



REFLECTIONS OF THE WEEK

TERM 3 WEEK 11 (20 SEPTEMBER 2024)

ASTRO OPENING



Our dream came alive on Friday 13th September 2024, when our big Somerset House Astro was officially opened. The field was decorated with flags from around the world as our children took to the field for their very own Mini Olympics. Mixed teams were selected in all the age-groups, and they represented The Netherlands, Germany, Belgium, Great Britain, Argentina, Australia and South Africa.

There was a great festive vibe with tunes, food and coffee vendors as well as braais on the go. The children's matches were followed by the official opening before the 1st Teams took to the field for their last battle of the season - won by our boys. It was then our staff and parents' turn to show their skills as eight adult teams took to the field. There was a great atmosphere with shrieks of laughter and plenty of competitive moves too. Our parents definitely have a new appreciation for our children's fitness and skill levels. A highlight of the day was certainly having our past pupils join us for this awesome occasion. We had approximately thirty-five past pupils participate in a fun evening of hockey.

Special thanks, once again, to our very generous donors, who believed in our vision and stood hand-in-hand with our team, to ensure that this exciting project became a reality. This world-class facility is not only going to develop our children's skills but create wonderful opportunities where awesome memories will be made. Our goal will not only be to play competitive matches, but to ensure that our values and ethos are lived out by all our players and to encourage sportsmanship and fair play, by all who use our beautiful turf.



PAST PUPIL NEWS

Congratulations to the following past pupils who have been awarded leadership roles for 2025:

RHENISH GIRLS HIGH SCHOOL:

- Keisha Leibrandt: Vice Captain, Van der Stel House and Matric Committee Member
- Danielle Currie: Head of Academics and Prefect
- Jasmine Aitken: Prefect

SACS

- Aidan Hughes: Prefect
- Nicholas Oscroft: Prefect

SOMERSET COLLEGE

- Annabelle Hamel: Prefect
- Ashley Hingeston: Prefect

WITS MATHS COMPETITION

Fourteen of our pupils recently participated in the final round of the Wits Math Competition, which was a unique and thrilling experience. Held at Stellenbosch University at night, the setting added to the excitement and energy of the event. We are immensely proud of all our learners who qualified for this prestigious competition and wish them the best of luck as we await their results. Here are the names of the children who participated:

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| <ul style="list-style-type: none">• Alera Janson• Zachariah Brown• Philip Human• Zoey Nelson• Robert Terheijden• Emma Wever• Liam Alwood | <ul style="list-style-type: none">• Kate Bands• Sophia Castleden• Nicolas Coolen• Carla Hodges• Sara Sawant• Ava Shreuder• Tristan van Rensburg |
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INTER-HOUSE CHESS

On Tuesday afternoon, our top five chess players in Hobby, Lanner and Peregrine, went to battle for the title of Inter-House Chess Champions.



Hobby was represented by Thomas Niehaus, William Graham, Jason Griessel, Zachariah Brown and Max Osterloh. On the boards for Lanner was Travis Wills, Daniel Porter, Reese Olivier and Milan Porter and waving the Peregrine flag was Jean le Roux, Lincoln Massyn, Philip Human and Ethan Hughes. The lead changed during the course of the championship, however Lanner came out trumps after two rounds with 6 points, Hobby was second with 3.5, followed by Peregrine with 2.5. Well done to all our players who participated in this Championship and who represented our SH Chess teams during the course of the season.



FINE MOTOR FUN

The little Bees (Grade 000) have grown and matured so much this term and this was evident when they were working at the tables with all the different fine motor counter and toys.



CONGRATULATIONS TO OUR MICROSOFT INNOVATIVE EDUCATOR EXPERTS

We are thrilled to share that Mrs. Tucker and Mrs. Cruickshank have been selected by Microsoft as Microsoft Innovative Educator Experts for the 2024-2025 program year. Their dedication to transforming education through technology and commitment to sharing best practices have earned them this prestigious recognition.

