



EDENVALE HIGH SCHOOL

FROM GOOD TO GREAT

Issue No. 11 ~ 28 July 2023

NEWSLETTER

Habits of Mind

Habits - we all have them, some good and others bad. A habit is defined as 'a type of behaviour that is repeated regularly' and tends to occur subconsciously. An example of a common habit is playing with our hair or biting our nails.

We can say that, if something is continuously repeated, it either becomes a good habit or a bad one, depending on its effect on mind and body. Habits are responsible for a lot of the conditioning that is happening inside our brains.

Bad habits are numerous but here are a few that limit us from performing as best we can:

- X Missing out on sleep.
- X Not moving around enough.
- X Eating too much junk food, overeating and eating late at night.
- X Staying in the dark too much.
- X Lack of socialising.

The solutions should be self-evident:

- ✓ The hours of sleep before midnight are more important than those after that time, in order to fully restore mind and soul.
- ✓ Simply exercise. Walking is a great form of this.
- ✓ Include vegetables and fruit in at least one meal daily.
- ✓ Staying in the dark on any device disrupts your sleep pattern and unbalances the hormones responsible for your well-being.
- ✓ Having friends on social media is not socialising! We need human interaction as we are social animals and nothing beats a real smile, a genuine laugh and a good cry. An emoji is not real human contact.

Repetition of good habits eventually sinks into our subconscious and becomes part of the person that we are really supposed to be.

Source: <https://thesystemthinker.com/habits-of-mind-strategies-for-disciplined-choice-making/>

Mr. D Swart

HOD Life Sciences

IMPORTANT DATES

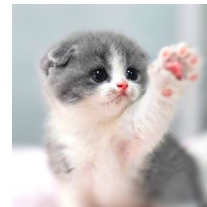


Tues 1 August	Grade 9 subject choice meeting 18:00
Fri 4 August	Mr / Miss EHS 18:30
Wed 9 August	Women's Day
Mon 21 August	Junior House Plays 18:00
Tues 22 August	Senior House Plays 18:00
Mon 28 August	Prelims begin
Thurs 31 August	Block tests begin
Fri 8 September	Block tests end
Fri 29 September	Afrikaans Paper 3 Final Exam Grade 10 – 11
Fri 29 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.

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.



We are a cashless school!
Please use Karri for all school payments



karri

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NEDBANK



TERM 2

GRADE 8

10	TYLA DAVID
9	ASHTON NINABER
8	MORGANA DE VIVO
7	MORGAN CONNELLY
6	LIAM BOTHA
5	RUTH LANGLEY
4	GABRIELLE GREAVES
3	ABIGAYLE GRANT
2	CHRISTIAN CHINYANGA
1	DANIELA ALVES

GRADE 9

10	CHANEL D'ARCY
9	BONTLE MOKWENA
8	BIANCA RISI
7	HANNAH VAN STADEN
6	KAY-LEIGH GOVENDER
5	ISABEL BOGGENPOEL
4	MIKHAIL REDDY
3	LUCIANO DE NOBREGA
2	GABRIELLE GILOI
1	ETHAN PAYNE

GRADE 10

10	MATHUMA NAPO
9	ALESSIA PECCI
8	GEORGIA SING
7	KAEMON ABRAHAMS
6	MADISON CARLETTI
5	TRISTAN MEY
4	LATAVIA MAHABEER
3	DANIELLA ATKINS
2	CAITLIN KERR
1	CAITLIN WAINWRIGHT

GRADE 11

10	DAMIAN NEL
9	CASSANDRA FRADD
8	CLAUDIA SCOLARO
7	JESSICA THYSSE
6	JORDYN DOS REIS
5	ALINA WILLIAMS
4	RYAN HARRIS
3	JONATHAN GATTER
2	DIVAKSHA MOODLEY
1	ERIN BROWSKI

GRADE 12

10	SEAN MKUMBIRA
9	DONATELLA MUROLO
8	GABRIEL CORGA
7	EMMANUEL GITONGA
6	DANYAAL ADAM
5	SARAH TERBLANCHE
4	SAMUEL STAPEL
3	CAITLIN NORIE
2	JOY EMENIKE
1	TAYLA DU PLESSIS



