



CAMPS BAY HIGH SCHOOL

Newsletter #21 2019

7 June 2019

Dear Parents

Safety and Security:

I am sure everyone is aware of the armed robbery that took place at Sea Point High School earlier this week. I believe a number of armed robbers (2) entered a classroom where an exam was being written and stole everyone's child's cell phone. This is very distressing for all schools as we have very little protection against this sort of theft. At Camps Bay High School we have our 2 safety officers on duty during the day. However, they are intentionally not armed and so would have to radio the Camps Bay Watch control room for an armed response company or police help. I am sure you have seen the work happen at both our entrance and exit gates. The governors took the decision at the start of the term to replace these gates and get them operational. This will secure our perimeter.

However, in the light of this incident, we are meeting early next week to review our school security and we will include Bernard Shafer, the community security manager to give us input. If there are any suggestions you would like to make to help the discussion, can you please send them in to me or to Carol van der Spuy,

David de Korte : dekorte@campsbayhigh.co.za

Carol van der Spuy: cvanderspuy@campsbayhigh.co.za

INTOUCH PARENT PORTAL

A reminder to all parents to register for the Camps Bay High School InTouch Parent Portal.

The InTouch Parent Portal is a website that parents can use to see information about their children at Camps Bay High School and is a convenient way to help you keep up to date with

- School announcements
- Upcoming events
- Calendar information
- Student & family contact information
- Correspondence sent to the family
- Attendance records
- Student behaviour
- Copies of term reports

To get started:

- Go to <http://cbhs.intouch.zone/public/login>
- Register using the email address where you currently receive Camps Bay High School newsletters
- Once you have registered, your Username = your Email Address.

If you need additional help, go to <http://help.intouch.zone>. The InTouch portal has a help site which contains FAQs that will help you to register and use the site.

WINNER OF EKHAYA - THE MUSICAL POSTER DESIGN COMPETITION

Congratulations to Megan Mills in Grade 12 who is the winner of the poster design competition for our new school musical, eKhaya. Megan wins a R500 Waterfront Gift Card.



ARDI'S PRE-ORDERS

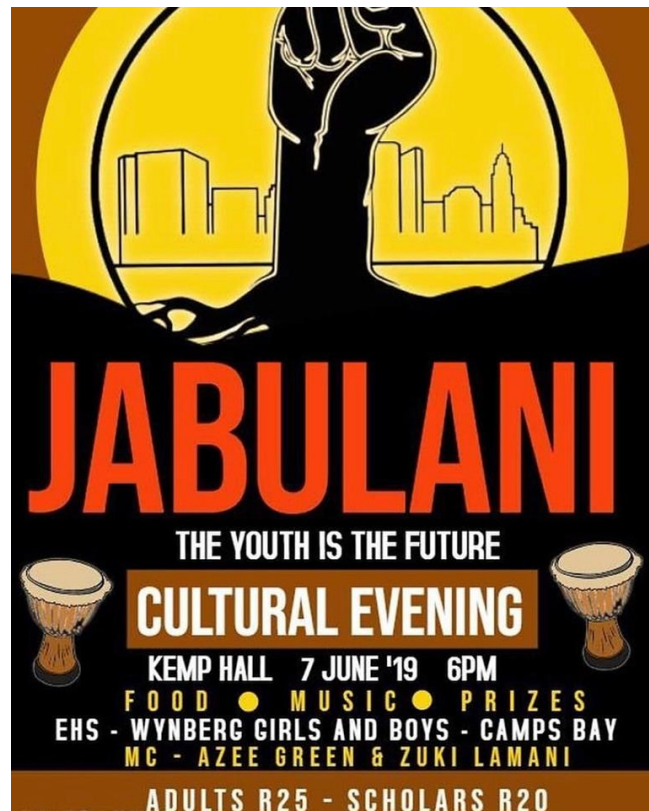
A reminder to please get your pre-orders for Ardi's in before the end of the term. We have introduced this system to try relieve some of the pressure at the tuckshop at break times.

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.

