### BERGVLIET HIGH SCHOOL

Greater Expectations, Greater Success



# THE BUZZ







#### PRINCIPAL'S PAGE

#### IN RECOGNITION OF WOMEN'S MONTH

In celebration of National Women's Day on Monday and National Women's Month, I would like to acknowledge the women on our staff today. As the head of the school I am often privy to the challenges that the ladies, both as individuals and as a group face in the workplace — and today I want to acknowledge those challenges.

Many women, find that meaningful inclusion and involvement in the life of the school is a function of how easily they can juggle the demands that come with being a working wife, mother or in the case of our single ladies, the pressures of dealing with many issues on their own, whilst holding down a full time job. When we pretend that those demands are irrelevant, this adds further pressure on you.

I'd like to pay special tribute to all the dedicated and hard working women on our staff who continue to provide exceptional commitment at every level in the school, yet provide the soft skills necessary to love and care for the children in our school. Your efforts are greatly appreciated and I value the passion you bring to this space, again, both as individuals and as a collective.

I acknowledge your strength, your resilience, your independence, your passion and commitment. Yet in doing so I'd like you to take a moment to consider the importance of looking after yourself too.

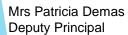
Are you looking after your own health? Are you treating yourself with respect? How is your self-esteem? Do you have a support system in place for yourself? Too often I am confronted with situations where you break down, not because you are unable to do the job, but because you have done it so well that you have neglected yourself. Please consider going for that medical check more regularly. Surround yourself with people who lift you up. Resist organizational and gender abuse by not accepting it as your lot in life. And most importantly support the other women on our staff, because sometimes I think that the damage inflicted by the stinging criticism of other woman, is a cut that hurts the deepest, especially in the workplace. As women you know the struggles you face as women in juggling home and work and as women you need to look after one another.

Thank you for being the light in our staffroom, thank you for being the gentle hearts in the classroom, thank you for being the backbone of school, thank you for being the

protector of the values we hold dear, thank you for all that you willingly give.

Mr Stephen Price Principal

To all the women at BHS, you light up my life, you give me strength to carry on. When I get knocked down you help me get up again. Your daily courage, resilience, perseverance and compassion, is like the bright lamp posts along the roadside, on a dark and stormy night. You have the power and ability to be the lighthouse on the shore when the sea of life gets rough and choppy for others. You can be the light at the end of the tunnel for anyone who engages with you, when facing life's struggles. Never dim your light for anyone. Shine bright like a diamond. Be the morning star to lead others who have lost their way. Happy Women's Day to all women in the BHS community.













## It seems fitting to feature two of our amazing female teachers during the month of August

Women's month is an opportunity to celebrate and reflect on women's achievements and the important role women continue to play in our society. Last week the Woman-Up Society acknowledged Ms. Orgill as Woman of the Month for 2021.

Dear Mrs. Orgill

You have a kind heart that always cares for all your students.

You always help them through struggles and bad times and never ceases to impact their lives in a positive manner.

You have a fierce mind. All your learners love having you as their math's teacher and they do well because of it.

You have a brave spirit. You never shy away from a challenge and you are not scared to voice your opinion on things that matter.

Because of these qualities and many more we as the Woman-Up Society have chosen you as our Woman of The Month for 2021.

What a lovely acknowledgment- thank you to the Woman-Up Society and Ms. Inge van Wyk for this thoughtful initiative.





We are super proud of teacher and swimming coach, Ms. Sian Gibbs for being selected as the Western Cape Schools Aquatics Chairperson.

Ms. Gibbs has been involved in the Western Cape Schools Committee since 2016 and has toured as part of the management team, with the Western Cape Aquatics Schools Team to the summer games, since 2018.

"I am so privileged to be part of a team that is so dedicated to developing sport in schools. As an ex provincial swimmer myself, I am so passionate about swimming and providing opportunities for our learners. I look forward to serving another year on the committee and working hard towards making our province stronger at our next summer games" Ms. Gibbs









## WELCOME

#willkommen #benvenuto
#bienvenue #yindeedtonrap





We are very happy to welcome our new exchange students from Germany, Thailand, France and Italy, pictured here with their mentor Mrs Papangeli.

We do hope you enjoy your stay with us and make many new friends and happy memories.