BEST LEARNER PER SUBJECT - TERM 2

GRADE 8

AFRIKAANS	DANIELLA ALVES
CREATIVE ARTS	CHRISTIAN CHINYANGA
EMS	MORGANA DE VIVO
ENGLISH	CHRISTIAN CHINYANGA
LIFE ORIENTATION	GABRIELLA GREAVES
MATHEMATICS	CHRISTIAN CHINYANGA
NATURAL SCIENCE	ABIGAIL GRANT
SOCIAL SCIENCE	CHRISTIAN CHINYANGA
TECHNOLOGY	KEABETSWE MATOTOKA AND CHRISTIAN CHINYANGA

GRADE 9

AFRIKAANS	MPILO LATA AND SKYLA NEL
CREATIVE ARTS	KAY-LEIGH GOVENDER
EMS	ETHAN PAYNE AND LUCIANO DE NOBREGA
ENGLISH	ETHAN PAYNE
LIFE ORIENTATION	DAXTON CORREIRA
MATHEMATICS	DO HYEON PYEON
NATURAL SCIENCE	ETHAN PAYNE
SOCIAL SCIENCE	KERRY BARNARD AND AIDEN ROOTMAN
TECHNOLOGY	HANNAH VAN STADEN



BEST LEARNER PER SUBJECT - TERM 2

GRADE 10

ACCOUNTING	DANIELLA ATKINS
AFRIKAANS	CAITLIN WAINWRIGHT
BUSINESS STUDIES	ANASHE PHIRI
CAT	SHIH - HSUN KUNG
CONSUMER STUDIES	BONGIWE KEBENI AND MADISON CARLETTI
ECONOMICS	NSAKO MATSHABANA
EGD	JAKE CARLYLE
ENGLISH	CAITLYN WAINWRIGHT
GEOGRAPHY	MATHUMA NAPO
HISTORY	DANIELLA ATKINS
IT	TRISTAN MEY
LIFE ORIENTATION	MADISON CARLETTI
LIFE SCIENCES	LATAVIA MAHABEER
MATHS LITERACY	MADISON CARLETTI
MATHEMATICS	CAITLIN KERR
PHYSICAL SCIENCE	CAITLIN KERR
VISUAL ARTS	CAITLIN WAINWRIGHT

GRADE 11

ACCOUNTING	ERIN BROWSKI
AFRIKAANS	ERIN BROWSKI
BUSINESS STUDIES	DIVAKSHA MOODLEY
CAT	TREVLIN NAIDOO
CONSUMER STUDIES	TREVLIN NAIDOO
ECONOMICS	JONATHAN GATTER
EGD	JETT MATTHEWS
ENGLISH	JONATHAN GATTER
GEOGRAPHY	BULELWA GQOBA
HISTORY	ABIGAIL SMETHURST
IT	DAMIAN NEL
LIFE ORIENTATION	JONATHAN GATTER
LIFE SCIENCES	ERIN BROWKI AND RYAN HARRIS
MATHS LITERACY	DIVAKSHA MOODLEY
MATHEMATICS	ERIN BROWKI
PHYSICAL SCIENCE	ERIN BROWSKI
VISUAL ARTS	DIVAKSHA MOODLEY

GRADE 12

ACCOUNTING	HAROLD MTAWARIRA
AFRIKAANS	CAITLIN NORIE
BUSINESS STUDIES	HAROLD MTAWARIRA
CAT	CAITLIN NORIE
CONSUMER STUDIES	CAITLIN NORIE
ECONOMICS	EMMANUEL GITONGA
EGD	SARAH TERBLANCHE
ENGLISH	NQOBILE NGWENYA
GEOGRAPHY	MADIKUBU MATHEBA
HISTORY	DANYAAL ADAM
IT	HAROLD MTAWARIRA
LIFE ORIENTATION	ROHAN NAIK
LIFE SCIENCES	JOY EMENIKE
MATHS LITERACY	KYLE STEPHENS
MATHEMATICS CORE	TAYLA DU PLESSIS
PHYSICAL SCIENCE	TAYLA DU PLESSIS
VISUAL ARTS	VALENTINA NUNES



COLOURS AWARDS — TERM 2

Cross Country

Special Mention:

- Liam Botha
- Aydan Koman
- Lesedi Modise
- Ndumiso Ntlebi
- Indiphile Mzileni
- Myles Ndlovu
- Emily Norman
- Mokete Rasemane
- Ndaizane Thabede
- Cianna White
- Re-Award: Gift Kalala-Kumbi