Acceptance into the MIE Expert program involves a rigorous application process. Educators must demonstrate their innovative teaching practices, their impact on pupil learning, and their commitment to continuous professional growth. Mrs. Tucker and Mrs. Cruickshank have shown exceptional skills in leveraging technology to enrich our pupils' learning experiences. As MIE Experts, they are part of a global community driving positive change in education.



STORY TIME WITH MRS BOTHA

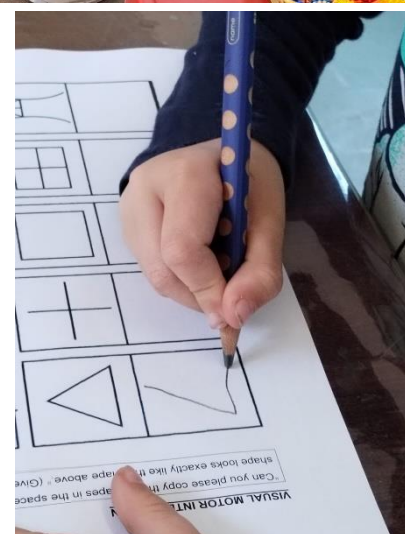
What a wonderful surprise when Mrs Botha (a past Oakwood teacher) came and read a story to the Bee Class (Grade 000) all about a bear wanting to be a bee called 'Bumblebear'. They sat beautifully and were totally engaged in the story and confidently answered the questions.



GRADE 1 READINESS MORNINGS

We are grateful to the team of staff that have spent two mornings conducting all the Grade 1 readiness visits for our 2025 Grade 1 pupils.

School Readiness is a developmental task-based process that is offered at Somerset House to help ensure a smooth progression into the Junior Primary phase of our school. School readiness tasks help to determine a child's readiness for formal schooling. The readiness tasks look at six key developmental aspects required for the progression into Grade 1. These aspects include: Language and auditory processing, visual perception, mathematical ability, fine motor skills, gross motor skills and social and emotional functioning.



The information gathered is purely for the benefit of Grade R and Grade 1 teachers. It helps the teachers identify areas that may need consolidation through Term 4, as well as possible support plans for Grade 1. The information also allows for communication between the Pre-Primary and Junior Primary phases, during a formal handover at the end of the year and beginning of next year. In the past, this process has been invaluable in supporting the children as they progress through grades and assists us in helping them to reach their full potential.

