



CAMPS BAY  
HIGH SCHOOL

# NEWSLETTER

1 April 2021

*Dear parents, guardians & learners,*

## Return of all the Grades to School

We were pleased to welcome all the grades back on campus on Tuesday, 23 March 2021 and everything went according to plan. The return of all the grades to school coincided with the SGB election day and had the staff at full stretch to cover all necessary duties.

Having each grade back daily has allowed us to maintain sufficient momentum through the syllabus and has also allowed us the action to complete all the required assessments. We will continue to monitor the situation to ensure the safety of all staff and learners.

## School Governing Body

I would like to thank all the outgoing governing body members for all their hard work, dedication and long hours spent, all in the interests of providing the best opportunities for the learners at our school. This is a thankless task, but it was nevertheless done with enthusiasm and commitment.

Just a comment on the SGB elections: Schools were allowed to choose one of two modes for their elections. The one was a full day election, which we chose, the other was an e-election process which we decided not to go with for very valid reasons. Each of these modes came with very stringent regulations and we felt the mode we chose served the interests of the majority of our parents. Besides many parents voting from the comfort of their vehicles, we had many parents who arrived on foot or by public transport and all of these parents were allowed to vote.

We would like to congratulate the new SGB members. The new SGB met on Friday last week and all of the essential portfolios were filled with the exception of one. A change was made to legislation regarding that of Treasurer, and we were still seeking clarity on this when we met last week to elect office bearers. Congratulation to the following governors:

### The elected parent members of the Camps Bay High School SGB are:

Mr Werner Thetard (**Chairperson**)  
Ms Shamiso Nyoka (**Vice-Chairperson**)  
Mr Ashley Holling  
Mrs Cara Kahn  
Mrs Simone Segall  
Mr Shakir Smith  
Mrs Janine Thetard (**Chairperson: Discipline Sub-Committee**)

### The elected student members of the Camps Bay High School SGB are:

Mr Michael Gulston (Head of RCL)  
Miss Nishaat Williams (Deputy Head of RCL)

### The elected staff members of the Camps Bay High School SGB are:

Mr Kevin Jenneke (Teaching Staff Representative)  
Mr Oliver van Gruting (Teaching Staff Representative)  
Ms Samantha Steyn (Non-Teaching Staff Representative and **Secretary**)

Congratulations to all those elected as members of the Camps Bay High School SGB! I look forward to working with the new team to ensure the continued success of our school.



## Vaping

A number of articles have appeared lately in various sources addressing the issue of vaping amongst our teens.

This is a world-wide problem and seems to be on the increase. Ms van der Spuy shared a very informative and helpful article with us which I now share with you.

The article may help parents to answer some questions they may have regarding vaping. The article will also equip parents with the tools should their children be caught up in this latest craze. The link to the article is:

[https://doingdrugs-darta.blogspot.com/2021/03/what-should-parents-say-when-their-teen.html?fbclid=IwAR2PhyDeO9f8neQrLJLx\\_LUNvTiaEM4VmO12PSaqdlo61cAIWkhcRDyatRs&m=1](https://doingdrugs-darta.blogspot.com/2021/03/what-should-parents-say-when-their-teen.html?fbclid=IwAR2PhyDeO9f8neQrLJLx_LUNvTiaEM4VmO12PSaqdlo61cAIWkhcRDyatRs&m=1)



## Farewell to Mrs Stacey Ford



We said farewell to Mrs Ford last Friday. Mrs Ford has been an intrigal part of our school for the past 8 years, working as the Deputy Principal's Assistant. Ms Ford left Camps Bay High School to take up a position closer to home, giving her the opportunity to be closer to her young children.

Together with Ms van der Spuy, she also started the PR Team a couple of years ago. The PR Team put together a farewell video to say goodbye to Mrs Ford, which can be viewed on this link:

<https://youtu.be/kF66hpnurdk>

## Grade 8 Camp

The upcoming Grade 8 Camp on 10 April 2021 will take place for one night only on the school field. It will be a day filled with activities lead by the prefects and the LEAD 4 LIFE team. This is a great opportunity for team building, bonding and getting to grips with the Camps Bay way.

The Grade 8 Camp is one of the key moments in the lives of our students and sets the tone for their journey here at Camps Bay High School. We are so looking forward to enjoying the day and getting to know the new members of our family!



## Social Media Policy

Yesterday, you will have received the latest Camps Bay High School Social Media Policy, as approved by our newly elected School Governing Body.