Merit Scroll Re-Award: Chandre Bennett

Trophies:

Headmaster's Trophy For Service And Loyalty To Cross Country

Shaelee Sampson And Tayla Du Plessis

Headmaster's Trophy For Best Junior

Lesedi Modise

Wendy Snelling Trophy For Excellent Performance In Cross Country

Chandre Bennett

Debating

Full Colours

- Danyaal Adam
- Harold Mtawarira

Trophies

Cameron Trophy For Excellence In Debating (Senior)

Harold Mtawarira

First Aid

Full Colours: Gosiame Lesumo

Public Speaking

Half Colours

- Tshegofatso Legodi
- Caitlin Norie

Full Colours

- Danyaal Adam
- Rachel Adlard
- Nqobile Ngwenya
- Aaron Sevitz
- Re-Award: Lindokuhle Sibisi



Hockey Boys

Special Mention

- Caden Bruce
- Rafael De Oliveira
- Lukhona Mase
- Tlotliso Mhlokonya
- Callum Moralee
- Jayden Nair
- Oliver Oosthuizen
- Seth Peters
- Alonzo Stemmet
- Tristan Van Vuuren
- Re-Award: Chad Curtis
Do Hyeon Pyeon

Service & Loyalty

Markelos Meimaris

Merit Scroll

- Jordan Collins
- Raul Deen
- Ryley Leighton
- Jordan Lunt (To Be Worn In Gr10)
- Colby Maduray
- Remofilwe Mojalefa (To Be Worn In Gr10)
- Re-Award: Jett Matthews

Half Colours

- Ryan Harris
- Tinotenda Karoro
- Ryan De Klerk
- Luc Bertillon

Full Colours

- Hlonipa Baloyi
- Jarred Rahman
- Caden De Matos

Trophies

Dwayne Haworth Trophy For The Best Boy Defender
Cavanagh Trophy For Top Goal Scorer
Most Improved Player
Trophy For Enthusiasm
Hickling Trophy For Exemplary Sportsmanship
Trophy For The Best Junior Team
Best U14 Player
Headmaster's Award For Best Junior Boy
Headmaster's Award For Best Senior Boy

Jarred Rahman
Ryan Harris
Jordan Collins
Tristan Van Vuuren
Ryan De Klerk
U15
Tlotliso Mhlokonya
Jordan Lunt
Hlonipha Baloyi



Hockey Girls

Special Mention

- Morgan Connelly
- Leilah-Thul Fall
- Emily Norman
- Megan Wallace
- Re-Award: Treya Govind

Merit Scroll

- Trimica Appel
- Chandre Bennett
- Caitlin Kerr
- Leano Louw
- Ravesha Singh
- Abigail Smethurst
- Kristy Westhoff
- Re-Award: Kealyn Burger
Gabriella Figueiredo
Faridah Guereou
Nokutenda Mazonde
Donatella Murolo
Alessia Pecci

Half Colours

- Latavia Mahabeer (To Be Worn In Gr11)
- Kiashaa Naidoo
- Re-Award: Jordan Karle
Nqobile Ngwenya

Trophies:

- | | |
|--|----------------------|
| • T Coppin Trophy For Most Improved Player | Chandre Bennett |
| • Girls Hockey Best Striker Award | Jordan Karle |
| • Girls Hockey Best Defender Award | Nqobile Ngwenya |
| • Trophy For Best Junior Team | U15 |
| • W Gates Trophy For Best Senior Team | U16 |
| • Trophy For Exemplary Sportsmanship | Gabriella Figueiredo |
| • Trophy For Enthusiasm | Ravesha Singh |
| • Best U14 Player | Emily Norman |
| • Headmaster's Award For Best Junior Girl | Leilah-Thul Fall |
| • Best U16 Player | Latavia Mahabeer |
| • Best 2nd Team Player | Joy Ndhlovu |
| • Headmaster's Award For Best Senior Girl | Nqobile Ngwenya |

Swimming

Trophies:

- | | |
|--------------------------|--------------|
| • Best U14 Swimmer | Shiloh Vos |
| • Best U15 Swimmer | Chanel Darcy |
| • Best U16 Swimmer | Kyle North |
| • Best U17 Swimmer | Kaden Rennie |
| • Best U19 Swimmer | Jessica Law |
| • Junior Victrix Ludorum | Chanel Darcy |
| • Junior Victor Ludourm | (No Award) |
| • Senior Victrix Ludorum | Jessica Law |
| • Senior Victor Ludorum | Kaden Rennie |



Netball

Special Mention

- Hannah Anderson
- Noluthando Basela
- Keona Berardelli
- Nicola Du Preez
- Kelly Khoury
- Jabulile Mokoena
- Bontle Mokwena
- Xiluva Mhlarhi
- Maxine Simpson
- Jessica Walker
- Caitlin Wilson
- Re-Award: Kendra Visser
Amber-Lee Lewis
Mothekego Mashiane

Service & Loyalty

Kate Reilly
Caitlin Norie
Ciara Hoffman
Shana Mackie
Demi Wilson
Leatile Molobi

League Winners

U14A

- Hannah Anderson
- Noluthando Basela
- Keona Berardelli
- Nicole Du Preez
- Kelly Khoury
- Jessica Walker
- Maxine Simpson

U14B

- Atyah Bagenda
- Tyla David
- Tshegofatso Mantloana
- Boitumelo Mpete
- Tannah Ryder
- Shiloh Vos
- Eden Wainwright

1st Team

- Jamie Adkins
- Shiloh Berardelli
- Kaia Brown
- Makayla Edgecomb
- Joy Emenike
- Skyla Okafor
- Kayla Read
- Melissa Strydom
- Emma Swart
- Drew Welgemoed

Merit Scroll

- Kyci Coetzer
- Charity Dube
- Shaakira Jeewa
- Siyamthanda Mthembu
- Desree Thantsha
- Alina Williams
- Mikaila Wiid
- Xingwavila Khosa
- Re-Award: Kaemon Abrahams
Claudia Scolaro

Half Colours

- Shiloh Berardelli (To Be Worn In Gr11)
- Skyla Okafor (To Be Worn In Gr11)
- Jade Olwage
- Emma Swart (To Be Worn In Gr11)
- Drew Welgemoed
- Re-Award: Makayla Edgecomb

Full Colours

- Joy Emenike
- Kayla Read
- Re-Award
- Jamie Adkins
- Kaia Brown
- Melissa Strydom

Trophies

- Most Promising Junior Player: Jessica Walker
- Most Promising Senior Player: Emma Swart & Skyla Okafor
- Most Improved Junior Player: Bontle Mokwena
- Most Improved Senior Player: Joy Emenike
- Coppin Sister's Trophy For Dedication And Commitment To The 1st Team: Makayla Edgecomb
- Harmer Trophy For The Netball Team Of The Year: 1st Team
- Coetzee, Van Rooyen Trophy For The Best Goal Shooter: Shiloh Berardelli
- Massyn, Stegmann Trophy For The Best Defender: Kaia Brown & Melissa Strydom
- Toerien Trophy For The Best Mid-Court Player: Kayla Read
- Bull Hartel Trophy For Sportsmanship: Drew Welgemoed

Best U14 Player

Keona Berardelli

Best U15 Player

Mothekego Mashiane

Best U16 Player

Siyamthanda Mthembu

Best U17 Player

Desree Thantsha

Best 2nd Team Player

Jade Olwage

Best 1st Team Player

Jamie Adkins



Rugby

Special Mention

- Caylem Angove
- Luciano De Nobrega
- Joshua Langley
- Kaine Longley
- Lethabo Madisa
- Kaylin Manaka
- Dylan Mostert-Wright
- Chiloane Zwelibanzi
- Re-Award: Marshall Mtawarira
Tristan Vransy

Service & Loyalty: Judah Pope

League Winners U15

- Keagan Baptista
- Aiden Cort
- Tristan Grobbelaar
- Cody Houseman
- Liyolatha Kalazana
- Blake Kinnear
- Joshua Langley
- Matsoga Mabala
- Olwam Mabutya
- Lethabo Madisa
- Monde Mailwane
- Oratilwe Mathiba
- Siya Mhlonga
- Marshall Mtawarira
- Neo Mphaho
- Luniko Netnou
- Luciano De Nobrega
- Menzi Nkabinde
- Tristan Vransy
- Alexander Tyack