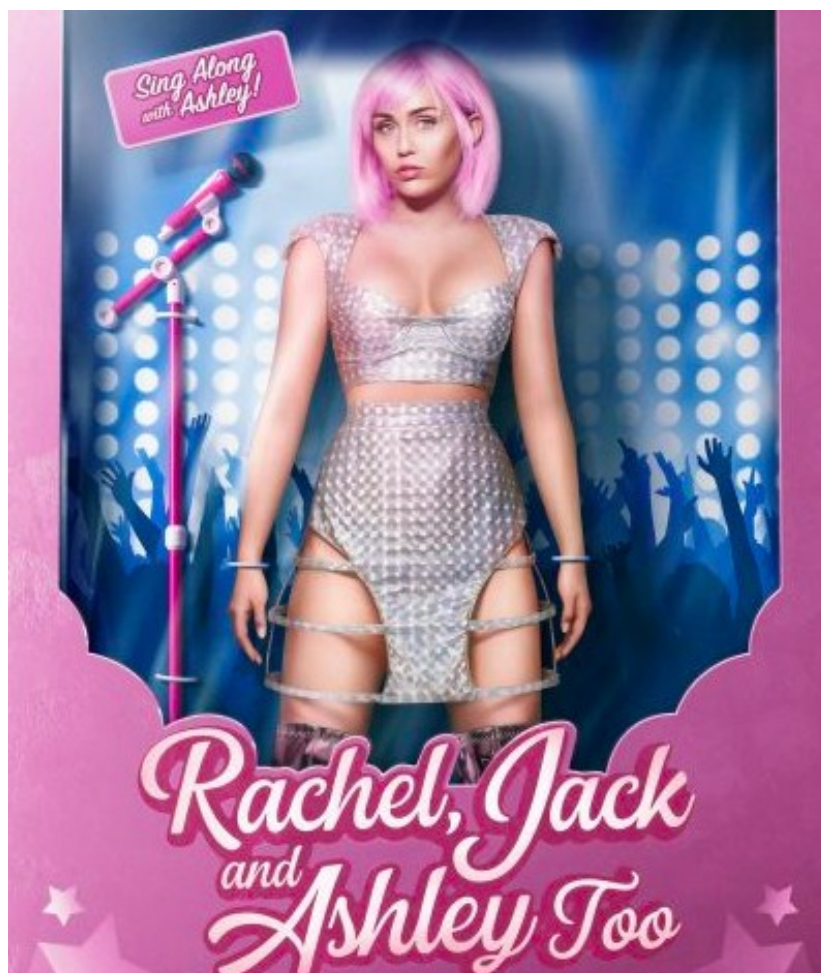
RUSTENBURG CULTURAL EVENING

Some of our pupils will be participating in the IsiXhosa Cultural Evening at Rustenburg Girls High School tonight.