We ask that you please read through the policy carefully to ensure that you understand the contents and then sign that you accept the policy via the electronic google form which can be accessed via this link: <https://forms.gle/TcjhQ2p51NHZ13dXA>.

For ease of reference, the Policy is available on the School's website:  
<http://www.campsbayhigh.co.za/social-media-policy-2021/>

Tutors will be taking some time during morning tutor group to go through the policy with learners. This policy is there not only to protect the school but all the members of our community.

## Ocean Basket Lucky Draw

As a thank you to those who took the time to vote in our SGB Election, we ran a lucky draw competition to win one of four R100 Ocean Basket vouchers which were kindly donated by Colin Haupt, father of Nicholas in Grade 11.

The lucky draw winners are:

Riyadh Abrahams,  
Tina Kohn,  
Yolisa Mabentsela, and  
Carol Bysshe.

Congratulations!  
Please collect your voucher from reception.



***Wishing all our Jewish families Chag Sameach over Pesach and a Happy Easter to all our Christian families.***

Yours sincerely

A handwritten signature in black ink that reads "L. Mostert".

**MR LOUIS MOSTERT**  
**PRINCIPAL**



## Williamson brothers excel at Squash Open

Hot on the heels of their recent successes in last month's regional Boland Junior Squash Open, WP ranked players Lochlan Williamson (Grade 12) and Brody Williamson (Grade 9) took their impressive form onto the national stage, competing at the Bloemfontein Junior Squash Open this past long weekend.



Lochlan, who won the Boys U19 Boland Open in February, had lofty ambitions of breaking into the SA Top 20 rankings; a goal made all the more tougher considering the bulk of the current Top 50 players in South Africa are based in provinces where they are used to playing at altitude. For a cardio-intensive sport like squash, that is a significant advantage.

But Lochlan showed true grit to win 4 of his 6 matches, including a major upset by beating the SA #15 ranked player 3-1 in his last match.

**Lochlan finished the tournament ranked #19 in South Africa.** Mission accomplished!

He now has set himself a new ambitious goal of breaking into the Top 10 in the National Interprovincial Tournament in July, which will be played in Cape Town.

Not to be outdone, younger brother Brody, also had a very successful tournament in Bloemfontein. Playing in his first year in the U16 age category, he had the daunting task of playing against boys who were not only older than him, but also twice the size of him, many of whom also had the advantage of being used to playing at altitude.

**Brody exceeded his own expectations by winning 5 of his 6 matches to be crowned the U16 B-Section Champion,** and finished with a SA Ranking of #33.

Well done to both our boys. We are super proud of them!



## Morgan Louw finishes third in SA National Downhill Championship

Grade 11 learner, Morgan Louw, participated in the first round of the SRAM 2021 South African National Downhill Championships held in Paarl on Sunday.

The field of participants included top riders from all over the country. Morgan took part in the Junior Men's Category, riding the Downhill race on an Enduro bike, and against some fierce competition, managed to finish the event in Third Place.

As stated on Western Cape Downhill's website: [www.wpd downhill.co.za](http://www.wpd downhill.co.za), "Downhill Mountain Biking (DH) is an ever-growing sport which has seen tremendous progress over the last couple of years in South Africa. DH is for the advanced and extreme rider whose love for speed brings them blazing down the roughest single-track descents through rock gardens, massive drops and gnarly root sections. Downhill riders will need a good sense of balance to navigate through the toughest terrains under high speeds.

Downhill races are very intense and exciting to watch, with one rider racing down a defined downhill section, in the fastest time possible. The continuous course is defined on each side by a strip of tape. Depending on the format, riders have a single or double attempt to reach the finish line as fast as possible, while remaining between the two tapes designating the course.

Downhill bikes are heavier and stronger than other MTB bikes and feature front and rear suspension to enable the rider to glide quickly over rocks and obstacles. Full-face helmets are a must, coupled with goggles to block out rock deflections and dirt from the eyes. It is recommended to wear additional body armour such as chest and backplates."

Round 2 of the Downhill Cup is set to take place in Paarl on 10 and 11 April 2021. It is quite the spectator sport so worth making the trip to Paarl and supporting Morgan at the same time!





## Interact Easter Egg Collection

Thank you to everyone who donated Easter Eggs for the Inteact Easter Egg Collection. The eggs will be donated to various organisations. A big thank you to the three tutor groups who donated the most eggs:

10 Blue, 11 Yellow and 12 Orange!

## 11 Blue and 11 Yellow Bread Buddies

11 Blue initiated their own tutor group Bread Buddies. Seen here is Dominic Holling and Nicholas Haupt preparing sandwiches. The sandwiches were distributed to people in need in Hout Bay.