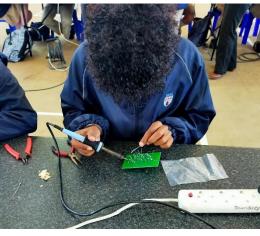






#### **TECHNOLOGY – PRACTICAL APPLICATION**







Last week the Grade 9s had the privilege of being taught by Ms. Miranda Myburgh, Executive Director of SUNSTEP (Stellenbosch University Science Technology in Electronics Programme).

They were taught to solder into the printed circuit board which is part of the grade 9 curriculum.

Thank you Mr. Ricardo Nel for organizing this technology workshop, the grade 9s loved it!













#### **GALLERY WALK**

Covid time calls for creative thinking and that's what Mrs Nygaard did when she prepared a fun activity for her Gr 9 History classes.

Mrs Nygaard organised a Gallery Walk where posters were displayed around the gym hall with information dealing with their current content - Apartheid resistance and repression.

The grade 9s were given questions and had to find the answers on the posters. Mrs Nygaard said "It gave the feeling of a museum in the pandemic times!"











## CODING





You've probably heard about the craze for learning Code. Coding is what makes it possible for us to create computer software, apps and websites. Your browser, your OS, the apps on your phone, Facebook and websites – they're all made with Code – codeconquest

Some of our Grade 9s learning how to Code and the benefits of Coding -

Knowledge is power – understanding technology – understanding their world – planning ahead.

















The Matrics are wearing their new Matric jackets and they look awesome!

Some background - The Grade 12 committee and Mrs Jacobs decided on the tiger logo because this is the school mascot. The Grade 12s then chose their top 3 designs and the design with the most votes won.

The learners had to select what name they would like on their jackets, whether it was their name and surname or nickname. This year they went with the baseball jacket design which they love.

"I could not have done this without my grade committee. They did an excellent job from the designing process to the sizing of all learners and the distribution". Mrs Jacobs

Thank you Mrs Jacobs and the committee – wear it with pride guys!













#### **MAKE A NOTE**

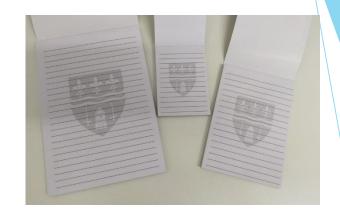


We have stunning customized Bergvliet High School notepads for sale. These very handy notepads are available in 3 sizes:

105 x 74mm - R20 148 x 105mm - R25 210 x 148mm - R30 or buy 3 for R70

Payment via Karri, EFT or Card in the Finance office.

Once payment has been made your notepads can be collected from the Admin block or at Reception.



#### MY SCHOOL TUCKSHOP



Smiles behind the masks - thank you to Ms Carmelita Baron, Ms Maureen Bekwapi and Mrs Melanie Thomas for always having a friendly greeting when we visit the Tuck Shop, you ladies are awesome

Tuck Shop opening times: 09:00 – 14:00 Monday to Thursday. 09:00 – 12:00 Fridays



### BUILDING CONFIDENCE IN THE KITCHEN AND COOKING UP A STORM







Potato Fritters were on the menu today at the after school Cooking Club.

Interested in joining? - Speak to Ms. Mamhende about how you can get involved. Runs every Monday and Tuesday.







CHEFS IN THE MAKING









#### **GRADE 8 ART**









### **WOW**



#### **CREATIVITY**





AWESOME TALENT









# SUPPORT YOUR SCHOOL



Join other parents who are making a difference for Bergvliet High by using your Myschool Card and Linking to Bergvliet High School also by shopping at Pick N Pay Family Store Plumstead





Thank you once again to Mr John Kotze and Pick 'n Pay Family Store Plumstead for their ongoing partnership with Bergyliet High School.

Pick 'n Pay Family Store, Plumstead donate 1% of the total value of all till slips to Bergyliet High School.

It's easy! - Just send all your valid till slips from Pick 'n Pay Plumstead to the school's finance office.

Fund raising opportunities like this generate extra income for our school at no cost to the parents.

Please support our school by shopping at Pick 'n Pay in Plumstead.

NB. Account payments (Telkom, Municipal payments, etc.) are excluded.















# SAFE —















