



CAMPS BAY HIGH SCHOOL



Newsletter #19 2019

24 May 2019

Last Friday and Saturday, 18 of our teachers attended a teachers' conference organised by the South African Principals Association. The topic was 'Discipline, The New Wild West'. The speakers included Dr Becky Bailey, a world authority on Conscious Discipline. She affirmed at the outset, the policy at our school, namely that we see the need to create a 'safe' learning environment as our starting point. She was referring to how our brains function and said that if children don't feel safe at school then they are operating in their 'survival brain'. To make learning possible we need the children thinking with their 'executive brain'. The other idea she tabled was that at school we need to think as a family and she then spelt out some of the 'family values' that need to be taught. One of these that are close to my heart is around the need to be helpful in a family by doing chores at home. She said that as a school family, we also need to create moments for children to play a role in ensuring the family functions well. So these and many other ideas were imparted over the 2 days.

The closing session was taken by Emma Sadlier, the social media expert. She gave an excellent talk on the dangers and benefits of being a part of social media platforms. We are looking at getting her to come back to Cape Town and address parents later this year.

CURRICULUM REVIEW

I am sure you are aware that we are in the process of doing a curriculum review at Camps Bay High School. Thank you to the parents and pupils who filled in our questionnaires. Your responses were most informative. Mr Mostert, who is managing the process, has given feedback to the governors and will next be giving feedback to the staff. After this, we will have a parent meeting where the findings will be shared and some possible directions will be presented for discussion.

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

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

Monday, 3 June. Time: 1.15pm – 2.45pm

Content: Paper 1 Revision

SECRETARIES' DAY

Once again we are hosting the SAPA (South African Principals Association) Secretaries' Day on 5th September 2019. We are looking for some lucky draw prizes or items for gift packs to give to the hard working administrative staff on Secretaries' Day. If you are able to donate please email Alison at aknipe@campsbayhigh.co.za or deliver to Reception. Your support is appreciated.

WP DOWNHILL COMPETITION

Well done to Morgan Louw in Grade 9 who came 2nd in his age group in the WP Downhill Champs and National Downhill Competition in the DH Youth Men Category which was held last Sunday. Morgan was just 3 seconds behind the leader, even though his chain came off in the final stretch to the finish.



WORLD SCOUT JAMBOREE

Over the years Camps Bay High School has been a great supporter of our pupils who are scouts. In fact, in the last few years, 2 of our Head Prefects have been scouts, and I am sure many of their leadership skills were learnt through being Patrol leaders in their scout troops. A highlight in the scouting calendar is the Scout World Jamboree, which is basically a worldwide camp for scouts to get together. This year it is in the USA and 2nd Hout Bay Scout Troop has 5 Scouts attending, one of which is a pupil at Camps Bay High School. If you are able to attend their fundraiser this Saturday, see attached flyer, it would be a great support.

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 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
- 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.

MySchool MyVillage MyPlanet
MAKE EVERY SWIPE COUNT

**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.

T&Cs apply

WOOLWORTHS ENGEN
loot.co.za Bidvest Waitrose FLIGHT CENTRE

THE WEEK AHEAD:

Monday 20 May 2019 Friday 24 May 2019:

Normal school exams from 8am to 1pm

We are so happy to be getting rain in Cape Town. Can you please check the weather the day before and ensure that your child leaves home with their school rain jacket on days it may rain. It is really uncomfortable sitting at school with wet or damp clothing during exams.

I have been off campus since Wednesday attending my first SAPA [South African Principals Association] National meeting as the National President. So instead of sitting quietly as one of 18 provincial representatives, I will have been chairing the meeting which involves a slightly different level of engagement.


Just a reminder that without the prefects at the gate we still ask you to drop your children off campus at the start of the day at the 2 stop and drop zones.


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*

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E: seapoint@thelaserbeautique.co.za

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Competition TIME



WIN

Stand a chance to WIN with
TLB & Walkersons Hotel & Spa!
*A suite for two nights, dinner,
breaki & massages included.*

HOW TO WIN?

1. Follow our Facebook and Instagram page
 2. Like this competition post on both platforms
 3. Tag 2 friends and you're entered!
- Winner to be announced the end of June
T's & C's apply

My Beauty Expo SEE YOU THERE!

MBE
My Beauty Expo
2019

Hair
Beauty
Fitness
Nutrition & Food
Wellness & Hospitality

June 9-11, 2019
SANDTON CONVENTION CENTRE

**REGISTER
HERE**

WWW.MYBEAUTYEXPO.CO.ZA

All promotions are valid from 1 May to 31 May 2019. T&Cs Apply.



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!

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Your first or new **PAIN-FREE**
Leg Laser Hair removal
treatment, Sports Massage
or NIR Massage

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E: seapoint@thelaserbeautique.co.za

Sweat 1000, The Point Mall, 76 Regent Road



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





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!

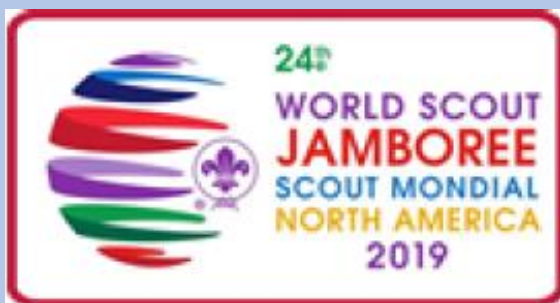


#ForTheLoveofLions

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
FACEBOOK: BIG CAT YOUTH COLLECTION



2nd Hout Bay Sea Scouts

Come and enjoy an evening of pizza, live music, auction of artworks & stimulating talk by the Scouts who will be attending the 24th World Scout Jamboree.

Cost: R100 Ticket price includes 1x Pizza
Cash bar on offer

Date: Saturday 25th May 2019
Time: 18:30 till 21:30
Venue : Dario's Cafe
Victoria Rd, Hout Bay

Tickets Available from Dario's Café or Debbie Holling on 079 496 5595