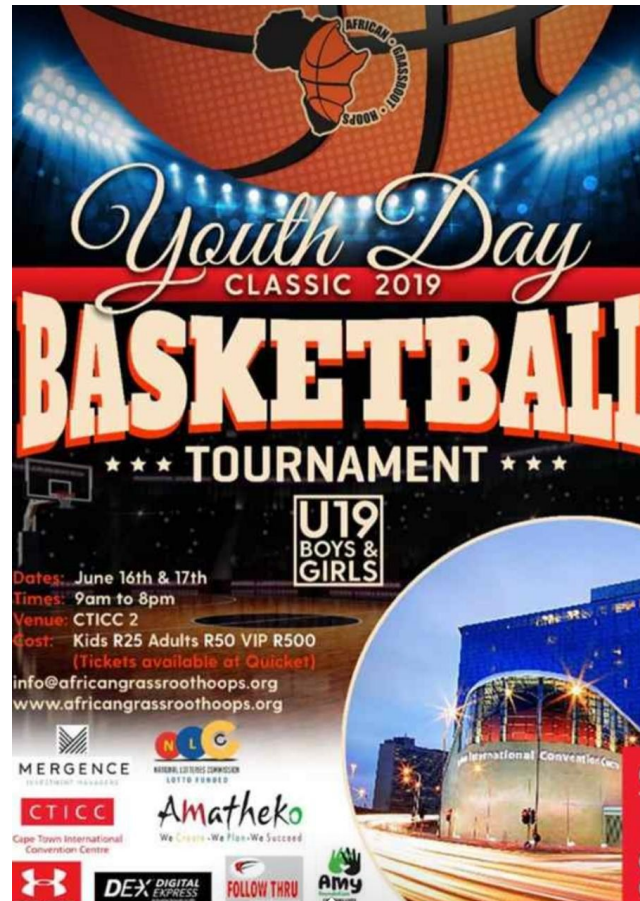
CAMPS BAY HIGH SCHOOL PUPILS IN BLACK MIRROR

In Season 5, Episode 3 of Netflix's Black Mirror starring Miley Cyrus, be on the look out for a number of Camps Bay students who were cast as extras. See if you can spot King Langdon, Alaya Ashby and Layla Wiltshire who are all represented by a Camps Bay High School Past Pupil and mother to Kahlil and Maya Visser, Carolyn Lewis, whose agency is Optim Talent.



CAMPS BAY HIGH SCHOOL TO PARTICIPATE IN YOUTH DAY CLASSIC BASKETBALL TOURNAMENT

Our U19 Basketball teams will be participating in the Youth Day Classic Basketball Tournament to be held on 16 and 17 June at the CTICC 2. It should be a fun day out - please come and support our basketball teams.



YOUTH CLIMATE MARCH

Our Eco-Warriors from the Camps Bay High School Environment Club will be participating in the #ClimateStrikeCapeTown Youth Climate March next Friday, 14 June from 12 noon to 3pm from Parliament to the City Hall. Everyone is welcome - we hope to see lots of Camps Bay High School supporters at the March. The message that young people are sending through these 'protests' is to raise awareness of devastating effects of global warming. They are saying to our leaders and law makers: "This can be fixed but you need to make changes in our law to make this possible."

YOUTH CLIMATE MARCH CAPE TOWN 14 JUNE 2019



12PM - 3PM
PARLIAMENT > CITY HALL
JOIN US AND MARCH FOR YOUR FUTURE

CLOTHING SHOP - AMENDMENT OF OPENING HOURS

The Clothing shop will close at 14h00 from Monday, 21 May 2019 until the end of the term. The operating hours will therefore be Monday to Thursday, from 07h30 to 14h00.

The shop will re-open in term 3 on 9 July 2019 and normal hours resume.

CAMPS BAY SCHOOLS UMBRELLAS

After numerous requests, we have introduced a Camps Bay Schools Umbrella to stock at the Uniform Shop. We have opted for a good quality Golf Umbrella which will hopefully stand up to the Camps Bay winds! They are on sale at the Uniform Shop for R180 each.

Camps Bay Schools Golf Umbrellas - R180 each



Available from Camps Bay
High School Uniform Shop

Limited stock

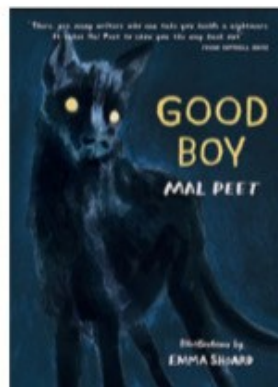
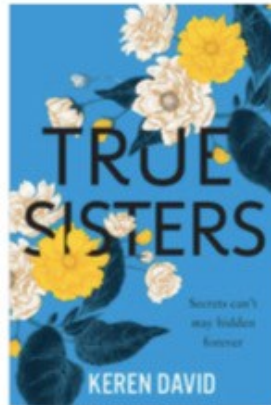


**CAMPS BAY
HIGH SCHOOL**

LIBRARY UPDATE

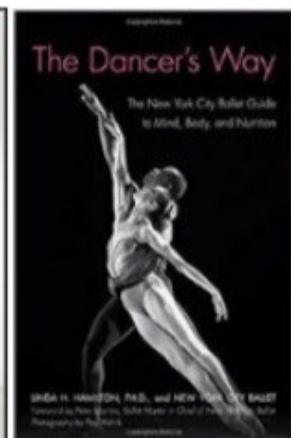
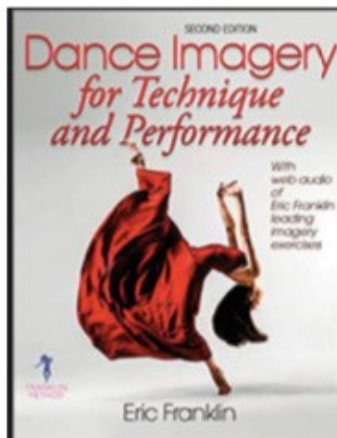
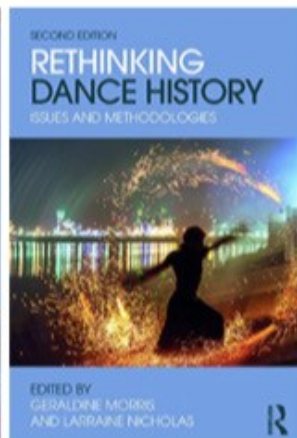
BOOKS FOR READERS WITH DYSLEXIA

