



24 August 2018

NEWSLETTER NO. 24

Dear Parents

HEADMASTER'S INTRODUCTION

This weekend sees us take on Wynberg Boys' High School in our last Winter derby fixture of 2018. For our Matrics it will be their last Winter sports fixture at the school. There is a wonderful adage in sport that states, "you are as good as your last game." It is a very good sound bite for helping us keep our feet on the ground when things are going well and when they are not, to remind us that it takes just one match to turn things around and get back on track. It is particularly relevant to the last match of the season and I encourage our young men to give everything they have and to go out and enjoy this final fixture.

The Interact Club, under the guidance of Mr Stuart Barnard and along with our Prefects, have done so well in their community initiatives in support of Women's Month. I would like to thank all parents that have contributed so generously in assisting these efforts.

Our Music Department continues to excel and on Sunday we look forward to the combined Boys to Men Choir Festival. Mr Patientia and his charges have been hard at work preparing for this event that I am sure is going to be a wonderful celebration.



MATHEMATICS OLYMPIAD

Emmanuel Rassou made the South African junior top ten in the South African Mathematics Olympiad (national competition) this year. Well done, Emmanuel.

MOUNTAIN BIKING

James Paul competed in the Nissan Trailseeker Western Province Mountain Biking Marathon Race this past weekend. He participated in the 40km half marathon race, coming eighth overall with a time of 01:55:12. This placed him third in the Junior Men's Category. Congratulations James.

SQUASH TOURING SIDE

Our squash players competed against the York High School (George) touring team last weekend. This was the York team's first tour in twenty years. We played seven matches against York High School's seven players, winning five and losing two of the matches.



WESTERN PROVINCE TENNIS TRIALS

SACS tennis players who would like to enter for the Western Province tennis trials (U15 and U19 age groups) can do so by opening the following link:

https://docs.google.com/forms/d/1jLvTDs20e_YXkkho_motaM1yhgnq95knmv2TDJX2uhY/

The closing date for entries is 10 September 2018.

CHRISTOPHER BROWN COMPETITION

Congratulations to Bradley Culligan and Robert Versfeld on winning the Christopher Brown Competition's Instrumental and Vocal sections respectively. There was a fantastic line up of twenty performers and of a very high standard. Well done and thank you to the music staff.



INTER-HOUSE SPORT

Next week sees our annual inter-house rugby and hockey taking place on Tuesday 28 August 2018 from 1pm to 3pm and our inter-house cross-country on Wednesday 29 August 2018 from 2pm to 3pm. The U16s/U17s/U19s race at 1:55pm and the U14s/U15s at 2:20pm. Normal school takes place up until the start of these events. These are compulsory events for all boys. Parents are welcome to come and watch, should they wish. School will end at the normal time of 3pm each day.

VILLAGE SEVENS

We will be sending two U19 sides to participate in the Villager's 7-a-side Tournament. This year marks a special occasion, as it will see the fiftieth anniversary of the tournament. The tournament takes place on Friday 31 August 2018 from 14h00 to 21h00 at Villages RFC.

EXAMINATION AND TEST TIMETABLE

The September examination and test timetable is attached. Hard copies have been handed to the boys.

THIS WEEKEND

This weekend our rugby and hockey teams play against Wynberg Boys' High School. Our First Rugby Team play on Saturday at 12h30 on the Memorial A Field (H), while our First Hockey Team play on Friday at 19h30 at home.

I wish all our young men well for the weekend ahead and I look forward to supporting them at various activities.

I received this from a parent whose children excel, particularly in the academic and cultural sides of SACS life.

20 REASONS WHY SCHOOLS SHOULD PLACE A LARGER EMPHASIS ON SPORT

- 01 Teaches students life lessons
- 02 Reduces anxiety and stress
- 03 Increases confidence and self esteem
- 04 Reduces obesity
- 05 Improves sleep
- 06 Improves cognitive abilities
- 07 Builds stamina
- 08 Teaches children about values
- 09 Helps to build resilience
- 10 Increases cardiovascular fitness
- 11 Teaches respect
- 12 Teaches emotional control
- 13 Builds strength
- 14 Helps children learn from failure
- 15 Improves communication skills
- 16 Improves problem solving skills
- 17 Reduces tension
- 18 Stimulates growth of brain cells
- 19 Boosts immune system
- 20 Reduces depression

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Yours sincerely

B.J. GRANT
HEADMASTER