



# NEWSLETTER

26 August 2022

ISSUE NO. 11

## EDITORIAL

### [Post COVID Coaching Conversations](#)

It's been 28 months since the beginning of the Coronavirus pandemic and, amid the waves of the Delta variant, coaches found themselves facing new challenges such as grief, burnout, productivity and disengagement.

Coaches' demands set the bar high. We expect our athletes to be committed, dedicated, hard working and to strive together towards a common goal. Learners have had to cope with our demands, constraints and pressures, let alone their own desired aspirations within their teams.

It has been a continuous effort to find balance between nurturing emotional and physical well-being, questioning our coaching choices and feeling overwhelmed.

Andrew Wojecki created a simple framework for the post-pandemic context, referring to the '3 Fs' which can bring introspection and reflection on thoughts that are at the forefront of our minds.

- **FRICTION:** What is getting in the way?
- **FEAR:** What are we afraid of?
- **FICTION:** Which story are you telling that is no longer helpful?

**Friction:** It is helpful to articulate sources of friction in order to identify where time and attention should be spent.

**Fear:** Emotions trigger and derail individual effectiveness, and narratives driven by fear magnify our perception of risk. Identifying these fears helps us address the 'elephants in the room'.

Fiction: *Jim Leohr* writes “Your life is the most important story you will ever tell, and you’re telling it right now, whether you know it or not.” Checking in with the stories people are telling themselves can be very helpful in providing clarity and alignment about what may or may not be different in the near future.

The freedom to coach without the constraints of COVID has our sporting teams raising the bar and once again reaching new heights, but we would be remiss if we didn't acknowledge the coaching conversations post-COVID, and the many discussions about gaining perspective.

Ms J Toerien

HOD Sport

(3 Fs) <https://www.chieflearningofficer.com>

## IMPORTANT DATES



- ◇ Monday 29 August Grade 12 Prelims begin
- ◇ Wednesday 31 August James Thompson polar bear swim
- ◇ Wednesday 31 August Summer uniform to be worn
- ◇ 1 – 9 September Block tests Grade 8 – 11
- ◇ Thursday 15 September Tour de Maths at St Peters
- ◇ Wednesday 28 September Colours assembly 18:00
- ◇ Friday 30 September Afrikaans Paper 3 final exam Grade 10 – 11
- ◇ Friday 30 September Afrikaans Test Grade 8 – 9

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



# SPORTS AND CULTURAL RESULTS

## Girls Soccer:

- ⚽ vs Waverley  
U15 lost 1 - 2  
1st team lost 1 - 2
- ⚽ vs King David Linksfield  
U15 vs KDL 1st team lost 0 - 2
- ⚽ vs Liberty Community  
U15 lost 1 - 2
- ⚽ vs Maranatha  
U17 won 2 - 0  
1st team won 18 - 0
- ⚽ vs King David Linksfield A  
U15 lost 0 - 2  
1st team won 13 - 0

## Boys Soccer:

- ⚽ vs Redford Northcliff  
U16s won 12 - 0  
1st team won 6 - 0
- ⚽ vs Trinity Glenvista  
U14 lost 2 - 1
- ⚽ vs Crawford Ruimsig  
U16s won 3 - 0  
1st team won 7 - 0
- ⚽ vs St Declan's  
U14 won 2 - 0  
U15 drew 3 - 3  
1st team won 6 - 1



## Athletics:

### A team:

#### Meet 3:

- ◇ 1st Randpark 291
- ◇ 2nd EHS 216
- ◇ 3rd Northcliff B 110
- ◇ 4th Covenant College 29

#### Meet 4:

- ◇ 1st Randpark 251
- ◇ 2nd Edenvale 202
- ◇ 3rd Fourways 154
- ◇ 4th King David Linksfield 20

#### A-League Inter-high:

- ◇ 1st: Northcliff 244
- ◇ 2nd: Randpark 202
- ◇ 3rd: Fourways 125
- ◇ 4th: Edenvale 109

5 athletes and 1 relay team will be participating at prestige

### B team:

#### Meet 3:

- ◇ 1st EHS 188
- ◇ 2nd Edenglen 172
- ◇ 3rd Hyde Park 149
- ◇ 4th Trinity Glenvista 116

#### Meet 4:

- ◇ 1st Edenvale 244
- ◇ 2nd Florida 174
- ◇ 3rd Kings School 138

#### F League Inter-high:

- ◇ 1st EHS 184
- ◇ 2nd Dowerglen 145
- ◇ 3rd Florida 144
- ◇ 4th Kings College 115

16 athletes and 5 relay teams will be participating at prestige



## SPORTS AND CULTURAL RESULTS

### Junior House Plays:

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



### Senior House Plays:

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



### General:

Well done to Nadine who participated in the SA JKA National Championships held on the 20th of May 2022, at the Ellis Park Indoor Arena. She received a Gold for Kata and Bronze for Kumite (Fighting). With this achievement Nadine also received her SA JKA National Novice Colours.

Well done to Levon in Grade 10 who achieved a gold medal at the South African Open Judo Championship. Levon has earned his Protea colours.



## 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.





## MATHS TUTORIAL

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

COST: **R300** for 2 hours

Lessons on Saturdays and Sundays

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

Over 20 years experience

Sue: 074 1802097 / [sue@confidentteens.co.za](mailto:sue@confidentteens.co.za)



### Class of 2022: Boost your Matric.

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- LEARNER PROFILING
- GOAL ACHIEVEMENT
- COURSES & WORKSHOPS
- CORPORATE PERSONALITY PROFILING

*mm*  
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• Kerry-Ann Gordon 084 517 4273 [info@mindfulmoves.co.za](mailto:info@mindfulmoves.co.za) [www.mindfulmoves.co.za](http://www.mindfulmoves.co.za)





As a coach, I aim to help teenagers set and achieve their goals through focussed actions. No goal is too great or insignificant. During coaching, we will also develop effective **time management, resilience, emotional intelligence, self-purpose** and a **positive self-image** in your child.

The coaching will be done virtually and will cost R300 per hour. The first session will be **free of charge**.

For more information or to set up coaching, please contact me at [alistairunterslak@live.com](mailto:alistairunterslak@live.com).



 **ASSETS**  
skin & body clinic

Assets Skin and Body Clinic is a well established beauty salon based in Dunvegan, Edenvale.

**We offer a range of treatments such as facials, waxing, manicures, pedicures, gelish nails, massages, tinting, henna brows, microneedling and lashes.**

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Assets Skin and Body Clinic



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