



BERGVLIET HIGH SCHOOL

Gr 8 and 9's

Hi Gr 8 & 9's

In a few more days, life as you've known it for the last 5 or so months, will change dramatically.

I wonder what you must be feeling?

I have a Gr 8 son who started physical schooling again Monday past. His neighbour, in Gr 9, started at the same time. It was quite interesting to observe their differing experiences. One, was quite comfortable at home and not at all keen to return to school. The other, was desperately unhappy studying at home, and super keen to return. As you read this, I am imagining you relating to one or the other experience, or finding yourself somewhere in the middle. The one side brings with it a certain amount of anxiety, whereas the other brings with it a great degree of excitement and anticipation. If you're in the middle, you're probably experiencing a mixture of both!

Even if you're 100% ready to be back at school, the new rules and guidelines can feel quite overwhelming. Will I be able to wear a mask the entire day, will I remember not to hug my friends, will others remember to social distance? Will vulnerable family members be safe if I return to school, am I putting myself more at risk? Am I up to date with all my work, or will I find that I'm lagging behind? These, and so many more questions may run through your mind. Know, they are perfectly normal and to be expected. Trust me, many of the learners returning before you have had very similar thoughts! What I can say, is that it won't take long for most of you to adapt to the new normal. How do I know this, because I have witnessed this with many learners who have already returned, because in general we are adaptable beings, and because it is common knowledge that "new beginnings" usually settle into something familiar and more comfortable.

A couple of months ago, some of you may have witnessed SpaceX launch their first ever crewed mission to the International Space Station on their Falcon 9 rocket. Like any rocket launch, the initial blast off into space is not only nerve-wracking to watch, but most likely the most apprehensive part of the astronaut's mission. The entire vehicle shudders with the sheer force of the rocket below it, and everyone tends to hold their breath in dread and anticipation. After the first and second rocket boosters separate from the spacecraft, the spacecraft follows a certain orbital path towards the space station. At this point the spacecraft seems to be "floating" quite calmly as it follows its pathway to the Space Station. While things seem to be less turbulent up above, down below, there are hundreds of engineers, scientists, IT specialists etc. who are monitoring progress and watching for/flagging any potential problems.

As with the initial rocket launch, your first phase of returning to school may also feel somewhat rocky and turbulent. This will not last, and soon you will enter a calmer phase, orbiting towards the end of 2020.

Like the spacecraft's mission control, there are a qualified, experienced and confident group of teachers monitoring your progress, there to support you through the turbulence, and accompany you on your mission through to the end of the year!

We wish you strength and courage for your return!

The Guidance Department