



CAMPS BAY
HIGH SCHOOL

NEWSLETTER

18 June 2021

Dear parents, guardians and learners,

Assessments

As the number of infections continue to rise, South Africa has moved to adjusted Alert Level 3. As a school community, we have been very fortunate as we have not experienced the dramatic rise in COVID -19 positive cases that the other provinces and some schools have experienced. We are very thankful and will continue to do our best to ensure we monitor the situation very closely and ensure that all health and safety protocols are adhered to.

We are entering an important two weeks in the school term where we have many of our assessments taking place. We will continue to be vigilant and careful to ensure our learners are as safe as possible on campus and request that parents also assist us in this regard when their children are in their care.

Youth Day 16 June 2021

On the 16th of June we celebrated Youth Day as a country and remember the many learners who lost their lives in the protests in 1976 against new reforms that were about to be implemented in school.

We thank the RCL for erecting boards in the foyer with photos and explanations to help our learners understand what happened on that day. The following four lines ended the explanation on their poster: "This year, the RCL and Camps Bay High would like to celebrate and commemorate all the brave young students who fought for their rights and allowed us the opportunity to get an education"



Memorial Service for Isabella Lubczonok

On Tuesday, 15 June, Camps Bay High held a special memorial service to honour and celebrate the life of Isabella Lubczonok. The service was well attended and was necessary as many of her friends were not able to attend the Mass at the church due to numbers being restricted. It was also our way to say goodbye to a much loved "family" member of our school.

We have started our new Food Garden, the Garden of Hope, at the front of the school as you enter the pedestrian gate and the first tree planted in the garden was a lemon tree in honour of Isabella.

Friends and classmates of Isabella painted many pebbles and these brightly coloured pebbles were laid at the base of the tree by all of those present

Further in this newsletter, you will find a special "In Memorium" section, dedicated to the memory of Isabella who held a very special place in the hearts of many of our learners and staff.



Uniform Shop closed for stock taking

Please note that the Uniform Shop will be closed on 23 and 24 June 2021 for stock taking.

Gate code and licences

All learners who drive onto campus, must please provide a copy of their driver's licence to the front office (reception) by Tuesday, 22 June 2021. This applies to motorbikes, scooters and cars.

Lisa Asani - Head of RCL in 2020 writes for News24.com

Congratulation to past pupil, Lisa Asani -Head of Camps Bay High School's RCL in 2020, who was asked to write a Youth Day article for News24.com.

Her article can be read here:

<https://www.news24.com/news24/columnists/landisa/youthdayessay-lisa-asani-we-should-not-stand-in-the-way-of-the-youth-building-our-future-20210615?fbclid=IwAR0Ovo5iuGgWxcGMrf9ZN9H1z99JbPipYHwltvOu8fZMyhtFOxxHKBJ0Bb4>

Lisa, we are very proud of you - well done!



Grade 9 "Fun Day"

On Friday 11 June, we hosted a "fun day" for the Grade 9s. This was a welcome break from the normal daily routine and provided an opportunity for the Grade 9s to "let their hair down".

Kiera Kresfelder and Jules Keohane performed for the Grade 9s and then the prefects lead the Grade 9s in singing a couple of the school's favourite war cries which can be viewed here:

<https://fb.watch/6c8feKSdRG/>

The Grade 9s assisted by Gr 11 PR Team members, made a collaborative artwork using their handprints. The artwork will now be displayed in a place of pride in the school until they Matriculate in 2024.



The big secret at the end of the event was a Secret Session with Secret Sunrise Cape Town. Here is a clip of some of the fun: <https://fb.watch/6c7Zgaf8Ys/>



Class of 2024 at their Grade 9 Fun Day



Thanks to Zahir Joseph and Raees Ben for the great pictures captured at the Grade 9 Fun Day. A full album of all the pictures will be made available on our Facebook page.

