



BHS UPBEAT UPDATE

Bergvliet High School

Volume 1 : September

Editor: C. Kendal

PRINCIPAL'S UPDATE: GET INVOLVED

The end of the year is catapulting towards us. We bid farewell to the matrics in 15 days and they start their exams in 20 days. Twelve years of schooling and, hopefully, each one of them made maximum use of the opportunities afforded to them by being at a Top 100 Circle of Excellence school such as Bergvliet High.

Too often I hear from the matrics as they leave that they wished they had 'got involved' in the life of the school much sooner. For some reason the majority only realize in Grade 11 that participation in the myriad of activities offered by the school adds value to the whole school experience. And this is sad...for it is participation in these activities that creates memories, friends and pride in the school.

I ask you as parents to encourage your children to 'get involved' in the activities of school right from the word go. The benefits are immense for all role players, parents, children and school.

I wish the matric parents and learners well over the next three months. You have been well prepared and we are confident in your ability to perform well. Keep on with your sport, cultural and service activities in the school as this will give you some lighter relief from the rigours of study.

As far as 2012 is concerned....we are well into planning and preparing for 2012. The budget is in the final stages of preparation with the budget meeting happening in early November. Please diarise this.

Over 190 families will be joining the Bergvliet High community next year with the intake of the new grade 8's and we are excited about the youngsters who are on their way.

A short but sweet break and then it is the final push. Let's do it well. God bless.

Stephen Price

STOP PRESS

MATHS MARVELS

James Nevin (Grade 10) has excelled again.

As a member of the Western Province Senior A Team which took part in the annual Inter provincial Mathematics Olympiad (IPMO), held at Stellenbosch University, he scored 86 out of 100 for the Individual section of the competition. This meant he shared a three-way tie for 2nd highest score in the Western Province A Team.

The Western Province A Team took first place in the senior section of the competition, competing against 21 other provincial teams from throughout South Africa.

Cameron Naidoo (Grade 8) was selected for the Junior WP D team.

At the same competition, he competed as a member of a combined Boland/WP Junior team in the Interprovincial Maths Olympiad.

Well done to both our Maths Ambassadors!

A MESSAGE FROM THE GOVERNING BODY

Transport to sports venues and matches
Bergvliet High School has always provided transport to venues and matches for the learners. This applies to matches during the week and on Saturdays. We will be phasing out the transport for the learners to the venues on a Saturday, especially when the venues are in close proximity to our school. Transport to Derby Days might still be provided. The reason for this is an economic one.

As it is widely known the fuel costs and the hiring of transport for the school has reached the stage where the Governing Body has to take measures to minimise the costs involved. The positive side is that parents will be able to support their children when they transport them and encourage everyone to work together for the benefit of the school.

School Fees.

To all the parents who are paying their school fees on time, the Governing Body and School thank you. Please be advised that we are a fee paying school and school fees are essential in running the school effectively. If fees are not paid we will unfortunately have to cut the staff at Bergvliet High which will not serve anyone. If at any stage you are unable to pay the school fees, please don't leave it. Rather contact the school so that we can advise you on the cor-

rect process to follow.

Budget Time

Yes, it is Budget Time again. The Governing Body and Management of the school have already been preparing the budget and this has involved a great deal of work. The Budget Meeting for ratification by the parents will be on 2 November and we look forward to seeing the hall filled. As a parent you will be able to see exactly where your money is being spent. This is your opportunity to have a say.

Astroturf.

As we are all aware the Astroturf is here. Construction is taking place on the top field and everybody is excited. The long wait is over. The Governing Body would personally like to thank all parents for their contributions to the Sports Development Fund. Without these contributions we would not be able to create one of the best Astroturfs on our school field.

To Sweet Valley SGB, ABSA and other contributors we offer a huge thank you from Bergvliet High and the SGB.

David Meinking

SLEEPING BAG MARATHON

Sleeping bag "Marathon session" in the gym hall. on 25th Aug. A record number of sleeping bags were made.

COOKING OIL DRIVE

Please donate a bottle of cooking oil for "Beautiful Gate", children's home The drive is on until the end of October.

