



NEWSLETTER

2 August 2019

ISSUE NO. 12

EDITORIAL

Believe in yourself

In 1983, the Sydney-to-Melbourne race was thought to be one of the world's most difficult physical tests known to athletes. It was 875km through rural Australian flats and hills that would take up to seven days to finish. Contestants could eat and sleep as they needed and the winner would take home a 10 000-dollar prize, as well as the pride associated with winning this kind of race. The race included professional athletes from all over the world. It was a race considered to be a man-killer and even seasoned athletes found it gruelling. Then there was this man....



This is Cliff Young, a 61-year-old potato farmer, who showed up at the starting line of the race in overalls and rain boots. People took one look at him, and probably wondered if he was going to die from a heart attack a few hours into the race. However, Young had grown up on a farm where he had to herd over 2 000 sheep over 2 000 acres of land. Sometimes he would have to run after the sheep for two or three days. It took a long time, but he'd catch them.

At the start of the race, the pack of athletes immediately overtook him and ran dozens of kilometres on the first day alone. They were kitted out with the best running shoes and had trained for endless hours prior to the race. Then there was Young, in his wellington gumboots, his pace nowhere near that of the elite athletes.

Then night came. Exhausted from seventeen hours of pushing their bodies to the limit, the racers all made camp by the side of the road and went to sleep. All of them, that is, except Cliff Young. You see, when Young said he chased sheep around his farm for three days, he meant that he had herded them for three days straight, without stopping or sleeping.

When the rest of the athletes woke up, the 61-year-old man who ran in an odd, shuffling manner was kilometres ahead of them. He was beating the best athletes in the world - men less than half his age. Cliff Young shuffled down the highway for five days, fifteen hours, and four minutes straight. He jogged to the finish line in Melbourne and was greeted by TV cameras and fans. He had broken the all-time record for the marathon - by two days. When he got the cheque for ten thousand dollars, he told the organisers he wasn't actually aware there was a prize for winning.

There are many things we can take away from the story of Cliff Young - some include:

- He refused to adopt other people's limitations.
- He refused to give in or give up – he pushed on right to the finish line.
- Possibly the greatest lesson from Cliff Young and the other athletes is the power of belief. When the marathon runners began the race, they believed they would need to run for eighteen hours and sleep for six hours (but they were wrong); they believed that the race would take about seven days – but again, they were wrong. Cliff Young believed he could do it. He believed he didn't need the finest, high-tech running shoes to complete the race; he believed that age didn't matter to winning and achievement; he believed in giving it all - giving all of himself.

Think about this:

- If you believe that life has to be tough, that is what you will experience.
- If you believe you are a loser, then you will live up to that.
- If you believe it can't be done, then it won't.
- If you believe there is hope and that you will find a way, then you will find the way.
- If you believe that you can do it, that you can be, do and have what you want, then you will be, do and have what you want!

Remember your thoughts, feelings, attitudes and beliefs create your reality. Start from the inside out; change your beliefs to match what you want to create! Believe in yourself!

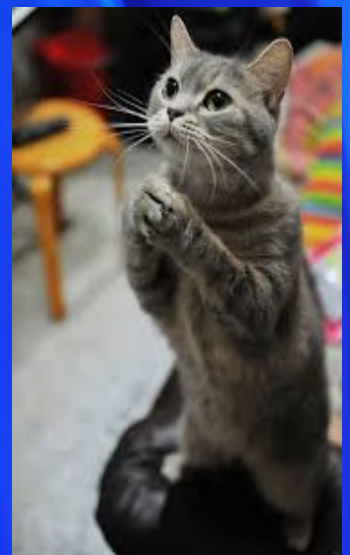
Mrs C.L Taylor

Head of Department: Mathematics

A NOTE TO OUR PARENTS

One of the school's projects is to feed the sterilised feral cats that live on the school property and which help to keep our premises free of rodents. We would appreciate any donations of tinned or dry food. Donations may be handed in at the front office. Thank you to those parents who help us feed these cats.

All contributions are gratefully accepted.



IMPORTANT DATES

- Thursday 19 September - Final Afrikaans essay exam
- Friday 20 September - Final English essay exam

Note that if a learner is absent, a doctor's note must be produced - otherwise zero will be given.

- Monday 5 August – Junior house plays at 18h00
- Tuesday 6 August – Senior house plays at 18h00
- Saturday 17 August – Mr & Miss EHS at 18h00
- Friday 23 August – Block tests begin Grades 8 – 11
- Monday 2 September – James Thompson Polar bear swim 10h45

SPORTS/CULTURAL RESULTS

Junior House Quiz results:

- 1st Falcon
- 2nd Harrier
- 3rd Eagle
- 4th Kestrel

Senior House Quiz results:

- 1st Kestrel
- 2nd Falcon
- 3rd Eagle
- 4th Harrier



Athletics:

17 July 2019

A team athletics:

- 1st Northcliff High School 327 (A league)
- 2nd Queens High School 227 (A league)
- 3rd Edenvale High School 185 (B league)
- 4th Fourways High School 157 (A league)
- 5th Mondeor High School 112 (C league)

B team athletics

- 1st Edenvale High School 227
- 2nd Dowerglen High School 175



24 July 2019

A team athletics:

- 1st Randpark High School 223 (A league)
- 2nd Edenvale High School 188 (B league)
- 3rd Krugersdorp High School 137 (B league)
- 4th Mondeor High School 113 (C league)

B team athletics

- 1st Edenvale High School 233
- 2nd Curro High School 186
- 3rd Covenant College 97



Soccer Girls

U15 vs Waverley High School won 10-3. Player of the match: Erin Curtis

1st team vs Waverley High School lost 1-3

E-Sport

E-Sport versus Hoërskool Randburg won 16-9





Need Extra Maths?

Master Maths Edenvale offers tuition using an interactive computer system. Continuous assessment and support are provided. Learners are able to work at their own pace.

Grades 3 - 12 are welcome!

We strive to make learners independent and make learning maths fun!

For queries, please contact us on: (011) 453 8866

edenvale@mastermaths.co.za



MATHS TUITION 2019

- Maths Core offered for Grades: 8, 9, 10, 11 and 12
- Cost = R300 for 2 hours
- Lessons on Saturdays and Sundays

Contact Sue on: 074 180 2097 / sue@confidentteens.co.za / www.confidentteens.co.za

Qualifications: BA(Honours); UHDE (University Higher Diploma in Education);

PDA (Personal Development Analyst); Assessor / Moderator

Experience: Over 20 years

ORTHODONTIST

Dr Lionel Milstein BDS MSCDENT ORTHODONTICS (WITS)

Adult and adolescent braces

Porcelain and clear brackets available

Discovery and Medical Aid rates charged

Tel: 011 454 6264





HR-quest

helping you find the right path to your future

Confused about your Career Choice? Need help finding the right Career?



- **Psychometric Assessments** linked to your career interests, personality, abilities, values
- **Life career history interview**
- **Me and My Career Workshops**
- **CV Writing and Interview Skills Workshops**

Please phone Heather Jones at HR-quest today on 083 976 2716 or email heatherj@hr-quest.co.za
website: www.hr-quest.co.za

