring.

**1st rnd:** 5ch (= 1tr, 2ch), (3tr in ring, 2ch) 3 times, 2tr in ring, slst in 3<sup>rd</sup> of 5ch.

**2nd rnd:** Slst in chsp, 5ch (= 1tr, 2ch), 3tr in same sp, \*1ch, (3tr, 2ch, 3tr) in next chsp (= corner), rep from \* twice, 1ch, 2tr in same sp as 5ch, slst in 3<sup>rd</sup> of 5ch.

**3rd rnd:** Slst in chsp, 5ch (= 1tr, 2ch), 3tr in same sp, \*1ch, 3tr in next sp, 1ch\*\*, (3tr, 2ch, 3tr) in next sp, rep from \* twice and from \* to \*\* once, 2tr in same sp as 5ch, slst in 3<sup>rd</sup> of 5ch.

**4th rnd:** Slst in chsp, 5ch (= 1tr, 2ch), 3tr in same sp, \*(1ch, 3tr in next chsp) twice, 1ch\*\*, (3tr, 2ch, 3tr) in next sp, rep from \* twice and from \* to \*\* once, 2tr in same sp at 5ch, slst in 3<sup>rd</sup> of 5ch.

**5th to 10th rnd:** Cont in patt as last rnd working 3tr in each 1chsp, 1ch after each 3tr cluster and in each corner work 3tr, 2ch, 3tr.

Measure your square and if 20 x 20cm, Fasten off.

If not, do one more round and then fasten off and work in your loose ends.

## Knitting Pattern

### MATERIALS

**ELLE CHARITY DK (100 g)**

*(Colour of your choice)*

6mm Knitting Needles

### MEASUREMENTS

20 cm x 20 cm square



### INSTRUCTIONS

Using 6 mm knitting needles, cast on 30 st.

\*Knit one row

Purl one row\*

Repeat from \* to \* until work measures 20cm.

Cast off & work in your loose ends.