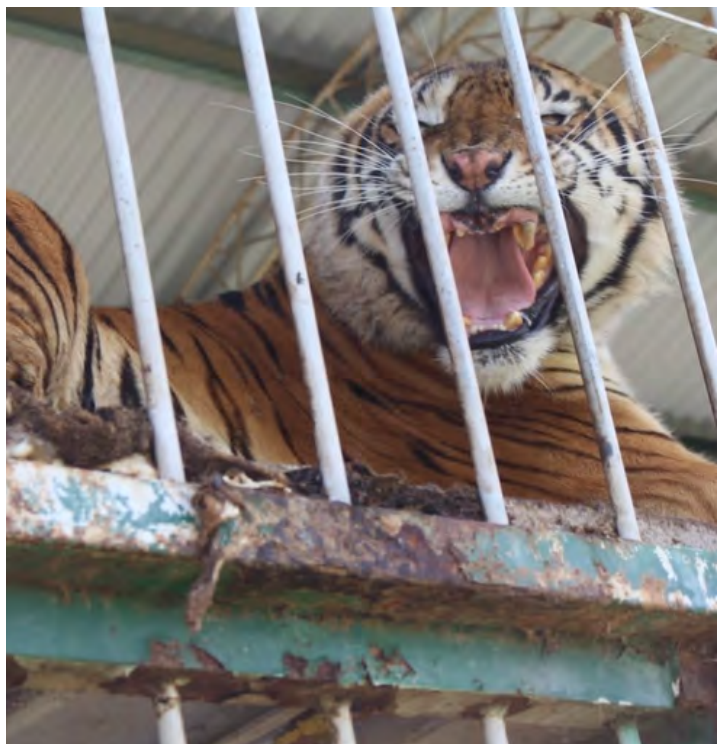
Drew Goldie and Sebastian Byrnes raise funds for Train Tiger Rescue

Matric learners, Sebastian Byrnes and Drew Goldie have been raising awareness for the plight of big cats in captivity in South Africa and around the world for the past seven years. As Big Cat Youth Ambassadors they have raised over R78 000 with their Big Cat Youth Collection of handmade lions for various ethical Big Cat Sanctuaries in South Africa.

Their latest project involves raising funds for the Train Tigers Rescue which aims to rescue 4 Bengal tigers who were abandoned in a train truck in Argentina. The tigers were part of a traveling circus and the owner abandoned them in a train truck, leaving them in the temporary care of a farmer who has no big cat experience. Ubuntu Wildlife Sanctuary and The Wildlife Advocates Foundation have stepped in to relocate the tigers. Ubuntu have offered the tigers a permanent home at the sanctuary in South Africa. This is a mammoth project which is incredibly costly.

The duo have donated R7400 to Ubuntu Wildlife Sanctuary which will be used for their rehabilitation once they arrive at their new home in SA.

We are very proud of these two Matric learners and encourage people to support them in their efforts. Well done, Drew and Sebastian!



Grade 11s and 12s get lessons from Chef Lee Jansen

Chef Lee Jansen from the International Hotel School recently visited the Grade 12 Consumer Studies class and demonstrated how to make choux pastry, chocolate eclairs and cream puffs plus a swiss roll.



Chef Jansen came again to do a demonstration for the grade 11 Consumer Studies Class. He showed the students how to decorate Novelty cakes using butter icing, fondant and chocolate ganache.



Wishing all our fathers, grandfathers and guardians who take on the duties of dads, a very happy Father's Day this Sunday.

Yours sincerely

MR LOUIS MOSTERT
PRINCIPAL

House Captains receive their badges

Mr Mostert announced the House Captains and Deputy House Captains for 2021 at a special assembly for Matric learners. Well done to everyone.



RED HOUSE

Ally-Jane Abrahams - House Captain (inset picture), Oliver Zvirawa - Deputy House Captain, Mr Louis Mostert - Principal, Kira van Zyl - Deputy House Captain, Shuraih Adams - House Captain



ORANGE HOUSE

Darren Webb-Linacre - Deputy House Captain, Nwabisa Mambumba - House Captain, Mr Louis Mostert - Principal, Sebastian Byrnes - House Captain, Romeo Ndhlovu - Deputy House Captain