If other tutor groups would like to take the initiative as well and host their own Bread Buddies, they are welcome to do so. Ms van der Spuy has a list of organisations who are always looking for sandwiches to distribute to those in need.



## Extra Lunch Drive

If you can, please remember to pack an extra lunch for learners at our school who have food security issues. Please leave the sandwiches in the lunch in the kitchen before school.



## EXTRA LUNCH DRIVE

*Pack an extra lunch for someone at school who may be not be getting lunch at the moment.*

- Lunches should be packaged individually.
- Please write on outside of bag what the contents are: e.g. cheese sandwich, apple.
- Leave extra lunch in the kitchen before school.



## Interact delivers Teddy Bears to James House

Last Friday, members from Camps Bay High School's Interact delivered Teddy Bears that had been donated by Rotary Sea Point to children at James House in Hout Bay. The happy faces say it all!



## PR Team helps with SGB Election

Thank you to all the members of the PR Team who assisted with the SGB drive through Election. Without them, the Election would most certainly not have run as smoothly as it did!

## LGBTQI+ Club create video for Cape Town Pride Month

The Camps Bay High School LGBTQI+ Club created a video which was used as part of Cape Town Virtual Pride. The Universal Declaration of Human Rights (UDHR) states that "all human beings are born free and equal in dignity and human rights"

LGBTQI+ children and young adults often have to deal with social stigma and discrimination which can have long term consequences. In the U.S., an estimated 40% of homeless children are LGBTQI+ as they often end up homeless because their families and communities ostracise them at a time when they are economically dependent, and they disproportionately face depression as a result of social stigma.

The LGBTQI+ Club used the opportunity of Cape Town Pride to pay tribute to the strength and resilience of youth, who uphold the fundamental promise of the Universal Declaration of Human Rights that everyone is born free and equal in dignity and rights. The video can be viewed on this link: <https://fb.watch/4BcLY8aYIM/>



## PR Team makes Easter Cards for Nazareth House residents

Sophie Rehn, the new PR Team Head, initiated a lovely new PR Team project... Members of the Team produced beautiful handmade cards which will be delivered with Easter Eggs to the Residents of Nazareth House Retirement Village in Vredehoek. Thanks to the following learners who made cards:

Raees Ben, Nouraah Mahomed, Gemma Webb Linacre, Almaas Davids, Rulida Louw, Cherise Nyoka, Amilia Altamura, Neve Ingle, Sophie Rehn, Cathrine Madzatunya, Sophia Eiki, Alev Guven, Lihle Mpambani, Imaan Abrahams, Honor Wony-Nsiloulou, Daniel Thetard, Tara Scheepers, Zaahir Joseph and Kiera Kresfelder.





## Catering Society attends workshop at Pinelands High

Camps Bay High School's Catering Society participated in a workshop with Pinelands High School's Interact team on Saturday.

They learnt how to make various frozen foods including samosas, spring rolls and pies. The Interact Team at Pinelands High School is responsible for catering for functions at their school.





The Cultural Portfolio has once more had a busy week with much excitement as the new COVID school regulations have given the go ahead for some activities to return.

## Chess Club

Our Chess Club welcomes Dione Goredema, a coach with Elite Chess, to our school. The learners have already found themselves very motivated to get involved in online matches against other schools with Coach Gordema's guidance. Jordan Prince has also been appointed as Club manager.



**ELITE CHESS**



## Marimba band

Marimba band rehearsals have started with Marimba Jam, with the first rehearsal filling the Music Department with the festive sound that we've all missed!

Marimba Jam is a vibrant, female-driven social enterprise that both performs and teaches African Marimbas in Cape Town.

The group originally sprung from an initiative created to share the joy of playing marimbas with learners who had not had the opportunity to do so.

Now, Marimba Jam is a company that strives to continue to enrich students with the energy and enjoyment of Marimba music and they are continually expanding on their Outreach Programs and currently teaching over 500 school students on a weekly basis in Cape Town.



## Civil Rights Forum

Open Forum has been renamed the Civil Rights Forum, attracting learners who are keen to get into intense discussions on all things related to the Constitution, Human Rights, the Bill of Rights, as well as being given the space and opportunity to share and present their own research into real world issues beyond school life.

Watch this space!



## Photography Club

The Photography Club is a new Society at Camps Bay High School. They meet every Tuesday at second break in Ms Du Toit's Classroom.

