



THE BUZZ

BERGVLIET HIGH SCHOOL



GREATER EXPECTATION, GREATER SUCCESS

AUGUST 2020

WOMEN'S MONTH

To the women of Bergvliet High....

As I began to write this I let my mind drift and picture each one of you. I could see you clearly in my mind.

I saw the incredible diversity amongst you all, yet I saw characteristics which were common to you.

The diversity of talent and skills....I saw those who can sing, dance, paint, cook, play an instrument, sew an outfit together, some are sportswomen, others are homebodies, some run, some gym, surf, ride horses, bicycles or motorbikes....you have diplomas, bachelors, honours and masters degrees....single or multiple degrees too....

I saw different mothers...single mothers, married mothers, widowed mothers, divorced mothers, adoptive mothers, young moms, empty nest mothers, moms in waiting and those of you who will become mothers one day....

I saw women who lead, some who follow, I saw women who are breadwinners, others who contribute to a combined income, women who live alone, others who have extended families in the home, I saw women who serve others, who share, who volunteer, who nurture and look after others.

I saw so much that it is impossible to write it all down. I have expressed but a window of what I saw.

But in your diversity I saw the common threads that know no boundariesI saw your grace, your kindness, the resilience developed through personal challenge, your inner strength, which is real, and I see it

daily....your passion too, your grit and determination, your friendships, your unwavering commitment, your caring for others, the way you embrace change and the way you never take a step back, your bravery and courage, I saw your tears of frustration, the fury of your rage, the gentleness of your touch and most of all, I saw the unwavering love in your heart....

Each one of you is unique, drawing strength from that which binds you as women together....it is a beautiful combination....I am privileged to know you....

Mr Stephen Price, Principal



Some of the amazing ladies we have at Bergvliet High School



Our uniform shop coordinator, Ms Elizabeth Nyoni, has all the Covid-19 protocols in place, at the BHS uniform shop and is ready to assist you.

To contact Elizabeth ring: 021 712 0284 ext. 230

Open: 08:00 - 14:00

Monday to Friday



A TIME OF REFLECTION

On Wednesday 26 August the school flag was flown at half-mast and many learners, past staff, past pupils and community members lay flowers in the Garden of Remembrance as a symbol of respect and mourning for those who have lost their lives during the pandemic. With a special and poignant moment at 12 noon when the Last Post was played by Mr Lee-Roy Simpson and Jayden Mampies.



<https://www.facebook.com/watch/?v=302598957688804&extid=MVceWhOg7j1D1WfR>




School-Days®

School-Days is an easy way to support Bergvliet High School while personally benefiting from exclusive offers and discounts.

In the same way as MySchool and Woolworths works, you can now join School-Days (online) and nominate Bergvliet High School as your beneficiary.

No extra cards required – after joining School-Days, you are linked to the Dis-Chem Benefit Card, and members get their Dis-Chem cashback AND raise money for Bergvliet High School!

To get started:

1. Download the School-Days app: www.edu.co.za/app
2. Select Bergvliet High School as your beneficiary.
3. Start supporting.
4. Track your contributions and transactions.

Also, check out the other School-Days' Earn Partners like NetFlorist, Shell.

More info & queries: www.schooldays.co.za

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CARE. LOVE. PROTECT
AND MAKE EVERY SWIPE COUNT

Please keep using your

MySchool MyVillage MyPlanet

card online or in-store when you shop for
essentials, to keep supporting
Bergvliet High School.

Link your card:

Email: cs@myschool.co.za

Telephone: 0860 100 445

Business Hours: Monday to Friday, 08:00 to 17:00.



STILL LIFE WORKS by the Grade 9 Art Class



A still life is a work of art depicting mostly inanimate subject matter, typically commonplace objects which are either natural or man-made—Wikipedia



FLY YOUR FLAG HIGH



Bergvliet High School has been growing in leaps and bounds over the past five years and although it's been a challenging time during the Covid pandemic we continue to look for innovative ways to benefit the school, the community and local businesses.

With this in mind, our most recent undertaking has been to erect 5 flag poles, at the front of the school on Firgrove Way. This gives great exposure to advertise your business and a fantastic opportunity to partner with Bergvliet High School.

The banners will be double sided with the Bergvliet High School badge on one side and your company's logo on the other...*can't you just picture it!!*

We would like to invite sponsors, to take advantage of this amazing opportunity in such a prime position.

If you would like to pursue this opportunity further please contact Kay Warne (kwarne@bhs.org.za) or ring the school on 021 712 0284

Catch-up, confidence-building, exam preparation sessions to give you the boost you need to do well in the final exams!

