



South African College Junior School

Headmaster's Circular 24/2017

18 August 2017

Dear Parents of SACS Pre-Primary and SACS Junior School

Niphila njani, bazali? (How are you all, Parents?) Nog 'n aksie belaaide week met waardevolle lewenslesse agter die rug! As we fly over the equator of August, we press the pause button, come down to earth and take time to smell the roses! Last week ...

... ANOTHER SACS RAINBOW!

At Inter-House Cross Country last Friday, we were blessed by a rainbow arching over the Estate (captured by Ms Ferrandi, Mrs Hare and Mrs Hardiman)! For many, this held deep meaning. Maybe, the herald of good rains and hope that it would be enough – along with snow – to give short-term relief to our stricken dams inland. Or, perhaps, celebration for a great week, rounded off by fine accomplishments such as our General Knowledge Team winning a berth the Inter-School Finals. Surely, for those boys persisting along the Cross Country course against various odds, they must have felt inspired to press on!

Our traditional Inter-House Cross Country is far more than just a trot around the School. It is a chance for each boy to challenge himself. For some boys and their parents, it was their first. For others, more nostalgic, it was the last. Some parents, in between, joined us in the cold and wet to capture the atmos, hear 'Chariots of Fire', smell the coffee and see their son zoom past in whatever condition! Scenes of sincere support from staff and parents; Images of 'Second Effort'; Cameos of camaraderie – all remain etched in memory. Overall, it is a vital cue that healthy exercise should play a regular part in our lives, fostering the growth of cognitive and physical strength.



In Prof John Medina's informed guide, 'Brain Rules', he summarises thus the chapter titled 'Brain Rule #2' - 'Exercise boosts brain power':

- ✓ 'To improve your thinking skills, *move*.'
- ✓ 'Exercise gets blood to your brain.'
- ✓ 'It also stimulates the protein that keeps neurons connecting.'
- ✓ 'Our brains were built for walking – 12 miles a day!'
- ✓ 'Aerobic exercise just twice a week halves the risk of general dementia.'

(John Medina, 2014, p35)

At SACS, we are blessed with an Academic, Cultural and Extra Mural Programme promoting a balanced, healthy lifestyle. This fosters the growth of mental and physical strength through exercise. Our teachers are encouraged to activate boys in the classroom. We endorse participation and striving for excellence concurrently. Boys compete individually as well as interdependently. Important life lessons through winning, losing and sportsmanship are there for the taking. And it all started with that rainbow!

MORE STAFF MANOEUVRES!

Recently, two staff members announced new journeys starting in their lives from 2018. Our Librarian, Mrs Margi Williams, retires from teaching after 21 years of dedicated service to SACS Junior School across a range of disciplines. Mrs Stephne Keulder – currently teaching in Grade Two – has given 16 loyal years of her teaching career selflessly to our School. She wishes to devote more time to her family which includes three fast-growing lads! We shall miss these members of 'The SACS Family' dearly and will bid them the appropriate farewell upon their exit at year end.

FAMILIES TRANSFERRING TO OTHER SCHOOLS

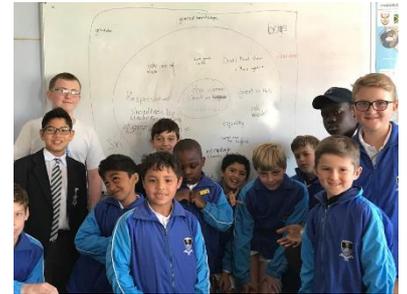
We have a number of applicants who would like to be considered for placement next year. We therefore remind you that, should you be contemplating leaving the school, we require a term's notice, in writing, please.

Mrs C Glenday: Admissions

BUDDY MEETING

Mr K Marshall: Co-ordinator

The last Buddy meeting took place on the 8th August. As the following day was Women's Day, the leaders were given an iconic female to research. They then had to tell the rest of their Buddy group about this person. It proved to be a great hit and all the boys learnt something new from their Buddy Group leader. Well done to all involved.



