



# REFLECTIONS OF THE WEEK

TERM 4 WEEK 2 (18 OCTOBER 2024)

## QUEST 2024



Quest 2024 was another incredible experience and the 43 Grade 7s who completed the route can be extremely proud! Day 1 saw the group set up camp on the edge of the Theewaterskloof dam, which would be home for the next 2 nights. Day 2 started with some swimming in the dam followed by time at Lighthouse Academy School, where we donated sports equipment, books, toys and played with the kids. After the busy morning the groups set up for their potjie competition and collected their bicycles ready for a big day of cycling on Day 3. The potjie competition was a lot of fun and the standard of pots was impressive. Well done to the Woodpeckers who took the win with a lamb pot! Day 3 was a busy one and it started with packing up the whole camp site and loading the trailers. Bicycles were checked and groups prepared for the strenuous 40km cycle ahead. The ride was beautiful, and the groups had the pleasure of swimming in farm dams, picking blueberries and chatting along the way. Skilpad Theatre was home for nights 3 and 4 and the lush grass and electricity were welcome luxuries after a long day in the saddle. Day 4 saw the group head for the Cape Canopy Tours where they spent an adrenalin filled day shooting across the Rivieronderend river. Day 5 was an early rising and the camp site and trailers were packed and loaded whilst the Grade 7s prepared themselves for an 18km hike from Theewaterskloof to Eikenhof dam. The hiking route followed parts of the Boland hiking trail and forestry roads in and around the Hottentots Holland Mountains. The site of the Eikenhof dam and its lush surrounds brought renewed energy to the group, and we were privileged to be treated to a spit braai prepared by Mr Rank and Mr Patience that evening.



Day 6 was team activities day, and the groups were faced with different challenges which saw them collect points for their groups. The day culminated with a fun session of stalk the lantern, while watching the almost full moon rise over the mountains.

Quest 2024 was an unforgettable experience for not only the Grade 7 pupils, but also the staff that lead the groups so well. Whilst the dust settles and everyone reflects on the week, we hope that these memories remain for many years to come.



# MATRIC TEA

How wonderful it was to welcome back the Grade 7s of 2019 to their Matric Tea on Saturday morning. They spent the time re-connecting, reminiscing and wandering around the campus, appreciating what has changed and what has wonderfully stayed the same! Mrs Rautenbach had delicious eats and juice ready in the small plastic cups – a sentimental touch that was an absolute hit – as always! In their Grade 7 year these pupils wrote letters to their future-Matric selves and there was lots of laughter as they read these. They spent some time in the Knowledge Centre watching the video that was played at their Grade 7 Farewell – with shrieks of delight at seeing their own faces through their years in teal. There was even a hotly contested game of Hand Tennis! We wish these talented young people all the very best with their final exams and whatever new adventures that come their way.



# AN AMAZING RACE

Grade 4 are learning all about our local and school history. We did an Amazing Race around the school, learning about important dates and places on campus and how much our school has changed and grown in the past 76 years! We are so blessed and privileged to enjoy such a magnificent campus and often we rush past important plaques without taking the time to learn about our heritage. The pupils have great fun, whilst also learning a great deal!



# SUNSHINE MEANS FUN!

The Bee Class (Grade 000) have enjoyed the playground and the beautiful weather this week. They have loved playing with the sensory container filled with rice, in the sandpit, with the water, as well as on all the different climbing equipment. Play improves the cognitive, physical, social, and emotional well-being of children. Through play, children learn about the world and themselves.



# TIME FOR WORK AND PLAY

After working hard, the Grade 1s enjoy a chance to play and be creative. The new magnetic game as well as Build-a-bear Dress-up is always a hit.



## TIME FOR TIME

Grade 3 revised the concept of time this week and extended their understanding with various intervals of time. Drawing the analogue times on their whiteboards followed by matching the digital and written times proved to be a challenging but successful task. This concept can be the test of all time!



## INDOOR HOCKEY

Somerset House hosted the first of our Grade 5 Indoor Hockey matches on Monday evening. Our league takes place over 4 weeks and participating schools include Beaumont, SWPS, Hendrik Louw, Gordon's Bay, Lochnerhof and Somerset House. We played our first matches against Hendrik Louw. Congratulations to our Gr 5 Girls and Boys for a great start to the league.

- Girls Won 2 – 0
- Boys Won 3 – 1



# CELEBRATING BIRTHDAYS!

The Grade 00 children are spending this final term celebrating! To kickstart our term, we have been discussing birthdays and sharing our own experiences of birthday mornings, and other birthday traditions. Our table activities have included making decorations for our upcoming Teddy Bears Picnic on Thursday 24 October. The children have been tearing and sticking, scrunching and pasting, drawing, cutting, painting, and even stapling! They have created artwork, paper chains, and special invitations to invite their favourite soft toy to join us for a picnic under the big oak tree!