Merit Scroll

- Riley Baigent
- Andrew Fouche
- Josta Maredi
- Ntokozo Masuku
- Olwam Mabutya (To Be Worn Gr10)
- Monghezi Sifuba
- Re-Award
- Diego Ferreira
- Jack Heron
- Ethan Magnussen
- Tumisho Matabane
- Ayabonga Mtyidada
- Adrian Raath

Half Colours

- Jake Carlyle
- Tinomudaishe Mandula
- Liam Van Schalkwyk
- Daniel Scott
- Trey Scott
- Brandon Spencer
- Re-Award: Topollo Kekana

Full Colours

- Treasure Ahaiwe
- Bradley De Beer
- Joshua Bell
- Storm Taylor-Broun
- Damian Greeff
- Christian Moore
- Juan Vermaak

Trophies:

- Best U14 Player
- Most Committed/Attendance U14
- Best U15 Player
- Best Junior Team
- Most Committed/Attendance U15
- CBT Trophy For Best U16 Player
- Damian Fourie Trophy For Best U16 Forward
- Most Committed/Attendance U16
- Most Committed/Attendance 2nd Team
- Most Committed/Attendance 1st Team
- Gareth Maritz Award For Excellence
- Joubert-Nel Trophy For Best Backline Player
- Headmaster's Award For Rugby Player Of The Year
- Headmaster's Trophy For Team Of The Year
- Els-Swart Trophy For The Best Open Forward

Kaylin Manaka
Caylem Angove
Olwam Mabutya
U15
Joshua Langley
Josta Maredi

Riley Baigent
Kayden Campbell

Ethan Magnussen

Christian Moore
Daniel Scott

Treasure Ahaiwe

Storm Taylor-Broun

1st Team

Joshua Bell



A special congratulations to Danyaal Adam and Nqobile Ngwenya
on receiving their honours blazer for:

Full Colours in Academics, Debating and Public Speaking:
Danyaal Adam

Full Colours in Academics, Leadership and Public Speaking
Nqobile Ngwenya



SPORTS AND CULTURAL RESULTS

Girls Hockey:

Eastern's Captain: U16A Latavia Mahabeer
Vice Captain: U16B Chandre Bennett

1st team vs Princethorpe UK— lost

Pullen and Howell Tournament U16s:

vs Hugonote lost 0 - 6
vs St Dominics lost 0 - 3
vs Randpark won 3 - 0

Boys Hockey:

Eastern's Captain: U18B Caden De Matos

1st team vs Princethorpe UK lost

Rugby:

1XV vs Die Anker won 26 - 17 (Semi-finals)
1XV vs HTS Carel de Wet lost 07 - 27 (Finals)
U16 vs Princethorpe lost
1XV vs Princethorpe lost 33 - 38

1XV Advance through to NOORDVAAL quarter finals vs
H/ Witbank 05 August 2023

Boys Soccer:

U16 vs Princethorpe 1st team lost

Netball:

U16A vs Princethorpe 1st team lost
U16B vs Princethorpe 2nd team lost
U15 A/B vs Princethorpe 3rd team lost

Girls Soccer:

Diamond League

Round 1 results 1st team:

- vs Waterstone drew 2 - 2
- vs Reddam won 4 - 0
- vs Germiston High won 1 - 0
- vs Pinnacle College Rynfield won 1 - 0

EHS advanced through to the quarter finals on
09 August 2023.



English Olympiad:

The English department entered 46 candidates in the 2023 English Olympiad. These results are where our learners placed in the country:

15th Jonathan Gatter
31st Abigail Smethurst
42nd Rachel Adlard

General:

Congratulations to Skyla Nel who participated in the Ringball Championships and ended 2nd in the league. Skyla was also chosen for the SA Girls U15 team.



Congratulations to Ciara Harrison who was part of the KSI North team chosen to represent South Africa in the International KSI World tournament.



Congratulations to Levon Gyulinyan who has been awarded his National Protea Colours for Judo. The national team has been invited to Madagascar to participate in the African Cadet Judo Championships in July.

Congratulations to Kayla for being awarded her Protea Colours and of her outstanding achievements representing South Africa at the World Freestyle Dance Championships in Blackpool, United Kingdom. Kayla placed Top 10 in both her Fast Solo and Slow Solo Sections at the World Freestyle Dance Championships out of massive sections.





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