CRICKET WP REPS

Brett and Shaun Schroeder have been selected to represent WPCC U15 and U14 teams respectively at the PW Botha Cricket Tournament in George. Well done!

PAST PUPIL SURFS IN

Past pupil, Sean Rice finished an impressive 3rd in the US SurfSki Championships held in San Francisco.

IN MEMORIUM

Christopher Malcolm Simpson 9 Sept 1989 - 13 August 2011. R.I.P. Fatal car accident. Today we say good-bye, for now. You will be sorely missed here on earth but will remain in our hearts and memories forever

PHOTO GALLERY



Above: Sleeping Bag Marathon



Above: Science visit to UCT



Above: Sports' Tour Bus



Above: 2012 House Sports' Shirts



Above: Collaborative Art Work

SPORTS' UPDATE

Boys U14 Hockey Tour – 25-28th August 2011

We left Bergvliet just after 8am after packing the buses and a farewell speech from Mr. Price. The bus trip was uneventful and interspersed with the inevitable questions “Are we there yet?” and “How much longer, Sir”. The bus trip was long due to one or two stops being longer than initially planned. We arrived in George just in time for our match which, due to the time constraints, left us little time to warm up once we had put on our kit and playing gear. The effects of the trip were clearly evident in the lethargy on the field in the first half but we managed to play more to our potential in the second half. We lost the first match against Glenwood 0-5 on the York astro turf. The feeling after the match was summed up perfectly by my 4-year old who said “We only like the Astros with chocolate in, hey dad?”

Unfortunately our game on Friday was cancelled by Outeniqua because of a water-logged pitch so we spent the day supporting the other teams that were playing.

Saturday brought another longish bus trip to Knysna but luckily we played after the girls which gave us enough time to warm up and prepare to take on Oakhill. The proper preparation showed immediately and we scored some early goals. The structures and game plan were executed as well as we had throughout the season and showed in the result. We managed to win quite comfortably 4-0 in the end.

The tour was a great way to end the season and this team will go from strength to strength.

Mr. Graham James



Above : The Under 14 boys in action

Inter-House Netball

This was hotly contested. Purcell was very well organized and determined to win. We had full teams for all 4 houses and the competitive spirit was high.

There were 3 rounds, with each house having an opportunity to play one another. By the last round the tournament was still wide open.

Purcell won, scoring 39 goals. Jeffcoat came second scoring 38 goals and Hertzog came third scoring 37 goals. Each of the above teams had won 2 out of their 3 games. Well done ladies, you were awesome!

Belinda Jorge



Collette Boshoff in Grade 9 had been chosen to play badminton for Western Province Under 17 age group



Kathryn van Boom has been selected for the South African Under 19 Junior Ladies Softball Team. This team will be participating in the Junior Women's World Championships of the International Softball Federation (ISF) in Cape Town, South Africa from 7 – 17 December 2011, with the team being called up from 28 November 2011.

Kathryn has reached the highest level of achievement within softball for her age group. That she

2012 LEADERSHIP BODIES



ABOVE : RCL MEMBERS (Not in order of photograph)

GRADE 11—Duanne Aspeling, Kyle Combrinck, Keenan Farquhar, Stephanie Fernandez, Simone Schilder, Roxy Stott

GRADE 10—Nicole Conradie, Keilah Paul, Alexandria Reid, Kelsey Small, Khanyisile Tiyo **GRADE 9**—Annabella Bekker, Michael Owen, Micaela Peter. **GRADE 8**—Riley Herbert, Kudzanai Mutsambi, Miekaila Pardenwachter. Teacher in charge: Ms Jorje



ABOVE: SENIOR LEADERS: (Not in order of photograph) Dean Abrahams, Duanne Aspeling, Zeenat Banderker, Brandon Blows, Kyle Combrinck, Maxine Cruickshank, Kelly Dick, Matthew Dookoo, Keenan Farquhar, Stephanie Fernandez, Melisa Gordon, Stefan Hopley, Ryan Johnson, Gabriella Le Grange, Ross Mac Arthur, Kate Moore, Kevin Owen, Brandon Pick, Matthew Roodman, Taryn Sassman, Tamryn Smith, Roxann Stott, Chelsea Titmas, Kathryn van Boom, Nicholas van Doesburgh, Dexter Williams, Andrea Young, Nancy Yu. Teachers in Charge: Mrs Earl and Mr Classen.

