



NEWSLETTER

16 May 2022

ISSUE NO. 6

EDITORIAL

Dear Parents and Guardians

Prepare your children for the road, and not the road for your children.

With Covid, we have had quite a few changes in our lives. One of them is how to assist our children to become the best possible version of themselves, and to be happy in who they are and what they will become. Too often, we want them to become a mini version of ourselves and to reach for what we couldn't achieve, which creates a lot of stress and friction between parents/guardians and their teenage children. Too often, we want to prevent our children from getting hurt, and we try to rescue them - without allowing them to grow into adults who can face and handle life.

The teenagers of today increasingly feel that they don't have a purpose or a future. They are depressed and don't know how to manage their time or themselves on social media, as we parents try to live their lives for them, to prevent them from falling and getting hurt. All we achieve is the opposite.

I want to appeal to our parents:

- have a family dinner around a table.
- allow your children to speak of things that are bothering them, and to resolve some matters themselves; only give guidance if they ask for it.
- allow them to experience failure (which is the first attempt at learning) and to make mistakes and deal with them.
- love them; don't worship them.
- be their parent – NOT their best friend, as children need structure and parental support.
- raise them the way they are, not the way you want them to be. If you are Grade 9 parents: assist your children realistically with the subject choices that they will soon make. How can you expect them to become medical doctors if they average in the 50-60% range in Grade 8 and 9? Getting a tutor just makes them more dependent, which does not assist at all. Allow them to choose the subjects they want.

Prepare your child for the road by instilling core values, like honesty, integrity, self-worth, character, confidence, generosity, the importance of religion, and the fact that one mistake is NOT the end of the road, only the beginning. According to Karri Kampaij: "We have 18 years to pack their suitcase, 18 years to slowly equip them to handle life as self-sufficient adults. And while love is irrefutably the most important gift we give our kids, true love wants what's best for a person long-term."

All the best!

Mrs A Smit - HOD Physical Sciences

<https://www.karikampakis.com/2015/07/prepare-the-child-for-the-road-not-the-road-for-the-child/>

IMPORTANT DATES

Monday 6 June

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

Tuesday 7 June – Friday 24 June

June assessments. The timetable is available on the d6 communicator.

Late-coming

This is a reminder to parents and learners that school starts at 07:50 every day and learners need to be on the property by 07:45. It is mandatory for all learners to attend registration at 07:50 as important information is disseminated and it ensures that our school records and statistics are correct. The level of late-coming is totally unacceptable and the disruption caused by learners walking late into the first lesson undermines the quality of those lessons. Parents are requested to please assist in ensuring that learners are at school on time, every day.

Learners who arrive late will be given a break detention for that day.

Failure to attend the break detention will result in a one-hour detention.



SPORTS AND CULTURAL RESULTS

Hockey Boys:

The 1st team hockey boys participated in the annual Hockey School Tournament in Bloemfontein. Congratulations to C De Matos who has been selected for the touring team to the Netherlands.

League vs Springs:

U14 won 6 - 0

U15 won 2 - 0

2nds won 8 - 0

1sts won 2 - 1

League vs Marais Viljoen:

U14 won 2 - 0

U15 won 8 - 0

2nds won 4 - 0

1sts lost 1 - 2

Derby vs Fourways

U15 won 4 - 1

2nds drew 0 - 0

1sts lost 2 - 0

Friendly vs Hyde Park

EHS mixed boys team vs HP mixed lost 2 - 4

League vs CBC Boksburg:

U14 won 6 - 0

U15 won 4 - 0

2nd team won 3 - 1

1st team won 1 - 0

League vs Birchleigh

U15 won 1 - 0

1st team won 1 - 0

Hockey Girls:

Congratulations to Shanay de Klerk who was recently selected to play for the Premier Hockey Ladies League, currently the highest league for ladies hockey. This is a phenomenal achievement at her age. Shanay will be representing the JSA 1st ladies team in the Premier League. Her JSA ladies team participated in a tournament in March where they received bronze.

League vs Goudrif

U14 won 5 - 0

U15 won 8 - 0

2nds won 9 - 0

1sts won 21 - 0 (Goudrif opted to play the full match)

Derby vs Fourways

U14 lost 1 - 2

U15 won 5 - 0

U16 lost 0 - 1

2nds lost 0 - 2

1sts lost 2 - 1



League vs Edenglen

U14 won 2 - 0

U15 won 7 - 0

U16 won 3 - 0

2nds won 4 - 0

1sts won 16 - 0

League vs Boksburg High

U14 won 5 - 0

U16 won 2 - 1 (in the last 20 seconds)

1st team won 16 - 0

Friendly vs Hyde Park

2nd team vs combined HP team won 3 - 0

League vs Leeuwenhof

U14 lost 0 - 6

U15 drew 2 - 2

U16 lost 1 - 5

2nd team won 5 - 0

1st team won 10 - 2

Provincial Trials

Congratulations to the following hockey players who have advanced through to the 3rd round of trials:

U14

S Moloi

J Owens

U16

L Mahabeer

U18

E Curtis

S De Klerk

K Naidoo

Please note that the following players have been selected as part of the Girls Hockey Eastern's Team as per their age groups:

Under 16 A Team:

