



EDENVALE HIGH SCHOOL

FROM GOOD TO GREAT

Issue No. 8 ~ 19 May 2023

Dear Parents and Learners

We are fast approaching the June exams, and I would like to use an analogue to compare your child's school career to the Comrades Marathon. During Parents' Evening last term, I had these beautiful, fit and healthy parents speaking to me, and I started thinking that if I could compare their child's school career to a sport, they would perhaps better understand what we are doing here at school.

The first thing that you normally do if you are interested in running the Comrades is to do research, watch videos, and get a coach. That is exactly what the teachers are doing in class. We are coaching the learners, explaining the rules to them, telling them where to start, and what to do when they get to an uphill.

But this is definitely not enough to be able to run the Comrades! It is a small but crucial part of the whole process, and you have to go back many times to revisit and study the rules and information.

The training process, according to <https://www.africamarathons.com> is:

1. **Start training early.** Training for subjects involves doing homework, reading and, most of all, practising with past papers and questions to become fit.
2. **Follow a training plan:** Failing to plan is no different from planning to fail. So, first make summaries of each chapter and definitions. Plan 15-30 minutes for a specific subject per day. Read through the summaries and practice two multiple choice questions and one long question. Mark the questions and ask a friend or your teacher if there is something you don't understand.
3. **Build your endurance:** Start with short runs and gradually increase your distance over time. Thus start practising with a short question and increase it to a three-hour paper. Put your books away; set a timer and don't look at the memo. If you use the memo or a tutor to tell you what to do, you are NOT training YOUR own fantastic brain muscle! That is just like sitting on the couch and watching another video of how to run the race or training the tutor's brain!
4. **Practice hill running:** The Comrades is notorious for its hills, and you'll have to be prepared to tackle them. Every now and then tackle a difficult question; apply your mind to the full - stretch it. You can do it! That is what will make the difference between 60% and 80%.
5. **Focus on recovery:** Recovery helps to prevent injuries, and keeps you feeling fresh and energetic, to be able to perform at your best. It is absolutely no use to study or cram through the night before a test, when your brain is exhausted. How can you still expect it to perform to the best of its ability? If you studied according to a training plan, you could go to bed early and you wouldn't get a "BLACK OUT".
6. **Stay hydrated and fuelled.** Proper hydration and nutrition are crucial for the performance of every muscle, including your brain. Drinking plenty of water helps to balance the electrolytes in your brain, and eating healthy food keeps your energy levels up.

In conclusion, preparing for your school career takes time, planning, effort and a lot of dedication.

Mrs A Smit

HOD Physical Sciences

NEWSLETTER

IMPORTANT DATES



Mon 29 May: Afrikaans Test Grades 8 – 12.

This is compulsory for all pupils. Learners who do not write will receive zero - unless a doctor's note is produced.

Mon 29 May: Inter-House Athletics.

Tues 30 May to Fri 23 June

May/June examinations

- Please ensure that learners read the examination timetable correctly.
- No exams will be written at any other time.
- Learners who are absent for an examination must produce a doctor's certificate on the day that they return to school - otherwise zero will be given.

Early departure due to illness

Learners who fall ill during the school day are **not** allowed to contact parents without the permission of the Senior Tutor and front office. Learners will receive a detention if they do so.

ATTENTION PARENTS

One of the school's projects is to feed the sterilised feral cats that live on the school property. We would appreciate any donations of tinned or dry food. Donations may be handed in at the front office. All contributions are gratefully accepted.



SPORTS AND CULTURAL RESULTS

Netball

League vs Hans Moore

U14A won 16 - 7 (finished earlier due to weather)
U14B won 18 - 3
U15A lost 4 - 20
U15B won 14 - 3
U16A lost 8 - 14
U16B lost 7 - 10
U17 won 22 - 15
2nds won 17 - 15
1sts won 24 - 12 (finished earlier due to weather)

Derby vs Bryanston

U14A won 20 - 9
U14B won 29 - 1
U14C won 13 - 2
U15A won 18 - 12
U15B won 14 - 4
U16A won 18 - 11
U16B won 21 - 6
U17 won 19 - 9
2nds won 19 - 15
1sts won 40 - 23