The Cape Argus Quiz competition is a competition where team members have to read the newspaper every week night and are tested on it the following Monday. Every team member studies a different section/s of the newspaper. The categories are: Entertainment, Sport, International, Local, Politics and General. Forty questions are asked each night.

On 3 May 2011 Round 1 kicked off with 112 teams from more than 50 schools. Bergvliet High School entered 3 teams. All three teams competed in the four round robin stages during Term 2. Every round is contested by four schools. At the end of Round 1, the top 64 teams move on to the knock out rounds which take place during the Third term. Only Bergvliet Team "A" and Team "B" went on to compete in the knock out rounds; unfortunately Team "C" did not progress. Team "B" was knocked out in round 5 -Top 64. Team "A", however, went all the way to the semi-finals. They had won an impressive 7 out of 7 successive competitions in order to reach the semi-finals. (Remember a win means you have beaten 3 other schools – not only one).

On Saturday 20 August 2011, Bergvliet Team "A" competed in the semi-finals at the BMW Pavilion at the Waterfront. The gala event was hosted by radio personality Jeremy Harris and the quiz master was Gasant Abarder, Executive Editor of the Cape Argus. Unfortunately Bergvliet Team "A" encountered their first loss of the competition. They were up against SP "A"; SP "D" and Muizenberg.

The finals were also held that day. SP "A" were the eventual winners with SP also taking 2nd and 3rd place, winning a total of R65 000 for their school.

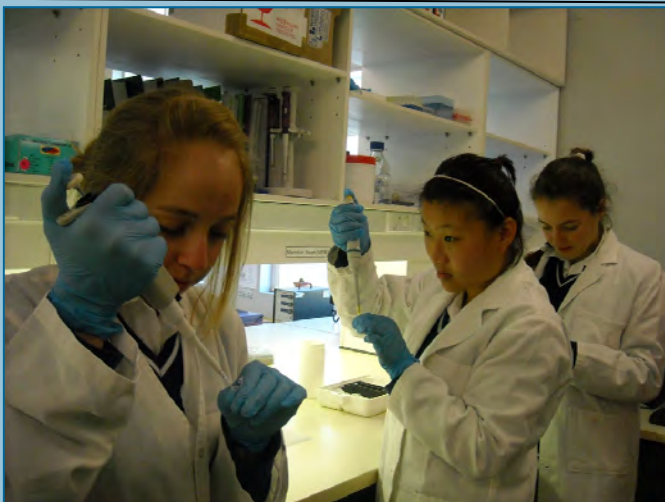
In conclusion, we were placed seventh overall out of 112 (last year we were placed 16th). Bergvliet Team "A" were rewarded for their efforts by walking away with R750 each and R8 000 for the school.

I would like to take this opportunity to congratulate the team for their tremendous sacrifice, efforts and tireless dedication. We appeal to you to support us next year so that we can enter a maximum of four teams and achieve even greater success.

Ms L Thompson



Above: A tense moment as the team considers an answer. Team "A" members are: Kathryn Van Boom (Sport); Taryn Sassman (Ent); Alex Lansdowne (Local & Politics); Gabriella Le Grange (International)



Fiona Gie, Nancy Yu and Roxanne Stott on our visit to the UCT genetics department . 5 pupils from Grade 11 accompanied Mrs Drew to a very exciting day at the Genetics Dept-The pupils were enthralled at the scientific information received as well as being able to "run DNA in an electrophoresis tank" themselves.