- Latavia Mahabeer

Under 18 Team:

- Erin Curtis

- Shanay de Klerk

Netball:

League vs Alberton High

U14A won 18 - 9

U14B won 11 - 6

U15A lost 9 - 10

U15B won 17 - 10

U16A won 23 - 13

U16B won 16 - 9

U17 won 24 - 2

2nds won 24 - 3

1sts won 31 - 19



League vs Die Anker

U14A lost
U14B lost
U15A won 16 - 14
U15B lost
U16A won 23 - 16
U16B drew 15 - 15
U17 lost
2nds won 29 - 2
1sts won 27 - 20

Derby vs Fourways

U14A won 10 - 4
U14B won 7 - 4
U14C lost 6 - 11
U15A won 13 - 11
U15B won 11 - 3
U16A lost 12 - 17
U16B won 17 - 8
U17 won 23 - 6
2nds won 20 - 16
1sts won 36 - 21

League vs Hugenote

U14A lost
U14B lost
U15 A won 12 - 8
U15B won 19 - 10
U16A won 19 - 18
U16B won 22 - 6
U17 won 18 - 8
2nds won 19 - 2
1sts won 32 - 23

League vs Stoffberg

U14A lost 7 - 17
U14B won 21 - 4
U15A won 37 - 10
U15B won 35 - 1
U16A won 20 - 10
U16B won 19 - 10
2nd team won 16 - 14
1st team won 50 - 7

Friendly vs Hyde Park

U14B EHS vs U14A HP won 7 - 0
U14C vs U14B won 4 - 3
U15A won 16 - 1
U15B won 17 - 3
U16A won 28 - 2
U16B won 11 - 1
U17 won 18 - 2
2nd team EHS vs 1st team HP won 24 - 8

League vs John Voster

U14A lost 11 - 14
U14B won 11 - 9
U15A won 24 - 2
U15B won 31 - 6
U16A won 34 - 5
U16B won 27 - 2
U17A lost 10 - 16
2nd team won 31 - 1
1st team won 45 - 23

Provincial Trials

Congratulations to the following netball players who made it through to the D6 netball teams:

U15
K Abrahams
E Swart
S Mthembu
S Berardelli

U16
M Edgecomb
K Reed
G Mpoyi

U17
J Olwage
J Adkins
J Emenike
M Strydom
K Brown

U18
P Lengo
R Welgemoed
S Gray
M Anev
T Solomon
M West
M Pratt

Congratulations to the following girls who made it through to the Ekurhuleni netball teams and will be partaking in the GSS Trials:

U15
S Berardelli
K Abrahams

U16
M Edgecomb

U17
J Adkins

U18
P Lengo
T Solomon
M Pratt



Congratulations to the following girls who made it through to the final round of GSS Trials:

U16
M Edgecomb

U18
P Lengo
T Solomon
M Pratt

Congratulations to M Pratt who made the U18 GSS Team and will be participating in the All Ages Champs in June 2022

Rugby:

Congratulations to M Malebye who represents the 1st team at the Wanderers Rugby Club.

Derby vs Fourways

U14 won 19 - 12
U15 lost 0- 22
U16 won 31 - 8
2nds lost 20 - 22
1sts won 60 - 3

Friendly vs Hyde Park:

U14 and U15 combined EHS vs HP U15 won 66 - 0
U15 and U16 combined EHS vs HP won 28 - 0
2XV and 1XV combined vs HP won 60 - 0

League vs Voortrekker

U14 won 19 - 12
U15 won 15 - 0
U16 won 5 - 0
1XV won 40 - 7

Cross country

League 1

Best performance 9th G Pecci

Notable performances

12th C Bennett
18th G Smith
19th A Pecci
27th M Madono (Senior boys)

League 2

Best performance 23rd M Madondo

Notable performances

19th G Pecci
22nd C Bennett



Public Speaking:

Congratulations to R Maharaj for an outstanding performance at the Public Speaking event hosted by EHS.

Debating:

The debaters participated in the SAIIA MUN debate at Greenside High School. We won the debate and our position paper was rated second out of sixteen teams. Well done to Divaksha Moodley, Jonathan Gatter and Daniella Atkins for this outstanding achievement. The debaters have achieved incredible results in the SACEE league. The juniors came ninth in the league and the seniors came thirteenth. Ntsako Matshabana was rated the top speaker in a league of 150 speakers. The debaters are currently debating every weekend at the SACEE Provincial Championships with schools from all over Gauteng. Good Luck to them!

General:

Congratulations to S Nel in Gr.8 for outstanding Eisteddfod results:

Eie keuse gedig 84%

Vorbereide lees 84%

Limeriek 92%

Own choice poetry 85%

Prepared reading 85%

Limerick 95%

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 TUITION

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)

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Sue: 074 1802097 / sue@confidentteens.co.za



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- CAREER CHOICES
- SUBJECT CHOICES
- LEARNER PROFILING
- GOAL ACHIEVEMENT
- COURSES & WORKSHOPS
- CORPORATE PERSONALITY PROFILING

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• PASSION • PURPOSE • PROGRESS •

• Kerry-Ann Gordon 084 517 4273 info@mindfulmoves.co.za 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.