# ROAD-TRIPPING!

The Grade 2 pupils have been thoroughly enjoying exploring our Term 4 theme 'A Road Trip Through South Africa'. Both classes have been bringing in items from home to add to the theme table. The children have been speaking beautifully and confidently about family trips through South Africa. This is supporting their learning about where these places are in our Country, which we are adding to the class map, and this is adding great value to their understanding of our 9 Provinces.





# LET'S TALK ABOUT 'GLIMMERS'

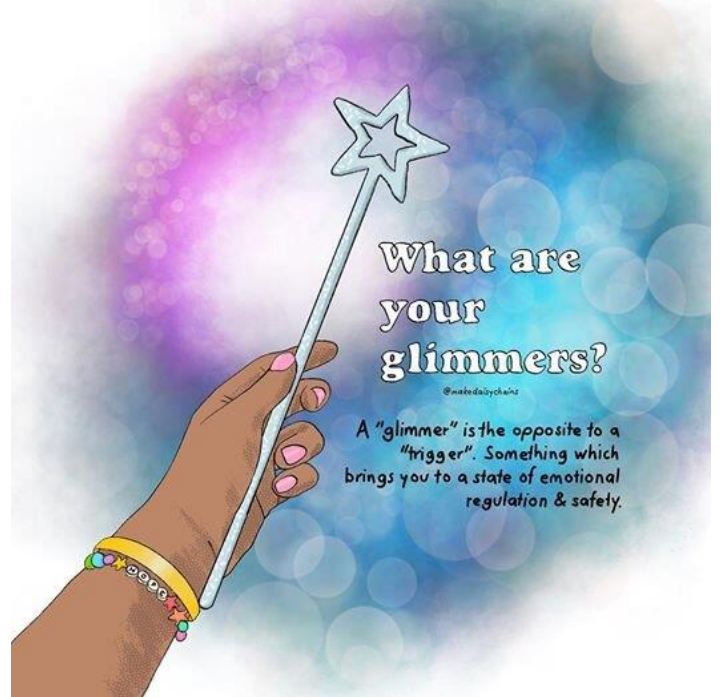
The Learning Support Department is focusing on Glimmers. Glimmers are micro-moments that make us feel happier, hopeful, safe, and connected. And the best thing is, we can easily access them by looking for them. Glimmers are the opposite of triggers which make us feel threatened, angry or sad.

Put simply, glimmers are great for your mental health. On a bad day or when you're moving through a more difficult chapter, glimmers can offer a reset button. And from there, a healthier headspace gives you more energy and inspiration to do the things that might otherwise feel hard. Sometimes we're in a headspace where our brains are biased towards remembering and noticing things associated with danger, losses, or anything else negative. And that puts us in a position where we fail to notice the good things, much less interact with the world in a way that creates more positivity.

Glimmers help us feel secure, centered and connected; Do things like creative thinking, problem solving, or connecting with the world around us; Our hearts are calm, and we have an open posture. In this state, our body also enters homeostasis, where it regulates itself.

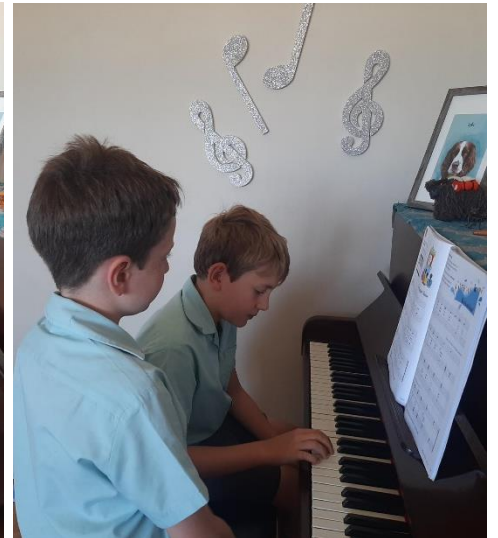
Sit around the dinner table at home and discuss everyone's glimmers. We so often only sit and discuss the bad or negative. Let's change the focus and rather talk about what makes everyone feel safe, connected and loved. This can be vital information to know how to help everyone feel better and more positive.