IMPORTANT DATES NEXT TERM

12 October	Cultural Dinner
14 October	Matric Awards Ceremony and Valedictory
17 October	Art exhibition
21 October	Edusport 20/20 begins
2 November	Parent Budget Meeting
9 November	Exams begin for Grades 10 and 11 School closes for other Grades 8+9 at 13:45
15 November	Grade 7 Welcome Evening
16 November	Exams begin for Grades 8+9 School closes at 13:00
9 December	School closes for Learners
13 December	Report Collection for Learners

BERGVLIET GOES TO THE EXPO

This year Grade 10 and 11 learners from Bergvliet High School were selected to compete in the Regional Science Expo at the Good Hope Centre. The project topics entered ranged from “Why African Horse Sickness is moving to the Cape”, to “Looking at audio vs. visual based memory, and how it differs between males and females”. Our students did well in the expo, with Tamryn Smith and Robyn Johnson (both Grade 11) achieving a special award for their project “Mouldy Oldies”, about how different sandwich fillings affect the rate of mould growth. Well done to all learners who took part in this prestigious event!



Top row from left: Jody Meyer-Williams, Grace Warner, Jason Arnold, Matthew Oliver, Bashil Javeen
 Bottom row from left: Robyn Johnson, Tamryn Smith, Jessica Armitage, Beulah Dean, Cathryn Bourhill

Our prize-winners, Tamryn Smith and Robyn Jacobs, with their project, “Mouldy Oldies” about how different sandwich fillings affect the rate of mould growth.

INTERNATIONAL COASTAL CLEAN-UP DAY

Bergvliet High School pupils under the direction of Mrs Earl took part in International coastal Clean-up Day. They picked up litter on the beaches from Kalk Bay to Muizenberg.

Pictured on the left are Mrs Earl, her daughters and pupils from BHS. In their hands they hold the trophy of their day’s work . Well done—you are making a difference to our future!

INTERACT THIS TERM

This term Interact became involved with education - teaching Maths at the new junior school in Westlake- every Wednesday after school. Interact also helped Christene’s Home of Hope with beds, food and clothing. The club grew by 100% and new committee members were trained .



“WHO’S THE ‘BOSS’?!”

Greetings from the counselling department. We’re hoping to send out an attachment to the school newsletter from time to time, where we flag certain issues, and give encouragement and suggestions to parents around parenting.

In this, our first “edition”, I want to pose the question: “Who’s the ‘boss’?”. Whenever my two young children are left with an adult other than me or my husband, I ask them the question: “Who’s the boss?”. Whereas my daughter of 3 years used to retort: “me!”, she now knows that that is in fact NOT so - both of them are quick to identify that the adult present, is “the ‘boss’”, and that they have to listen to this person, with consequences resulting (either positive or negative) if they do or don’t listen. However, they will inevitably STILL test all the boundaries, and at their young age, try and manipulate the rules, relying on the ignorance of the babysitter at hand! Rings true of some of our teenagers too!

Two weeks back, one of my elder child’s friends came for a play-date. During the afternoon, he asked whether they could watch television. I explained that my son rarely got to watch television in the day, but that I could perhaps make an exception. However, I would need to contact his mom first, to find out how she felt about this, as I didn’t know her rules. He assured me most insistently that it would be fine, and that he was permitted to watch television in the day. On seeing me persist with the sms, he asked me what I was doing. I responded that although I didn’t distrust him, it was important that adults always checked-in with adults. His face dropped as he sighed and responded in resignation: “...She won’t let me watch!”

Why these anecdotes? Too many of our parents have handed over too much “control” to their teenage children. They do not have clear and consistent boundaries, nor clear and consistent consequences. In addition to this, for fear of looking “uncool”, having to bear the brunt of their teenager’s wrath, being accused of not trusting their child etc., they do not check-in with parents around parental supervision at parties or events, instead relying



purely on the information their children give them.

Parents, we cannot afford to back-down, give-in, or bow-out, when it comes to the safety and emotional, social, physical and spiritual wellbeing of our children/teenagers.

Some useful tips:

- Allow for negotiation with your teenage child around boundaries and consequences, and consider setting up a “contract” with them which states, specifically, what the boundaries or rules are, and what the consequences (both negative and positive) will be.
- Allow this contract to be a “work in progress” – allow room for changes to be made if necessary.
- Know that some elements of this “contract” will be negotiable, and others, not.
- Pass this contract by someone you both respect and admire, in order to ensure that the end-result is fair, and balanced.
- And don’t forget that.....YOU’RE THE ‘BOSS’!