Derby vs Krugersdorp

U14A won 20 - 4
U14B won 17 - 15
U14C lost 14 - 15
U14D lost 2 - 3
U15A won 14 - 12
U15B won 24 - 2
U15C won 18 - 2
U16A lost 16 - 24
U16B won 13 - 12
U17 won 19 - 12
2nds won 24 - 11
1sts won 25 - 19



League vs H/ John Voster

U14A won 19 - 13
U15A lost 15 - 26
U15B won 16 - 3
U16A won 25 - 7
U16B won 25 - 5
U17 won 25 - 7
2nds won 29 - 8
1sts won 31 - 14



Girls Hockey

League vs Die Anker

U14 lost 0 - 8
U15 lost 0 - 7
U16 won 4 - 0
2nds lost 1 - 2
1sts lost 0 - 6

Derby vs Bryanston

U14 vs U14 & U15 combined Bryanston lost 0 - 2
U16 won 2 - 1
1sts lost 0 - 2

Derby vs Krugersdorp

U14 drew 1 - 1
U15 won 2 - 0
U16 won 4 - 0
2nds won 1 - 0
1sts lost 0 - 2



League vs Delmas

U14 lost 0 - 9
U15 lost 0 - 2
U16 drew 1 - 1
2nds lost 0 - 1
1sts lost 0 - 4



Boys Hockey

Derby vs Bryanston

U14 won 1 - 0
U15 won 2 - 0
2nds lost 0 - 1
1sts lost 1 - 3



Derby vs Krugersdorp

U14 drew 0 - 0
U15 lost 0 - 1
2nds draw 2 - 2
1sts won 2 - 1

Aitken & Boden Tournament

Congratulations to the U15s for being placed 5th out of 16 participating schools at the Boden Tournament.

Well done to the 1st team for being placed 14th at the Aitken Tournament.



SPORTS AND CULTURAL RESULTS

Rugby

League vs Elspark

U14 drew 12 - 12

U15 won 19 - 17

U16 won 12 - 5

2XV lost 0 - 40

1XV no result, due to lightning
(shared points)



Derby vs Bryanston

U14 lost 7 - 27

U15 won 28 - 7

U16 lost 14 - 17

2XV won 12 - 5

1XV won 19 - 12



Derby vs Krugersdorp

U14 lost 10 - 47

U15 lost 13 - 15

U16 lost 10 - 47

2XV lost 17 - 27

1XV won 21 - 14

League vs H/ Kempton Panorama

U14 won 40 - 0

U15 won 20 - 5

U16 won 48 - 0

2XV lost 17 - 12

1XV lost 22 - 26

Tour de Math

EHS participated at Beaulieu College against seven other schools. Manyve Mande and Elewa Mazibila won first place.



Chess

Derby vs Krugersdorp
won 17 out of 21 boards

GRADS

Leg 1 TRINITY

Acting Merits

Nonhlanhla Mchunu

Trista Ndetah

Mungi Ndou

Nominations (Best you can get)

Best actor:

Ethan Payne

Gift Kalala

Kyle Pope

Best actress:

Knox Peetham

Calista Panaino

Lerato Maake

Tshego Legodi

Madi Mathebe

Best Directors:

Aaron Sevits

Paris Griffin

Sabelo Mlumbi

Best Lighting:

Harold Mtwarira

Gregory Usher

Best set & Ensemble:

EHS

Leg 2 BENONI

Placed first.



SPORTS AND CULTURAL RESULTS

Cross Country League 2

Junior Girls

Emily 28th
Lesedi 33rd

Junior Boys

Liam 56th
Myles 59th

Senior Girls

Chandre 21st
Alessia 34th

Senior Boys

Mayi 28th
Ethan 48th





Classifieds

****The school accepts outside advertisements. We are unable to take responsibility for the nature of the services offered.**



MATHS TUITION

Maths Core offered for **Grades 8,9,10,11 & 12**

COST: **R350** for 2 hours

Lessons on Saturdays and Sundays

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

Over 20 years experience

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