PRICE LIST

Stadium Cushions – R150.00

SH Custom Versus Socks – R120.00

SH Peak Caps – R120.00

SH Golf Umbrellas – R200.00

SH Tote Bags – R140.00

Smile T-Shirt – R150.00

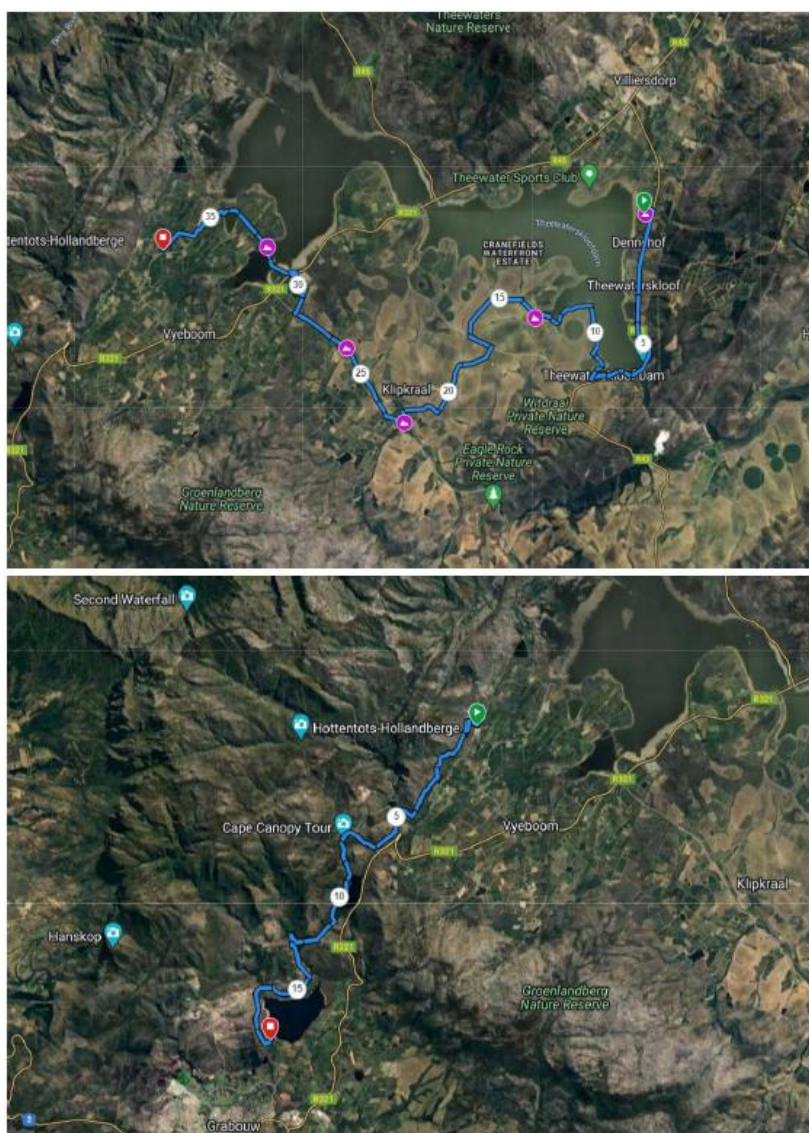
SUPPORTERS ITEMS

The Somerset House School Uniform Shop recently held the first “Pop-Up Shop” at the Astro opening. We were excited to launch our brand-new Supporters items. Visit the school shop if you haven’t purchased your items yet!



COUNTDOWN TO QUEST

As the departure date for Quest 2024 draws closer, the route has been finalised and the Grade 7s are in final preparations for the adventure of a lifetime. This year's route will incorporate some of the most scenic trails in the Western Cape, and it will not only test the Grade 7s physical abilities, but also their mental fortitude. What makes the route extra special is that the group passes through farms owned by Somerset House past pupils. We trust that the group will enjoy a well deserved holiday and that they come back refreshed and ready to tackle the mountains!



GRADE 1 CONCERT REVIEWS

- At the concert I wore a white T-shirt and also blue pants and green suspenders. I felt amazing, I was a break dancer. (Eckhart)
- I was a weightlifter, I wore black, I really enjoyed it. (Logan)
- I wore green pants and the boys' blue pants. (Ava)
- At the concert I was a break dancer, and I enjoyed it. I wore suspenders and Smurf pants. I loved the French song. On Wednesday, my mom came, and on Thursday my Granny and Grandpa came. (Isla)
- The concert was nice, I was a French girl, I was wearing a beret, blue skirt and I had an umbrella. (Lenja)
- On the show day I was a ribbon dancer, I had so much fun because everyone was clapping for me. (Emma)
- In the concert I was a ribbon dancer, and I wore a skirt and a leotard. I danced and my mom and dad watched me, everyone clapped. (Madison)
- I am writing about the concert that was held last week. I was a French girl; my favourite part was when I received a rose. (Lily)
- I was a ribbon dancer, I had fun. I was freezing and my mom came to all of the shows. I had to wear a skirt. (Minnie)
- In the concert, I wore a French hat. My parents came to the show. (Marguerite)
- I was a ribbon dancer, and I wore a pink skirt, I had a very good time at the show and loved it. (Summer)

FROM LEARNING SUPPORT: WHY DOES POSTURAL CONTROL MATTER?