GRADE 10 & 11 REVISION SCHOOLS



SATURDAYS

3, 10, 17 & 24 OCTOBER 2020

R450 PER SUBJECT

STUDY NOTES INCLUDED

ALL COVID PROTOCOLS IN PLACE

CONTACT: KMILES@BHS.ORG.ZA

WWW.BHS.ORG.ZA 021 713 7999

Courses are NOT restricted to BHS learners. All welcome!

HELPING US REACH OUR GOALS

Thanks go to Mr George Dearnaley, former Bafana Bafana footballer, who has arranged a sponsorship by JAM Clothing and his Football Magic program, for all the Bergvliet High soccer teams, boys and girls.

We are also extremely grateful to JAM Clothing for buying into the new vision we have for sport at Bergvliet High. Football Magic, too, has come on as an additional sponsor for the kit.

Mr Dearnaley, a local resident in the community, was introduced to the school by parent governor, Dr Nasief van der Schyff, to provide coaching skills and techniques to upskill our soccer coaches, as part of Bergvliet's overall sport upgrade.

Not only did Mr Dearnaley offer his services but he went the extra mile to arrange this sponsorship.

Photo: Mr George Dearnaley with Shane Davids, co-chair of the RCL and member of the sports task team, together with Mr Stephen Price, principal of Bergvliet High, receiving the donation on behalf of the school.



Conditioning for Kids

Solo & Group training

- Struggling to get kids off the couch?
- Kids attached to the TV & not their takkies?
- Worried about them getting match fit?



You need Strength & Conditioning training with Raasay for 60 minutes @ Gymbugs studio Meadowridge/ Outdoor field

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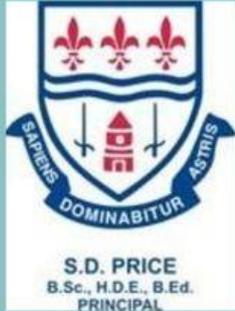
R150/P/hr: Group of 4

SignNow

raasay@exercisetherapy.co.za

079 814 5650





BERGVLIET HIGH SCHOOL

Gr 8 and 9's

Hi Gr 8 & 9's

In a few more days, life as you've known it for the last 5 or so months, will change dramatically.

I wonder what you must be feeling?

I have a Gr 8 son who started physical schooling again Monday past. His neighbour, in Gr 9, started at the same time. It was quite interesting to observe their differing experiences. One, was quite comfortable at home and not at all keen to return to school. The other, was desperately unhappy studying at home, and super keen to return. As you read this, I am imagining you relating to one or the other experience, or finding yourself somewhere in the middle. The one side brings with it a certain amount of anxiety, whereas the other brings with it a great degree of excitement and anticipation. If you're in the middle, you're probably experiencing a mixture of both!

Even if you're 100% ready to be back at school, the new rules and guidelines can feel quite overwhelming. Will I be able to wear a mask the entire day, will I remember not to hug my friends, will others remember to social distance? Will vulnerable family members be safe if I return to school, am I putting myself more at risk? Am I up to date with all my work, or will I find that I'm lagging behind? These, and so many more questions may run through your mind. Know, they are perfectly normal and to be expected. Trust me, many of the learners returning before you have had very similar thoughts! What I can say, is that it won't take long for most of you to adapt to the new normal. How do I know this, because I have witnessed this with many learners who have already returned, because in general we are adaptable beings, and because it is common knowledge that "new beginnings" usually settle into something familiar and more comfortable.

A couple of months ago, some of you may have witnessed SpaceX launch their first ever crewed mission to the International Space Station on their Falcon 9 rocket. Like any rocket launch, the initial blast off into space is not only nerve-wracking to watch, but most likely the most apprehensive part of the astronaut's mission. The entire vehicle shudders with the sheer force of the rocket below it, and everyone tends to hold their breath in dread and anticipation. After the first and second rocket boosters separate from the spacecraft, the spacecraft follows a certain orbital path towards the space station. At this point the spacecraft seems to be "floating" quite calmly as it follows its pathway to the Space Station. While things seem to be less turbulent up above, down below, there are hundreds of engineers, scientists, IT specialists etc. who are monitoring progress and watching for/flagging any potential problems.

As with the initial rocket launch, your first phase of returning to school may also feel somewhat rocky and turbulent. This will not last, and soon you will enter a calmer phase, orbiting towards the end of 2020. Like the spacecraft's mission control, there are a qualified, experienced and confident group of teachers monitoring your progress, there to support you through the turbulence, and accompany you on your mission through to the end of the year!

We wish you strength and courage for your return!

The Guidance Department