Love Faye



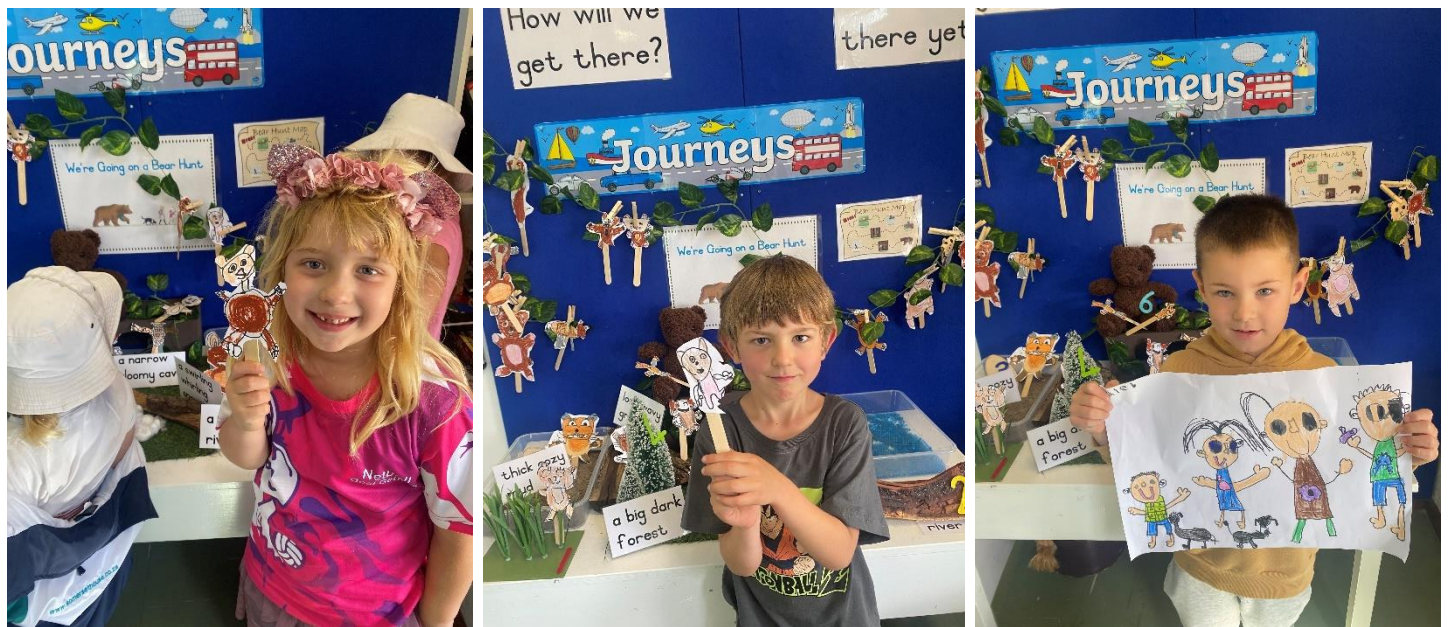
# NEWS FROM THE MUSIC DEPARTMENT

In the Music Department friends sometimes teach one another!



# GOING ON A BEAR HUNT

This week the Grade R children discovered the classic story of 'Going on a Bear Hunt'. Filled with rhythm, repetition, and adventure, it provided a fantastic backdrop for transforming a regular walk into a fun, imaginative journey. The children made fabulous finger puppet bears, a map leading to 'a narrow gloomy cave' and a detailed drawing of their family members, who they would take with them on this adventure.



# WELL DONE, ALERA!

Alera Janson represented the Western Cape Gymnastics Team at the South African Gymnastics Games (Gym Games 2024) held in September. She did very well amidst tough competition, especially on floor, scoring a 9.05 and tied fifth place overall for Level 4 in her age group on the floor.



# MINI CRICKET VS LOCHNERHOF

On Wednesday afternoon, our boys' mini cricket teams were the first to play matches on our astro when they took on the mighty Lochnerhof. We received wonderful feedback from our visitors and SH staff regarding the wickets on the astro with the true bounce of the ball. Results from these matches were as follows:

**U7 BOYS:** The U7 boys played a tantalizing game of cricket against Lochnerhof this week. Somerset House won the toss and chose to bat first. Our opening pair, Phen Hardcastle and Owen Lumsden, set a strong foundation, putting up a solid batting performance and adding plenty of runs. The rest of the team contributed well, pushing the total to 45 runs. Despite their best efforts, some inconsistent bowling and a few big shots from the opposition made it difficult to defend the score. Lochnerhof ultimately won by 8 runs. The boys, however, walked away with valuable lessons, understanding that good batting alone doesn't win matches – bowling and fielding are equally important. The coaches were proud of the team's progress and saw significant improvement from Term 1. They're eager to continue working on areas for growth as the season moves forward. The players of the match were as follows:

- Best Batsman: Phen Hardcastle
- Best Bowler: Giovanni Cirillo

David O'Brien and Rae Ebrahim

**U8 BOYS:** Congratulations to the U8 Cobras and Titans team for great mini cricket matches on Wednesday afternoon. Our boys were disciplined in the field, bowled good lines and lengths with very few extras being conceded. They also fielded very well and took a number of great catches. Likewise, our batting was good with some awesome shots being played. Our Cobras won by 5 runs and our Titans, by 12 runs. A fantastic start, well done boys!