Janet Ross-Gillespie

CYBER ALERT

In view of the recent figures of the percentage of young teenagers who have been exposed to porn through the media, either cell phone or Internet, and the dangers of online chat rooms and MXit (1387 cases of abduction and rape reported in SA last year), we would like to draw parents’ attention to a current movie “Trust”.

Rapewise, Childline and the film and Publication Board have launched a cyber safety awareness campaign, spearheaded by the movie “Trust”, which we strongly encourage parents to see with their teenagers. This could be an opportunity to open discussion about the topic which might otherwise not happen. Although the film has a rating of 16L we feel that under parental supervision and guidance and given the context of the film, it would be appropriate for younger viewers. The danger age for entrapment into pornography is younger than sixteen.

We are told that many parents have little cyber knowledge and do not understand the dangerous side of social networking. We hope that this movie can be used as a discussion point within families to keep lines of communication open between children and parents.

Lesley Watson

“Trust” will probably go down as 2011’s most unrecognized movie. The film is so incredibly simple in its delivery yet the message is so powerful that anyone with a daughter, or even son for that matter, should feel compelled to watch it. Even factoring out the theme of the movie, the characters, plot, and dialogue all work together as a cohesive whole.

“Trust” shows us incredible depth with its stellar lineup, mature content, and its ability to keep the audience engaged the entire time. David Schwimmer creates a masterpiece in a modern-day depiction of fast-paced technology and how the wrong people can use it to commit crimes. “Trust” manages to disturb, intrigue, scare, and fascinate through pulling you in to the story with the characters. Riveting performances and scenes elevate the movie’s impact and effectiveness. Quoted from <http://livingchandler.com/2011/09/14/dvd-movie-review-trust/>



WHAT A CAMP!

RCL AND SENIOR LEADERS 2012

There is nothing like the feeling you get when you are excited for a camp, when you have high expectations and are hoping for the best; and so – when a camp exceeds those expectations as much as this past one did, you can't say anything but, "Wow, that was awesome! Thank you!" It truly was a fantastic, once in a lifetime experience and all this happened:

Despite the fact that we arrived at different times in different cars, there was a positive atmosphere immediately. Those who had arrived first started tapping around a mini soccer ball (once bags had been 'dumped' on the stoep), and when Kelly's mom arrived with bags and bags filled with groceries – there was immediate excitement. Food talks, and it talks well...

The groceries were unpacked, people found their dorms, the pool table was discovered, tables and chairs were unpacked, the volleyball net was set up and soon enough we found ourselves seated – awaiting orders. We were briefed on the busy camp ahead before making our way to the first meal of the camp – a fantastic lasagne. Food was eaten, dishes were washed and pool was played before we, tired yet excited, made our way to our dorms.

"Lights out!"

We woke up early in the morning after very little sleep. After a quick breakfast and our much needed cups of coffee, we gathered at the table. A guest speaker, Ms. Jennifer Ritchie, spent two and a half hours with us. She coached and mentored us on leadership skills and dealing with conflict. It was a very inspirational morning and we, as the student leader body, learnt many new things about both ourselves and our fellow leaders. We will be able to carry this newly gained knowledge with us into our exciting term of office.

Before breaking for lunch, we discussed and divided into the five established portfolios, namely Culture, General Matters (a combination of Student Matters and Practical Matters), Sport, Spirit and Entertainment and the newly introduced Service portfolio.

After lunch we broke into our portfolios again to plan our *skiets*. These *skiets* were to be performed for the parents and the teachers at the upcoming braai.



We took advantage of the perfect "summer" weather and took a 2km leisurely stroll down to the beach, followed by our very own choir of Kelly, Duanne, CJ, Dexter and Stephanie! It was lovely to be able to feel the sand between our toes after such a cold winter. The volleyball net was quickly set up and almost everyone joined in the game. Ms. Jorge showed off her amazing volleyball talents and Simone proved to us she is a worthy recipient of 'Camp Colours for Beach Volleyball'. This gave us the opportunity to bond as a group in a relaxed environment. Some people plucked up the courage and braved the freezing waters...