What is it?

The act of assuming, maintaining, or restoring an upright body position during functional activity (whether static or moving), not just at home, but in the classroom. A child needs to have a stable 'base' (core) to work from to better control and coordinate more complicated gross and fine motor actions. Poor postural control will directly impact their performance and motivation to engage in these more refined skills.

Can appear as:

- Lethargic or 'lazy'.
- Move slower or in a faster but less coordinated fashion.
- Fearful of being on an unstable surface or of heights.
- Struggling to sustain an upright sitting posture, slouching, or constantly leaning on others or objects for support.
- Has difficulty sitting still.
- Dislikes fine motor or desk-based tasks.

Some examples of when good postural control is necessary:

At home:		In the classroom:	
walking/ climbing stairs/ running	sitting at the table during mealtimes	sitting on the mat for prolonged periods	during table-based tasks (e.g., writing, reading, drawing, colouring-in, scissor cutting, etc.) for prolonged periods
toileting	getting dressed	standing whilst presenting an oral or during public speaking	whilst engaging in sports (e.g., soccer, hockey, tennis, rugby, swimming, athletics, etc.)
going across monkey bars	riding a bicycle, or riding in a car	going down slide	swinging

Some activities to promote postural control and strength:

Balancing on a balance -board or -beam, or any unstable surface (e.g., pillow, trampoline, or skateboard, etc.)	'Over-unders' (passing an object/toy overhead to a peer (and then receiving it back from them between your legs)	Reading, writing or drawing on their stomachs ('older child-tummy time'), but encourage them NOT to support their heads with their arms.	sitting on a therapy ball for short bursts (and for progressively longer durations).
Plank walk-outs/ or normal planking	Bear crawling (knees on the floor and later lifted off floor)	Picking stickers off their feet and legs whilst sitting (static or unstable surface)	Gross-motor sports or riding a bicycle, etc.
*To make the activities more challenging, add a more unstable surface and return to a more static surface, if the task is too challenging.			

Happy school holidays and enjoy working on your postural control!

Lots of love,
Cara Willemse ❤️

MOUNTAIN BIKING NEWS

On Saturday 14 September 2024, two of our Somerset House mountain-bike riders, Michael Kapp (Grade 2) and Phen Hardcastle (Grade 1) competed in the final event of the Western Cape Schools MTB Cycling League 2024. The event was held on the picturesque Bloemendal Wine Estate, known for its pristine flora and breath-taking views of Durbanville Valley. Michael and Phen both competed in the Sub-Nipper Boys category comprising of a total of 96 participants. The race required the boys to ride a total distance of three kilometres with a total elevation of 40 meters. Somerset House made history as Michael Kapp came in 4th position with a podium finish, in a time of 10 minutes and 19.493 seconds at average speed of 7.0 km/h; and Phen Hardcastle came in 21st position in a time of 11 minutes and 51.286 seconds at an average speed of 6.1 km/h which is a remarkable and outstanding achievement, considering the number of participants riding in this category. Congratulations to both boys who showed unbelievable determination and sportsmanship before, during and after the race. You have made Somerset House proud! Here are a few highlights of Saturday's race compliments of Keanu Photography and Kapp and Hardcastle families.



It has been a wonderful year for school cycling at Somerset House. A special thanks to Ms Mac for supporting this sport in our school and to the parents of our riders. You are the real heroes of the year in ensuring our riders (with bicycles and gear in tow) are at the MTB events before the sun rises; supporting our riders during their races and uplifting spirits when things do not go as planned. We thank and salute you. You create and encompass the spirit and enthusiasm of "1 Team" and we are so grateful for your support. To all our Somerset House MTB riders, you are an incredible group of courageous "super-humans", daring to ride challenging tracks and braving difficult weather conditions at times. We thank you for your commitment to this sport and we look forward to seeing you all in next year's 2025 league. In the meantime, keep on riding! (Hayley Kapp)