- Best Cobra Batsman: Malakai Leibrandt
- Best Cobra Bowler: Beau Savage
- Best Titans Batsman: Nathan Marcovich
- Best Titans Bowler: Matthew Scheepers

Wendy Angus

**U9 BOYS:** U9 Titans played a great game of cricket narrowly losing by 3 runs. Despite the loss it was their best game yet with regards to their bowling and fielding.

- Best Bowler: Tristan Collins
- Best Batsman: Jackson Gilbey

The U9 Cobras had good moments but ultimately lost too many wickets which cost us in the end. They lost the game today but learnt a lot and will bounce back next week!

- Best Bowler: Ben Graham
- Best Batsman: Jack Strydom

Coach Ben



## CRICKET VS BEAUMONT

The U11B Boys played against Beaumont on Tuesday, the boys arrived excited and determined to perform. After winning the toss and deciding to bat first, openers Jack Carolin and Stefan Smit cemented their place at the crease, scoring runs from all over the field and giving the team a great start to the innings. Jack and Stefan both retired, on 22 and 30 respectively, and the team ended on 102 after 20 overs. A respectable bowling display gave our boys the upper hand, keeping Beaumont at bay until the last over. The U11B Boys won by 20 runs. We are proud of their performance!



The U11A boys matched up against a strong SWPS side, and after winning the toss they sent SWPS out to bat. What a bowling display that was, wickets falling quicky as our bowling and fielding became stronger. Some tight bowling and impressive fielding saw many run-outs, special mention to Jesse Thurman and Alister O'Carroll, claiming 3 and 2 wickets respectively. SWPS were bowled out for just 70. In response, SWPS came out firing with some quick opening bowlers. A few wickets fell until Jesse Thurman and Mathew Angus stepped to the crease, staying calm and finding those singles to keep the scoreboard ticking. Alister O'Carroll also stepped up and gave a good batting performance, unfortunately the bowling attack was just too strong, and our boys fell short by just 10 runs.

We walked off the field as a proud group who fought hard, and the boys now understand the areas that need to be worked on. Looking forward to our match next week.

Coach Sebastian

## BRONZE MEDALS IN COLORADO

Two of our parents, Monica and Deon le Roux, recently represented South Africa at the 2024 International Precision Rifle Federation (IPRF) which took place from 11th – 17th of September at Cameo Shooting Centre, Grand Junction, Colorado, USA. Twenty-one team members represented South Africa in various divisions and 262 Competitors from 23 Countries participated at this prestige event. After competing for 2 days, there were plenty of bruises, sweat and tears. Our SAPRF Ladies team managed to secure 3rd position for the Ladies Division in the second Centrefire 2024 IPRF World Championship. The SA Team was honoured to come Third overall out of all nations attending. Brilliant performances, congratulations to Monica and Deon, we are super proud of both of you.



# TENNIS

Our first tennis matches for the term took place on Thursday afternoon. Our players were up against Beaumont and Hendrik Louw this week. Please see below for match reports

**GIRLS U11:** The Under 11 Girls played against Beaumont - a really tough match! Although they lost overall, they gave it their all and showed good sportsmanship throughout. Beaumont also impressed us with their excellent manners. A great afternoon of tennis, well done girls for never giving up.

Mrs Eagle

**BOYS U11:** The Junior Boys played their best against a tough Beaumont Team. Congratulations to Tyler Bothwell for winning his match 5-0. Well played boys and keep up the positive attitude!

Mrs Bolton

**GIRLS U13:** The U13 girls had a fantastic afternoon against Beaumont. Congratulations to both Olivia Hipkin and Hannah Sloan for winning their matches 6-0. Rebecca Plewman and Zahra Staples both won their matches 6-1. The girls also won both their doubles matches 5-1. Although a very chilly afternoon, the girls played with great enthusiasm! Proudly SH!

Mrs Farrer

**BOYS U13A:** It was a tough day at the office for our U13A Boys team, and we were grateful for the cooler weather. Nathan Sloan had a cracker of a singles game, with some powerful deliveries and sublime returns. Rijk van Galen narrowly lost out on a win, losing on a tie breaker. Harry Downing and Simon Wiehahn played with grit and determination, and I'm sure we'll see some more great results as the season progresses. Well done to our boys for displaying excellent sportsmanship throughout the afternoon.

Mrs Tucker

**BOYS U13B:** Our 2nd team boys had tough matches against Hendrik Louw today. Unfortunately, we were a player down which didn't help our cause. Congratulations to Dale Hobbs who won his match 6 – 0 and to Guillaume Theron who narrowly lost 5 – 6. Dale and Guillaume also won their doubles match, 6 – 5. Elijah Morrison also put up a great fight in his singles game, going down 4 – 6. Valuable lessons learnt and a solid base to work from going forward. Well done boys!

Mrs Theart