Mrs. Bright has introduced some new books by popular authors for readers with dyslexia and other reading impediments - they are called, "High interest, low vocabulary" books.



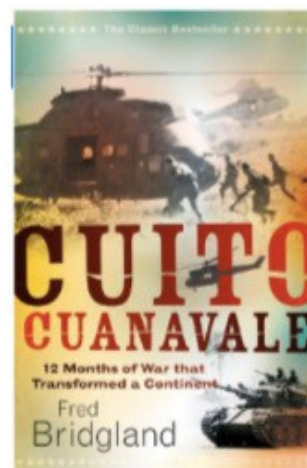
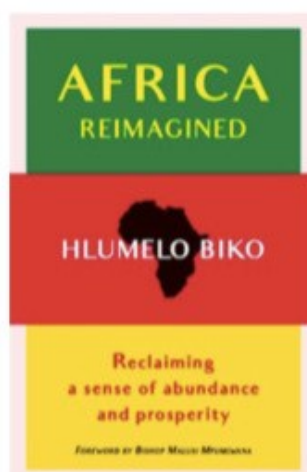
DANCE SECTION IN THE LIBRARY

A number of new dance related books are now available in the library.



HISTORICAL INTEREST

You will also find some new biographical and historical books in the library.



INVITATION: SECOND TERM PLB CHEESE & WINE EVENING

Camps Bay High School's Parent Liaison Body (PLB) invites you to their termly PLB Cheese & Wine Evening.

The PLB team will give feedback on current projects and then you will be able to meet other parents in your grades, make connections and discuss ideas for the school's projects.

When: Thursday, 13 June @ 6pm for presentation till 8pm
Where: The Drama Room
Camps Bay High School,
Lower Kloof Road, Camps Bay

RSVP to wendydfoster@gmail.com.

If you are able to donate a bottle of wine, please let Wendy Foster know on wendydfoster@gmail.com



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 -

[PERFORMERS]



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.

T&Cs apply



THE WEEK AHEAD:

The Calendar through to the end of the term:

Monday 10 June 2019:

All papers returned for mark checking.
Ms Burger farewell assembly

Tuesday 11 June 2019 - Thursday 13 June 2019:

Grade 10: Off campus Community Service projects.

Grade 11: Off campus job shadow projects.

Grades 8, 9 and 12 will have normal school, and must attend each day. School will however close at 1pm on these 3 days.

Thursday 13 June 2019:

Reports issued and parent teacher meeting from 5:30pm to 7:30 pm.

Friday 14 June 2019:

School closes at 11 am. Pupils are welcome to come in civvies.

TERM 3: School opens on Monday the 9 July 2019. This will be day 1.

Yours sincerely,

David de Korte
PRINCIPAL

Exclusive Camps Bay Primary Fundraiser

021 - 438 1503

**bursar@campsbay
primary.co.za**

Come and treat yourself!

It was mos exams en all!

**Los die kinders by die huis,
hoor jy?**

**MARC
LOTTERING in**

Not a Musical



**For a post-exam laugh! Get your tickets now at the
Primary School bursar! Cash, EFT or Snapscan**

R250

**12 June 2019 8pm
Theatre on the Bay**

16+

Youth Empowerment Seminar (YES!) for teens (13 -18 years)



Y.E.S!



Youth Empowerment Seminar
for teens (13-18 years)
Unlock your potential! Be your best

Program contents:
Body workout ◊ Interactive processes ◊ Study tips
Fun team games ◊ Group discussions...& lots more!