YELLOW HOUSE

Rulida Louw - Deputy House Captain, Luca Ferrucci - Deputy House Captain, Mr Louis Mostert - Principal, Kimberly Mhlanga - House Captain, Diego Jacobs - House Captain



GREEN HOUSE

Mika van Zyl - Deputy House Captain, Tendai Banda - House Captain, Mr Louis Mostert - Principal, Anitta Mbangu - House Captain, Aasim Ellis - Deputy House Captain



BLUE HOUSE

Imrah Majiet - Deputy House Captain, Gina Marks - House Captain, Mr Louis Mostert - Principal, Basilios Maroulis - House Captain, Seth Davies - Deputy House Captain



PURPLE HOUSE

Ross Williams - Deputy House Captain, Justine Braaf - House Captain, Mr Louis Mostert - Principal, Aurora Bloomberg - Deputy House Captain, Skylah van Dieman - House Captain (inset picture)



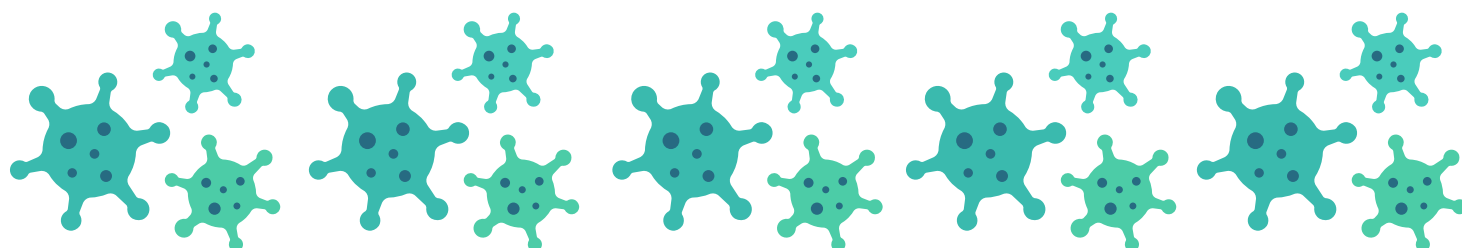
What to do when you have a Close Contact with someone who is COVID-19 Positive

We have been consulting with local GP, Dr Julie Etellin, who is part of a group of doctors advising schools on COVID-19. We would like to thank her for always being available to assist us with cases at school, a service she does free-of-charge.

As we have officially entered the Third Wave in the Western Cape, we are finding more and more learners who have been in close contact with someone who is COVID-19 Positive.

Here is some practical information about **what to do if you are a Close Contact**, shared by Dr Etellin which was provided by Public Health Specialist, Dr Kerrin Begg, who assists the Department of Health with Outbreak Response:

- It is **mandatory to quarantine for 10 days** from the date of the last contact with the COVID-19 Positive contact to wait out the incubation period to see if you develop COVID-19.
- You need to **stay home**, and may not go out of your home whilst quarantining.
- At home, you need to **limit physical contact** with your family.
- If possible, **stay in different rooms** and use different bathrooms.
- If possible, use **separate cutlery and crockery**.
- Please **do not allow visitors** into your home.
- Please **keep track of your health** by measuring your temperature daily and not if you develop any of the following symptoms:
 - *Fever/cough*
 - *Myalgia/body pains/sore throat*
 - *Difficulty breathing/shortness of breath/diarrhea*
- If you develop any of these symptoms, please **consult your family doctor** and/or access a testing centre and **get tested** for COVID-19
- It is recommended that you only be **tested on DAY 5 to 8** of your quarantine and that you undertake a PCR test, not a rapid antigen test. This helps eliminate a false negative result.
- Should you become symptomatic and test Positive during your quarantine period, please **inform our Covid Officer**, Ms Harvey on bharvey@campsbayhigh.co.za as your dates of quarantine would change. Your isolation would then commence from the day you become symptomatic or the day you test positive (if asymptomatic).
- Should you test negative whilst in the mandatory 10 day quarantine period, you still need to **quarantine for the full 10 days** as the virus can incubate for up to 10 days.
- If you are quarantining as a result of Close Contact with someone who tested Positive, none of your contacts need to quarantine unless you become symptomatic or test positive. They are currently deemed a **Contact of a Contact** as they have not been in direct contact with the positive case. You are, however, advised to let your contacts know that you are in quarantine so that they can be mindful of keeping their distance, wearing masks, sanitising, etc.



