



# South African College High School

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3 March 2017

## NEWSLETTER NO. 8

Dear Parents

### SWIMMING

Congratulations to Joel Naudé who has been selected for Western Province and will participate in the Level 3 Age Group Swimming Championships in Port Elizabeth in March.

### MATHS

Congratulations to Zach Baskir who has qualified to write the round two selection test for the International Maths Competitions. Successful candidates will be selected to represent the City of Cape Town at the International Maths Competition in India. We wish him well for the final round of selection.



### CYCLING

Luke Moir (Grade 8) won the first round of the South African National Mountain Bike Series this weekend at Rhebokskloof in Paarl. Luke raced in the U16 Youth Men age category (Grades 9 and 10). This means that Luke is now seeded as the leading U16 rider in the country. Luke will now prepare for the first round of the British Series and third round of the Italian Series.

### UNDERWATER HOCKEY

Congratulations to Christopher Allpass-Jackson on qualifying and being selected to represent Western Province (developmental team) at the South African Junior National Underwater Hockey Championships in Durban in March.

### WEEKLY DR MELLE CUPS

Congratulations to the following recipients of the Dr Melle Cups this week: Ethan Smyth received the Dr Melle Junior Cup for his performance in the U14B Team against Bishops this past weekend, taking five wickets for twelve runs. Tristan Schrickker received the Dr Melle Senior Cup for his performance in the Fourth Team against Bishops this past weekend, taking six wickets for twenty-four runs.



### LIFESAVING

Congratulations to Aidan Brand who achieved second place and was awarded a silver medal for individual surf ski in the Western Province Junior and Senior Surf Lifesaving Competition held this past weekend at Milnerton beach.

He represented Clifton Surf Lifesaving Club and competed against all the clubs in the Western Cape.

### NEW PARENT MEMBERS SCHOOL GOVERNING BODY

A sincere word of appreciation to the parents who attended the two School Governing Body (SGB) by-elections. The first meeting could not proceed because we did not have the 247 parents required for a quorum. A ballot was held at the second meeting and we congratulate Mrs Bertha Chibale and Mr Terence Collopy on their election to the SGB.

### THIS WEEKEND

This weekend we have another busy weekend of sport with the cricketers competing against Paul Roos Gymnasium (First Team on De Villiers Field at 9:30am on Saturday) and the oarsmen participating in the South African Rowing Championships (Roodeplaat Dam, Pretoria). The water polo players will be participating in the U14 Tournament at Jeppe, the U15 Tournament at Parktown Boys' High School and the First Team at the King Edward VII (KES) Tournament. The remaining water polo teams will be competing against Rondebosch Boys' High School.

I wish all our teams a good weekend of sport and the best of luck for their matches and tournaments, as well as safe travelling.

# LEADERSHIP SEMINAR SUMMARY

SACS boys and parents were addressed last week by Jamie Marais, an extreme endurance athlete and the first person in history to summit Table Mountain 22 times in 28 hours. Jamie shared his story on how to conquer giants, as well as some tips on leadership from his own experience.

Jamie began his presentation with a video of his epic achievement. Summiting Table Mountain so many times is one of four giants that Jamie hopes to conquer, using the Sabrina Love Foundation as a vehicle to use his own physical ability to help those with a physical disability. This foundation cares for children with disabilities whose parents are unable to provide for them. Jamie constantly raises awareness of the foundation, wearing a distinctive pink headband when training and during his challenges.

Jamie was once hooked on drugs and through his teens mixed with the wrong crowd. One day he was involved in a car crash and dreams of being a professional cyclist stopped. As a teenager who had a battle with drugs, he found a 'divine intervention' through sport, remained focused on what he wanted to achieve and was able to pull through. Jamie talked about having to go through some dark tunnels to achieve your goals. In preparation

for his epic summits, he would run up Lions Head 4 to 5 times a day, 4 to 5 times a week. Five days before the world record attempt, he was diagnosed with an injury to his hip socket. Rather than pulling out, he felt he was able to continue with the attempt if he had the right team on board. This is his first lesson in leadership, build the right team to support you and no giant is too big to face.

Some people have described Jamie as being 'superhuman'. He disagrees with this and says that we all have superhuman strength which you find when going through those dark tunnels. The ITB pain he experienced was severe, yet every step of every summit he managed to find a way to overcome and by being united with his team of medics and experts, he was able to achieve. Sometimes the enormity of the challenge you are facing can overwhelm you, but Jamie reminded us to 'have faith in yourself'.

Jamie told SACS boys, parents and staff to believe in themselves and to surround themselves with people who believe in the same dream. Leaders should train people well and treat them well. The SACS boys were made to think about their own potential. South Africa builds resilient and tough people and SACS boys need to inspire people to do

things they never thought they could.

Depression is the leading cause of death in South Africa and people lose hope and commit suicide. Jamie urged the young men in the audience to go out and make a difference. This was emphasized by Mr Ball who taught Jamie in the Eastern Cape. He told the SACS boys that Jamie was no different to them and through sheer hard work and determination you can achieve. Jamie is living proof that your mind is the strongest part of your body. Throughout the 22 summits of Table Mountain, Jamie had his own mantra: 'I can; I will'. He used deep breathing techniques to keep his mind focused on the task at hand.

For more information about Jamie's challenges and the Sabrina Love Foundation, visit <http://jamiemarais.co.za/>.

The next leadership seminar will take place during term two. More details will be released nearer the time. In the meantime, if you require any further information on last week's seminar or if you would like to nominate a speaker, please contact Barry Van Selm ([vanselmb@saccollege.org.za](mailto:vanselmb@saccollege.org.za)) or Dawn Siso ([sisod@saccollege.org.za](mailto:sisod@saccollege.org.za)).

Thank you to the parents and boys who attended the evening.

<b>MARCH TEST TIMETABLE</b>					
DATE	E	D	C	B	A
<b>Tuesday 14 March</b> <b>NORMAL SCHOOL DAY</b>					
Wednesday 15 March	Life Sciences 8:30 to 10:00 Mathematics 11:00 to 12:30	Physical Science 11:00 to 12:30	Physical Science 11:00 to 12:30	Natural Sciences 9:00 to 10:00 Mathematics 11:00 to 12:30	Mathematics 8:30 to 10:00 Geography 11:30 to 12:30
Thursday 16 March	Geography 11:30 to 12:30	Geography 8:30 to 9:30 History 10:30 to 12:30	Life Sciences 8:30 to 10:00 Mathematics 11:00 to 12:30	History 9:00 to 10:00 Geography 10:00 to 11:00	Natural Science 9:00 to 10:00 EMS 11:30 to 12:30
FRIDAY 17 March	Music 8:30 to 10:00 Physical Science 11:00 to 12:30	Life Sciences 8:30 to 10:00 Mathematics 11:00 to 12:30	Geography 9:00 to 10:00 History 11:00 to 12:30	EMS 9:00 to 10:00 Afrikaans 11:30 to 12:30	History 9:00 to 10:00 Afrikaans 11:30 to 12:30
<b>Monday 20 March</b> <b>School Holiday</b>					
<b>Tuesday 21 March</b> <b>Public Holiday</b>					

Yours sincerely



**K. R. BALL**  
**HEADMASTER**