



South African College High School

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NEWSLETTER NO. 23

Dear Parents and our SACS Students



HEADMASTER'S INTRODUCTION

On Tuesday I had the pleasure of being in Paarl to see our school lift the Top Schools U16 Hockey Trophy, beating Paul Roos 2-0 in the final after having fended off Grey High 2-1 in the semi-final. Talk around the field from people not linked to SACS focussed on the way our boys had carried themselves off the field, being humble and polite. These are always good things for a Headmaster to hear. The look of joy on our boys' faces after their victory was also great to witness. The above makes up part of the 95% of good things we deal with, but which don't always make the headlines. They remind me of the privilege I have of doing this job and why I love it.

This morning in assembly in touching on some contemporary discipline issues, I spoke to our boys about what it means to be part of this 193 year-old institution and the values and ethos that it represents. We walk a fine line between providing a disciplined environment and one that provides nurture and care. They are not mutually exclusive and for the most part I believe we do get it right. As our world continues to evolve and in many ways becomes more complicated, so the partnership between the School, our parents and our boys becomes more vital in the need for it to be collaborative and supportive. None of us can do it on our own. Another thing I give thanks for is that our community is so largely supportive of our school.



Our Big Band visited Langa High School as part of a cultural and outreach excursion on Thursday last week. SACS has an existing partnership with Langa High School on an academic level through the tutoring/mentoring programme. The aim of the tour was to allow our boys to experience a different music culture by collaborating with Langa High School's Choir, as well as their Marimba Band. Our boys attended a drumming workshop at Guga S'thebe, the local art centre, singing traditional isiXhosa songs and playing various African rhythms. They then proceeded to rehearse and perform choral and jazz music with Langa High School students. The day was concluded by a wonderful lunch at Mzansi Restaurant. It was an honour and privilege to perform in a joint concert which showcased diverse culture and music. Through music, two very different communities were brought together, and that made the day truly special.





Our Big Band, Tentet, Vocal Ensemble and Makhanda Tour Band participated in a charity event at St Oswald's Anglican Church in Milnerton on Friday. Our Musicians were great ambassadors for the school where they gave amazing performances in their respective groups. It was an evening filled with our finest jazz repertoire which was tremendously enjoyed by the audience. A huge thank you and well done to the boys and their directors, Miss Michaela Alexander, Ms Babalwa Mpulu and Mr Dan Shout.



There was great excitement when our choir presented a performance at our Junior School assembly on Tuesday as part of the ongoing initiative and vision to build a strong relationship between the respective SACS Music Departments and its ensemble programmes. The choir received a warm welcome from Mr Skeeles, the staff, and the young men from our brother school and the performance served as an uplifting experience for the boys and the staff. The 100 piece choir performed a diverse programme of works that included *Dies Irae* (Latin), *Arirang* (Korean Folk Song), and the highly acclaimed, *Ke Nna Yo Morena* (Sesotho Traditional), celebrating the long-standing male choral singing tradition at SACS through song and dance. Our choir looks forward to many more performing opportunities and collaborations with our Junior School in the near future.



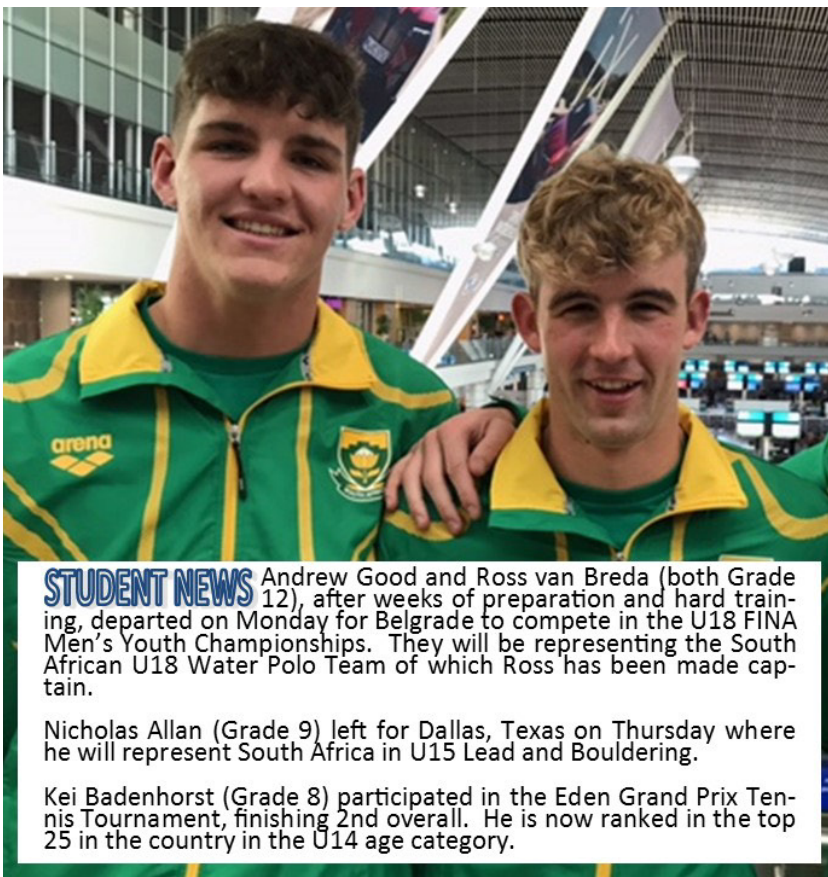
Our U16A Hockey Team won the Top Schools Tournament this weekend, beating Paul Roos Gymnasium in the finals.