Help get our Garden of Hope fully planted

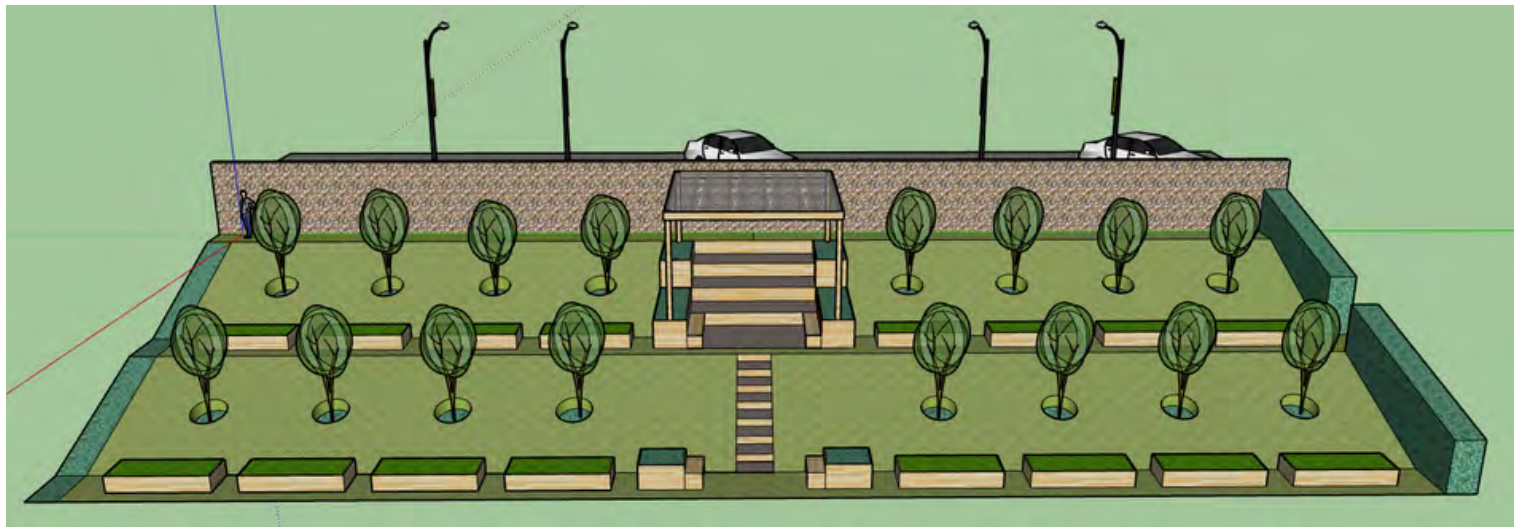
We are excited to be able to launch our food garden, The Garden of Hope... a garden for the future with roots in the past. Sustainable living has become a key driver for the future generations and so so it make sense for us to create our own sustainable Food Garden which can be used as a learning tool for our learners.

Our garden has been designed and is being built by past pupil, Ben Getz from Urban Harvest Edible Gardens. The idea is that the school's current learners, with the assistance of members of staff and the community will work the garden which will produce a bounty of fruit and vegetables that can either be used by those in need in the community, or sold, with monies raised going to help keep the garden going and help those in need in the Camps Bay Community.

The school would like to use the Garden of Hope as an opportunity for Alumni to remember those "Gone too Soon". There are many opportunities within the Garden for past pupils to remember their classmates and provide a living legacy for future generations.

We need R200 000 to make this garden a reality! Donations start at R100. You can either donate via the Karri App or click on this link to donate on Quicket: <https://qkt.io/GardenOfHope>

All donors will be recognised on a donors board at the entrance to the Garden. Having opened up the donation pages yesterday, we are thrilled to report that we have already R11 650 from generous parents and past pupils. We are excited at the prospect of being able to get this project underway soon! Thank you to everyone who has donated so far.