Benefits:
Improved focus and concentration
Enhanced memory → better marks
Overcome fear and anxiety
Handle relationships effectively
Leadership qualities, taking responsibility for society

Date: 13. -16.06.19 after school
Venue: DSK Sportshall
Contact: Sabine Weihe | sabine@artofliving.org.za | 0760918582

Both fun and challenging, YES! Is a dynamic life skill educational program that provide young adults with a comprehensive and holistic set of tools to reach their full potential as students, leaders and community members. In addition to innovative breathing techniques for stress management and well-being, the YES! Curriculum is based in mindfulness, positive psychology, social-emotional learning, character development and Yoga. The curriculum is taught in engaging way that appeals to teenagers. They are also empowered to take more responsibility and further develop an attitude of service towards others, caring for their community and country.

Why YES?

Just as physical education takes care of physical health, our modern education system needs to address young adults mental health and well-being. The problems faced by teenagers are many: Peer Pressure, Academic pressures, eating disorders, substance abuse (drugs and alcohol), depression etc.

Pilot research findings suggest that the processes learned on YES! reduce anxiety, depression, violence and addictive patterns, while improving focus, clarity of mind and concentration.

YES! is an opportunity to improve student academic performance by giving access to a stress-free mind. Students can expect improved relationships with parents, teachers and peers. In addition, thanks to lowered stress levels students retain information easier when reading and studying which in turn improves their ability to take tests and exams.

Main aspects of the program



Social: Experiential processes to develop problem-solving strategies & social skills; Interactive games to develop leadership & life skills; Teamwork to teach cooperation and conflict resolution.



Physical: Dynamic body exercises, yoga, and innovative breathing techniques.



Mental: Practical knowledge to eliminate counterproductive activity and enhance learning ability; Techniques and interactive processes to improve memory, concentration & focus.



Emotional: Dynamic group discussions designed to help teens feel at ease in challenging situations and increase confidence and inner strength to better handle criticism and peer pressure.

Course details:**Date:** 13.06. -16.06.19**Time:** Thu. & Fri. 18:00 – 22:00, Sat. 14:00 -18:00, Sun. 8:00 -12:00**Venue:** DSK Sporthall, 28 Bay View Avenue, 8001 Tamboerskloof**Cost:** R650, reduced price on demand**Contact:** Sabine Weihe (sabine@artofliving.org.za) Phone: 0760918582**Teacher:** Mukesh Vassen & Sabine Weihe, (both Art of Living teachers)**Registration:** <https://www.artofliving.org/za-en/program/2345>

The Art of Living (AOL) is one of the largest volunteer based organization in the world. It is operating in more than 156 countries, founded in 1981 by the world-renowned humanitarian and spiritual teacher Sri Sri Ravi Shankar. His vision and mission is a stress and violence free society. The main goal is to serve society by strengthening the individual. Finding peace within oneself and to unite people of different cultures, traditions, religions and nationalities.

The AOL offers numerous highly effective educational and self-development programs. In addition to these courses the AOL is working in collaboration with [The International Association for Human Values \(IAHV\)](http://www.iahv.org) and in special consultative status with the United Nations Social and Economic Council, has successfully implemented numerous humanitarian projects and service initiatives including conflict resolution programs, disaster relief, sustainable rural development, empowerment of women, prisoner rehabilitation and environmental sustainability. **Further information:** www.artofliving.org/za-en/yes.

Camps Bay High School is proud to be associated with Bright Start Education Support & Mentoring Programme, and a number of CBHS learners are able to attend our school through this initiative, which is doing such good work facilitating a top quality education for disadvantaged children. Bright Start is hosting a Halloween party fundraiser on 1 November at Suikerbossie, all the proceeds of which will go towards the school fees of their CBHS children. It promises to be a great (grown-up) night out, at a superb venue, and we would like to encourage our parents to support it, and also help us spread the word amongst family and friends. This is also a great opportunity for businesses to benefit from a tax deductible executive year-end function, as well as receive B-BBEE points for Social Development Spend, all while enjoying Suikerbossie's legendary hospitality, together with the generous support of Cape Town Balloon & Event Company, party-planners extraordinaire. This is a night not to be missed!