10 of our senior boys studying French wrote the external DELF examinations in May this year. These examinations are written at the Alliance Francaise and throughout the world on the same day. The boys were tested on their communicative ability in French with regards to listening, speaking, reading and writing. These certificates are recognised internationally. All our boys were successful in the examinations and achieved very pleasing results. Felicitations.



Joshua Smith and Daniel Lubbe (Grade 12) represented the Western Cape Junior Team at the Inter-Provincial Lifesaving Championships last weekend. Both Joshua and Daniel collected a great amount of points for the team, contributing to the Junior overall win for Lifesaving Western Cape.



STUDENT NEWS Andrew Good and Ross van Breda (both Grade 12), after weeks of preparation and hard training, departed on Monday for Belgrade to compete in the U18 FINA Men's Youth Championships. They will be representing the South African U18 Water Polo Team of which Ross has been made captain.

Nicholas Allan (Grade 9) left for Dallas, Texas on Thursday where he will represent South Africa in U15 Lead and Boulderling.

Kei Badenhorst (Grade 8) participated in the Eden Grand Prix Tennis Tournament, finishing 2nd overall. He is now ranked in the top 25 in the country in the U14 age category.

TALK ON VAPING In last week's newsletter, we included a photograph from the presentation given by Professor Richard van Zyl-Smit on the dangers of smoking cigarettes, e-cigarettes (vaping) and cannabis. Professor van Zyl-Smit is a Consultant Pulmonologist at Groote Schuur Hospital and a Researcher at the UCT Lung Institute and has been working on the effects of smoking for over a decade. By using data and research, Professor van Zyl-Smit explained the risks associated with smoking different substances. The health risks linked to smoking are fairly obvious, but the addiction aspect is more concerning, especially amongst young people. We find nicotine in both cigarettes and vapes. It has a negative impact on the brain development of teenagers as young people's brains build synapses faster than adult brains. Because addiction is a form of learning, teenagers can get addicted more easily than adults. The nicotine in e-cigarettes can also prime the adolescent brain for addiction to other drugs. Thus the mental health impact is of huge concern as many people can develop depression as a result of their addiction. When it comes to smoking of cannabis, he emphasised that its use has an even stronger link to depression and social anxiety, especially in young people whose brains are still developing. We would like to thank Professor van Zyl-Smit for visiting SACS and addressing our school on these issues. Vaping has become more widespread in teenagers across the world and some companies are specifically marketing vapes at this

age group. We hope our learners take heed of the information and advice given and make the right choice when it comes to deciding on whether or not to smoke any substance.

THIS WEEKEND

This weekend our hockey and rugby teams compete against Rondebosch Boys' High School (H). Our 1st Rugby Team play on Saturday at 12h30 on our Memorial A Field and our 1st Hockey Team on Friday at 19h45 on our Brewery Astroturf. Our surfers head out to Muizenberg Beach for their league fixtures on Friday and our Chess teams compete against Groote Schuur High School and Reddam.

PLEASE NOTE: SACS Junior School will be hosting home matches on Saturday against Rondebosch Boys' High School as well as us, so parking on campus is going to be an issue. Parents are encouraged to park off campus, uber or car pool if possible please.

TUESDAY START TIME

School will commence at 8:40am on Tuesday 16 August due to staff development.



A reminder to please support our sanitary pad drive by donating via the Karri App, directly to the bursar or through your son's tutor teacher.

Yours sincerely

Brendan Joannet

**B.J. GRANT
HEADMASTER**