Memorial Service Video

Isabella's friends and some Camps Bay High School staff members shared their memories and special times together in this touching tribute Memorial Service Video: <https://youtu.be/nuE29vIafD4>



Tribute from Mr Louis Mostert

It is an incredibly sad moment for all of us to lose a member of the Camps Bay family and we acknowledge the pain, hurt and loss that everyone is feeling, especially the family and close friends.

I attended the memorial mass for Isabella and the Priest mentioned all the wonderful things about her, but what struck me most was how talented Isabella was, how many interests she had, the variety of interests she had and how loved she was. It was also clear how much she loved and appreciated her family.

The first time I met Isabella was when she was in Grade 8 and I called all the academic prize-winners down and was going through the pronunciation of names and surnames, and of course, her surname I had to check up on.

Isabella came across as a gentle, kind and respectful person. This was made even more evident in the message the Priest read at her service.

Paging through the book with messages to her and the family, you can see the wonderful character traits people saw in her. Phrases that kept appearing in the book:

You always looked so happy... I will miss your smile... an amazing bright girl... a ray of sunshine... you made us smile and laugh.. you were the best friend... an amazing person... I miss those times we used to hang out and just talk...Brilliant at Chess...warm energy... Isabella always brought happiness...never spoke badly about anyone...incredibly respectful...great listener... Isabella made so many friends on the Afrikaans camp... a beautiful soul...the class will not be the same without you...thanks for checking in on me every day.

Isabella was clearly loved and touched the hearts of many people. We have suffered a great loss. Isabella, may you go in peace.

Tribute from Alexandria Letizia

Accompanied by Isabella's Grade Head, Ms Bronwyn Harvey, Alexandria Letizia performed a touching musical tribute to Isabella at her memorial service. View their performance here:

<https://youtu.be/nhWTqTkkPkk>

Alexandria also shared this special tribute video of what Isabella meant to her:<https://youtu.be/DPch2k-V4yk>



Tribute from Ms Bronwyn Harvey

There is no word for a parent who has lost a child. The grief is so all-consuming that there is just no way to describe the pain. Therefore, when we lose one of our young, it is important that we do not lose ourselves in that grief.

Bella was one of my brood, one of my chickens. My first memory of her in Grade 8 was in Music class, where she had only two questions that she needed to ask: Who was my favourite composer, and what was the most difficult music piece in the world.

Bella had a unique grace that demonstrated a depth beyond her years. She took joy in the simplest of things while she was of great complexity. She was living her full potential. She was not afraid nor intimidated by her own worth. She had reasoned compassion born not of obligation, but of understanding. She was fully inclusive because she knew the pain of exclusion. She was humble because she understood the sting of humiliation.

Bella brought her endless empathy and kindness to Camps Bay and lived her values. She was an authentic being who gave a lifetime of love and joy and friendship in her short time with us.

The following words were shared with me from a Grade 10 learner:

The smallest candle can pierce the deepest darkness, and light so many other candles. Therefore, each of us must be our best and shine our light into the universe to counter evil. Remember that day cannot be without night. Colour cannot be with black. Happiness cannot be sweet without tears, and good cannot be without evil. Be your own little candle of goodness and you will bless the universe and shine through the darkness.

Isabella's Grade 10 friends have requested that she be memorialised in the following ways:

That a tree be planted in her memory, and
that for their valedictory in 2023, a seat be reserved for her with her school House.

Bella will always be in our hearts, and her memory will live on in all those she touched with her kindness and friendship.

Tribute from Mia Engels

Since we met in Grade 8, Bella and I have shared a lot of happy memories. She arranged enjoyable afternoons, sleepovers and hikes which were appreciated by all her friends.

One of my favourite memories was when Bella welcomed me to help her at the soup kitchen. We spent hours together having a light heart conversation and joking around while preparing the food. I believe that this demonstrated her continuous dedication to supporting those in need.

Music, art, horseriding and academics were just a few of her many talents. During breaks Bella showed Mila and I her intensive piano pieces which always amazed us.