Stress levels rose as we returned to camp. It was time for big decisions to be made and votes to be cast for the new Heads of School of 2012.

The braai was a success! Parents arrived and were warmly welcomed by Dexter and Riley (in Afrikaans). Meat sizzled on the braai, a game of volleyball was played in the dark whilst relaxed, happy voices filtered through the air. After everyone had eaten, we gathered in the hall and Mr. Price addressed us. He gave a great motivational speech before the 2012 Heads of School were announced (Head Girl: Roxy Stott, Head Boy: Kyle Combrinck and Deputy: Duanne Aspeling). Each portfolio then got the opportunity to perform their *skiets*. The hall was left in hysterics after Dexter's stand-up comedy, Tamryn and Keenan's dance and Nancy and Mekaila's impression of "old people". It was the perfect ending to a wonderful evening.

Getting up was a little bit harder, but breakfast was far easier to manage (practice makes perfect)! We gathered in the hall and voting took place for some more of the very important roles in the RCL/ SL, for example: The Secretaries and Links.

The RCL/ SL assembly was then prepared, before Mr. Classen threw in some extra motivational advice. The venue was cleaned up, bags were packed and last games of soccer and volleyball were all played before climbing in to the buses and cars that brought us home.

The camp was extremely well organised and a truly rewarding experience. We would like to thank Ms Jorge, Mrs Earl and Mr Classen for making this amazing, productive camp possible for us. One thing that we would most definitely take away from this camp are the famous words, "Tall trees catch the most wind". We, as the leadership body of Bergvliet High School, look forward to having an exciting, adventurous year ahead.

Duanne Aspeling, Roxann Stott and Kyle Combrinck

ART DEPARTMENT AT WORK



Clockwise from top left: Danel Dippenaar, .Caitlynn Reid, Lisha Stahnke and Kirstie Sexton, Ayesha Fakier, Chamtel Schroeder and Emma Meyer

ART GALLERY



Clockwise from top left: Caitlynn Reid, Ayesha Fakier, Chloè Gunston, Lauren Theunissen, Jessica Armitage and Grace Warner.

REASONS TO SEE YOU THERE!

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Clicks	021 712 9287	Rock Sushi Thai	021 712 2921
C N A	021 712 2761	Scooters Pizza	021 715 2007
Dazzlers	021 712 4105	Silver Screens	021 715 3615
Fat Cats and Dogs	021 715 6345	Southern Hobbies	021 715 6694
Flavorite Spices	021 712 1019	Steve Lyhne Optometrists	021 712 7570
Gecko Cafe	021 715 0135	Tandem Hair Design	021 712 8648
Hi Ho Cherry O	021 715 9033	Trevor's Time	021 712 1200
Ken Dry Cleaners	021 715 9591	Village Bistro	021 712 4608
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If you would like a Makro card, you may contact us, or Makro directly.

Enquiries to: Kay Warne telephone 021 712 0284 X 210, or email kwarne@bhs.org.za

Please make sure all your contact details held by the school are up to date . These include your email addresses, your cell phone number and your landline number and address.

Please email your new details to kwarne@bhs.org.za if you have had reason to change anything.

VISIT OUR OWN PUPIL ONLINE NEWSPAPER AT

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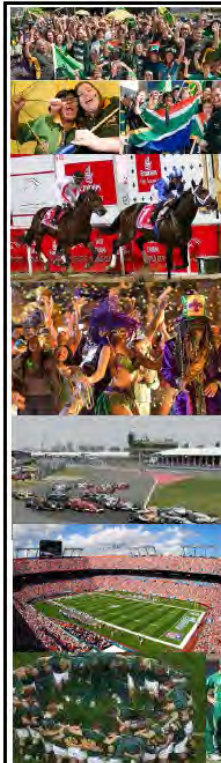


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