GRADE FOUR TO ROBBER ISLAND

On Monday the 7th August 2017, the Grade Four corridor was filled with much excitement and anticipation of the adventure that lay ahead. The weather had played along and it was a perfect day for a ferry ride across the ocean to the historical site that is Robben Island. On arrival at the island we were greeted by a friendly tour guide, who was an ex prisoner on the island. He gave the boys a brief history of the island and showed us around the prison, including Nelson Mandela's prison cell. The boys were fascinated by the prison and couldn't believe how small the cells were. We then took a drive around the island in busses where a different tour guide enlightened the boys on interesting facts about the island. It was then time to make our way home over the seas. It was an educational and memorable day, which was enjoyed by the boys and teachers alike. A big thank you to all the teachers who made this unforgettable experience possible.

Miss E Vosloo: Grade 4



INTERSCHOOLS GENERAL KNOWLEDGE: ROUND TWO

On Friday, 11 August, our Senior GK team participated in the second round of the Interschools General Knowledge quiz that was held at Edgemoed Primary School. It was the first time that the twenty-two participating schools were hosted in the same venue. Our team, consisting of Matthew Duk, James Du Preez, Aidan Jones, Robert Steenekamp, Christopher Steynor and Greg Van Selm, did us proud. They worked well together against stiff opposition. The final score of 56 put us joint first position with Rondebosch Boys' Junior School. The top eight schools will meet in a final round which will be held in October. Congratulations on your efforts in securing a place in the final. Well done boys!

Ms L Roscoe: GK

ENVIRO CLUB WALK TO NOORDHOEK PEAK

On Sunday, 13 August, a small group of Enviro Club members and their families braved the cold and resisted the temptation to have a late Sunday morning snooze. They headed to Silvermine Nature Reserve for a brisk walk to Noordhoek Peak. It was a gentle walk which took about four hours to complete. The pace was slow as we stopped often to enjoy the views of Muizenberg, the winelands and the wetlands.

Ms L Roscoe: Enviro



Once we reached the top, we enjoyed spectacular views of Hout Bay and Chapman's Peak Drive. A special thanks to our guide, Michael Wilcox and the parents who accompanied us.

GR R ONE-TO-ONE

Every year Grade R has a soft toy drive in collaboration with Rotary and their One-to-One project, which they hold at the Good Hope Centre. We collect second hand toys in good condition and often new ones. These soft toys, donated by the boys are then handed over to mentally and physically disabled children and adults. Thank you to all the boys for parting with their cuddly toys.

Mrs J Wares: Grade R



FP CONFERENCE

Our team of 5 Grade Two teachers attended the Micklefield Foundation Phase Conference on Saturday 11 August. The theme for the day was "Keep Calm and TEACH On". The pressures of today's society have created children, teachers and parents who are stressed, anxious and under pressure to perform. Four inspiring and experienced speakers shared many useful strategies for supporting anxious children by creating a safe and calm environment. Added to the day's programme were breakaway sessions to enhance our knowledge. We were treated to many special touches, delicious meals, exciting prizes and lovely goodie bags. A wonderful day we all learned and gained from, and enjoyed very much.

Ms T Visser: Grade 2

WHITE TAKKIES

Please note that it is a requirement that the boys wear predominantly white 'takkies' to school when donning their sports kit.



SAXIE'S 'WYSBOEK':

- Please remember our social conscience towards 'Saving Planet Earth'. Your contribution of glass each Tuesday and support for the White Paper and Magazine Drive (Tues 29/9) will be gladly received by 'SACS Recycling' volunteer parents.
- We extend best wishes to our Student Representative Council, led by Mr Mark Dudley and Mrs Sally James, all of whom are presently in Worcester for the annual Leadership Exchange. Here, the SRC of Rustenburg, Worcester Primary Prefect Group and SACS SRC are sharing leadership methodology, differences in their respective school's practices, as well as support for Outreach Programmes.
- Good luck to all of our sportsmen involved in Extra Mural Inter-School League fixtures to round off another busy, successful week. We are particularly excited for our Under Eight boys who are participating in Friday's Rugby Festival hosted by Rondebosch at the Gary Kirsten Oval. Let's 'spread the name and swell the fame of the SAC'! GO, Saxies!

In closing, we hope you have something exciting on your bucket list for this weekend. Simply a family outing to walk in one of our stunning Western Cape environs should strike you with wonderment and awe as Spring makes an early appearance! For some, though, the weekend will be an extremely busy one. Whatever the case, we wish you a happy, warm, safe and memory-filled break, packed with family fun and laughter. For all, here are beautiful bouquets of flowers! *Ons hoop dat die son skyn op almal! Nempelaveki emnandi!*

Hamba kakhuhle

**F M J NEL
HEADMASTER**