She was wiser than many our age and always helped a friend in need with advice. Her bright smile and infectious laugh will be so missed by all. We will hold her in our hearts forever.

Tribute from Alicia Chinyoka

POEM: GRIEVING

*We've cried a cold endless river
Our hope all gone in vain
Your echoes are fading quickly
Intensifying our pain*

*We pack away your clothes
Your room left bare and empty
Your door permanently closed*

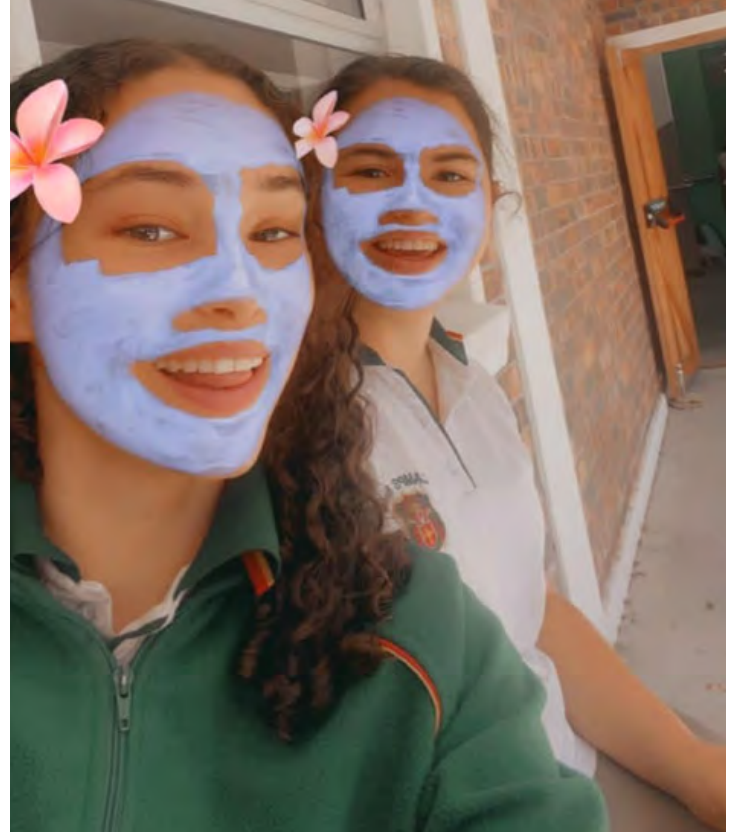
*You slipped into another world
A world we simply can not be
A world we simply can not see
Time can no longer touch you
And sadly nor can we*

*Like a shadow in the moonlight
Like the whispers of the seas
Like the echoes of a melody
Just beyond our reach
There's no cure nor remedy
Just our sadness on a leash*

*So in The shadow of our sorrow
Post the whispers of goodbye
There you stand singing a beautiful lullaby*

*And so the dark turns into the viscous night
The sun all set and gone
And though our tears have blurred our sight
Your memory spurs us on.*

So goodbye my friend... I might not see you again
but our time spent together will wipe away these
tears.



Tribute from Mila Young

I could go on about how talented Bella was and how she could have achieved great things in life... but actually the most important thing to me was that she was my friend.

Sometimes we would sit together at the piano and she would play one of her latest pieces to me... they were far too complicated for me to follow, but she loved playing for me and it brought a smile to her face.

She was always kind and sweet - and even when I rambled on, and others had switched off, she continued to listen.

Sometimes she would even ask me to teach her Bio at break time, because she wished she had taken it as a subject and yet she always did better than most of us.

But over and above her talents and her intelligence, what I loved most about her was her great laugh... distinctive and loud - we could not help but join in.

I am grateful for the memories I have of the time shared with her. I will never forget you, Bella.



Tribute from Epalenzi Chiguruguru

Thank you Bella.

Thank you for being a caring and loving friend. You were and still are a precious unique soul.

Thank you for the laughter and smiles we shared together.

Thank you for always making fun of my height every time I saw you.

Thank you for the wonderful memories that will never be forgotten or replaced by anything else.