Each week the Club members are given a new theme. Their theme last week was MUSIC. Here are the pics submitted:



Nihal Abrahams - Gr 10



Helena Laubscher - Gr 11



Helena Laubscher - Gr 11



Ntsika Sesman - Gr 10



Vicky Phiri - Gr 10





Luna Viljoen Ventura - Gr 11



Ayla Maharaj Goodman - Gr 9



Zizipho Ndayi - Gr 10



## Choir

With the updated COVID school regulations, we have been given the go-ahead to resume choir practices. Our auditions will be announced for next week.

We are extremely excited to start singing again!



## Inter House Film Festival

We are very excited to launch the Camps Bay High School Inter House Film Festival which will replace our Annual Inter House Play Festival. See details below.

Those interested in begin a part of their House Film should liaise with their House Captains or Mr Cross.

# CAMPBAY HIGH SCHOOL INTER HOUSE FILM FESTIVAL

THIS YEAR EACH HOUSE WILL PRESENT A 10 MINUTE LONG SHORT FILM TO REPLACE THE ANNUAL INTER HOUSE PLAY FESTIVAL.

**THE THEME THIS YEAR IS...**  
**OPEN AND SHUT**

## FILM FESTIVAL REQUIREMENTS

- HOUSE CAPTAINS TO HELP ORGANISE REHEARSALS & REHEARSAL VENUES
- FILM MUST RUN BETWEEN 10 & 15 MINUTES LONG (APPROXIMATELY 8 PAGES OF DIALOGUE)
- A DRAFT SCREENPLAY IS DUE ON FIRST DAY OF SECOND TERM - 3 MAY 2021
- FINAL PRODUCTION TO BE SUBMITTED BY 26 JULY 2021

- THERE MUST BE NO SWEARING, BLASPHEMY, BIGOTRY, RACISM, SEX OR GLORIFICATION OF DRUGS AND ALCOHOL
- SOCIAL DISTANCING PROTOCOLS MUST BE UPHELD WHEN FILMING OR THE FILM WILL NOT BE ABLE TO BE AIRED.
- EACH HOUSE MUST DESIGN A POSTER AND A 30 SECOND TRAILER TO ADVERTISE THE FILM.



**CAMPBAY  
HIGH SCHOOL**



## COVID-19 Compliance

With Cape Town experiencing colder mornings, and some light showers, we find ourselves having to manage our learners very carefully with regards to physical distancing and correct mask wearing.

We have been reminded of the expectation of a possible third wave of infections post-Easter Weekend, and we implore parents to encourage their children to avoid large social gatherings to minimize their risk of infection.

COVID fatigue is creeping in once again and we ask parents to remind their children to be mindful of not only their own health, but of their family and friends.

We are pleased that so many school activities are able to resume, however, this will be short-lived if we see a rise in COVID-19 cases. We can stop the spread if we work together to keep ourselves and each other healthy!

ALERT  
LEVEL

1

## South Africa remains on Alert Level 1



## Mandatory mask wearing:

- Wearing a cloth mask or similar covering over the nose and mouth is mandatory when in public
- Any person who does not wear a mask in a public place will be committing an offence





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
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## TUTORING / HOMEWORK HELP OFFERED

My name is Holly Smith and I am a first year UCT Chemical Engineering student. I am offering my services as a tutor for Maths, Physics, Biology, English, and Visual Art (grades 4-11).

I received 8 distinctions and a 94% average for my final NSC exams (including AP Maths). I also received the WCED Visual Art Award. I live in Tamboerskloof and have my own transport. For more information, contact me below.

WhatsApp: 071 497 4130

Email: hollymorphetsmith@gmail.com

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- Gift Shopping
- Extra Pair Of Hands (party planning)
- Extra Pair Of Hands (moving)
- Waiting At Your Home (services/repairs)

## Kids

- School Pick Ups & Drop Offs
- Extra Mural Lifting
- Fun Outings
- Buying Gifts
- Buying School Stationery

## Elderly Care

- Driving to/from Doctors Appointments
- Keeping Company, Reading Stories
- Playing Board Games

## Home

- House Check Ins While Away
- Air BnB Co-host
- Interior Decorating
- Organise Cupboards & Spaces

## Pets

- Pet Sitting (no sleepovers)
- Vet Appointments
- Parlour Appointments

## Admin

- Organising & Filing invoices/bills



# EGGCITED MUCH?

We're ecstatic for you to come  
and join us this Easter!

*Ocean Basket*



## Shanti Festival

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**10 APRIL 2021**

[dani@shantifest.co.za](mailto:dani@shantifest.co.za) | [Carey@shantifest.co.za](mailto:Carey@shantifest.co.za)  
 Shanti Festival