The only time a goodbye is painful is when you know you'll never say hello again so I will not say goodbye but I will see you again.

Rest in Peace Bella.



First tree in Garden of Hope planted in Isabella's honour

The first tree in the Camps Bay High School Garden of Hope was planted on Tuesday, 15 June 2021 and dedicated to Isabella Lubczonok. Isabella's friends and classmates hand painted "Kindness Rocks" which were placed at the base of her tree after the special Memorial Service held for her on Tuesday.



Lisa Schatz

REGISTERED COUNSELLOR & PSYCHOMETRIST

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How can Digimune.com help you keep your Kids safe Online

What is Cyberbullying?



Stalkers and Bullies have always existed, but their strategies have changed over the years to take full advantage of the anonymity provided by the Internet.

Cyberstalking/CyberBullying is the technological (via the Internet and devices) harassment aimed towards a specific individual.

It may involve many incidents, such as emails, text messages, social media platforms, and search engines, over time to cause another person, or group of people, to fear for their safety.

Cyberbullying often involves an attack on an individual's privacy and can be emotionally devastating to its victims.

Digimune is a Monitoring Solution.

It allows the user to monitor across the Web, Dark Web and Social Media. The Solution also provides advanced features in the fight against Cyber Bullying, Cyber Shaming, Grooming, Revenge Porn, Sexting and Online Abuse. The Solution assists with Content Moderation, Illicit Content Management, Account Hacking and Account Impersonation.

Tips for parents

- Talk to your child about online shaming on social media. Find out what they know and ask them their opinion.
- Remind your child to avoid posting something that could be taken the wrong way. If it is a joke they are about to make that could be misinterpreted, it is probably best not to post it publicly.
- Stress that any unkind comment that they make on social media about something someone else has posted will affect the person on the receiving end.
- Remind your children that they should only say something online that they would be happy to say offline and face-to-face. Remind them that what they do or say online can have real-life consequences.
- Talk to your children about being digitally savvy and check the facts before they add their thoughts. Things that are said or done online can often be misinterpreted.
- Talk to your child about their digital footprint and remind them that any unkind comment they post online will always be out there.

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Email us directly at info@digimune.com or to see the Family Protection options, go to <https://www.digimune.com/personal-family-protection>



Online Career Guidance and Skills Development Solution for High School Learners

Dear Parent,

How often in life have you said to yourself, **"If only I had known that earlier!"**
You are not alone.

One of EDUvelopment's key facets is to address the above issue. Getting our youth ready for life, earlier.

However, that is just one of EDUvelopment's solutions. During high school, learners as you know, have important decisions to make, such as subject choices and later on study and career choices. Often there is a lot of pressure and stress associated with these decisions.

EDUvelopment's online platform offers learners and parents the opportunity to make informed decisions *without* unnecessary last minute panic and expenditure.

"EDUvelopment can bridge this gap in the form of assistance that is offered through an online program consisting of 3 critical elements..."

With more than 40 years of educational experience, of which 32 years have been at university level, I have on a daily basis, encountered students who aren't life ready and who would have benefitted from such a course. I highly recommend EDUvelopment's online platform to help your child take on the future with the necessary confidence, knowledge, and life skills."

Prof RJ (Nico) Botha
BSc(UP), DEd(Unisa), SLC (IPLA, Indiana)
Department of Education Leadership and Management
UNISA

UNISA



EDUvelopment has captured 3 vital components on one easy to use online platform:



Pillar 1: Annual Assessments – Future Path Vision.

Each year learners have at least one aptitude / career guidance assessment, with each year offering different assessments based on age and relevant decision making. If a learner can identify and understand their strengths and interests, they can become focused and purpose-driven to work towards their clearer future.

Pillar 2: Tertiary Institutions & Careers Catalogue – Future Path Planning.

Knowing what to do after school, where to study, what to study, how to apply and what bursaries are available can be confusing and challenging! EDUvelopment's Pillar 2 makes it easy and stress free. Virtual tours and need-to-know information about institutions big and small are on our platform; learners can look at interviews with staff and students to find out whether the institution and/or course really resonates with them.

Perhaps studying is not the intended path – EDUvelopment offers comprehensive information regarding career options, as well as staying on top of new careers that parents and learners may not be aware of as yet. Our "Day in the life of..." gives a realistic view of what a specific career really entails.

Pillar 3: Skills Development – Future Path Preparation.

EDUvelopment has a 12 month curriculum designed for each age group in high school, in order to adequately address the needs that exist. EDUvelopment has filled a huge gap in educating learners about life by equipping them with hard and soft life skills. **Are learners currently getting enough education in the necessary life skills that suddenly become relevant after school?** For example: How to rent an apartment, the basics of tax, money management, critical thinking, negotiation skills...the list goes on.

What about soft skills? **Are learners equipped with the skills to thrive on a personal level?** EDUvelopment covers important topics, such as but not limited to: Emotional intelligence, stress management, time management, study methods, health and wellness, dealing with bullies in person and online...and much more.



Please do not hesitate to contact us should you wish to learn more about how EDUvelopment can make a difference in your child's life; warren@eduvelopment.com

We look forward to hearing from you, and bringing about positive change!

Regards
Warren Edwards
M: 076 583 9987



Tel +27 (0) 12 534 4020
Fax +27 (0) 86 538 7917 /
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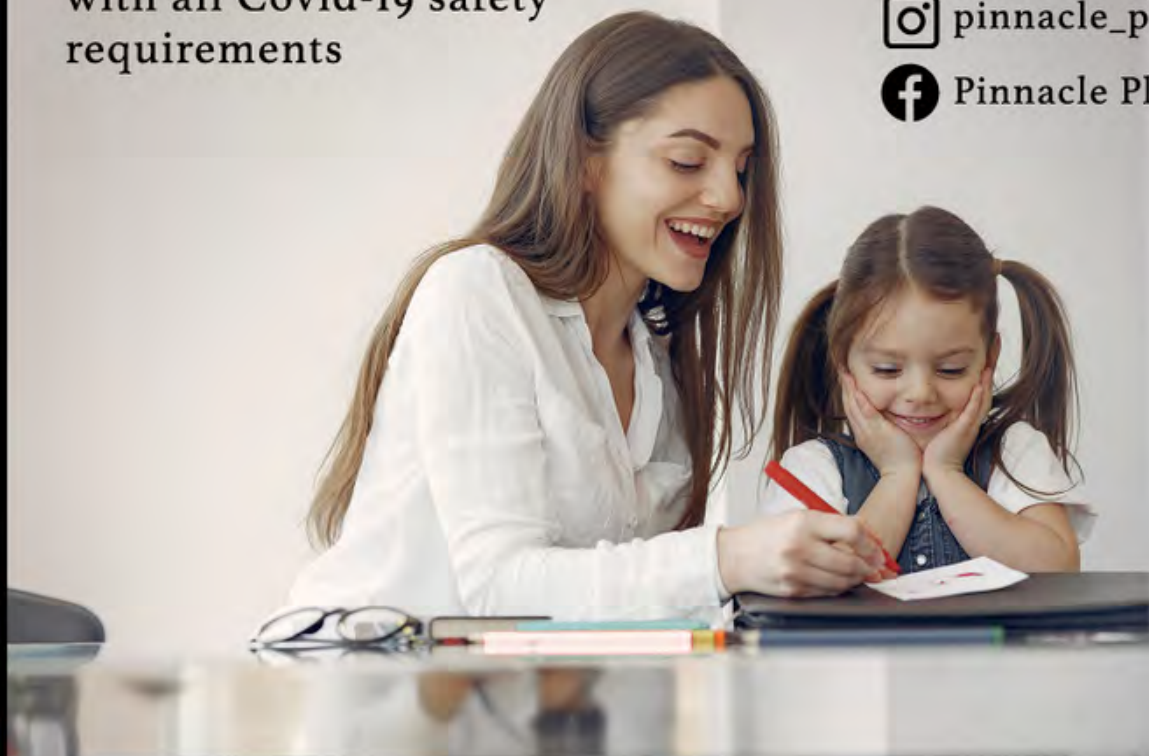
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