

BERGVLIET HIGH SCHOOL



THE BUZZ

AUGUAT 2022 EDITION



Day of Remembrance – Friday August 26 2022

When a loved one passes away, it is undeniable that we experience a range of emotions under grief. It has been especially hard and complex to grieve and honour deaths in the era of Covid as we used to. Funerals were restricted, small gatherings only, hospital restrictions.....and this has interrupted the normal grieving process. We became detached from death. We didn't grieve properly. Or we held on longer because we were in denial. Whilst we know that death happens, it does not remove the emotion and we all require comfort and closure in some form.

We find comfort in our faith, being you Muslim, Christian, Jew or Hindu. Each faith gives us words of comfort, in the written and spoken teachings, that help us overcome the loss and despair we feel. We feel comfort that our loved one is with God.

We find comfort from our friends who gather around us and fill the void left. Really good friends will be there for a long time afterwards.

We find comfort in the photographs and memories of our family members and friends who have passed on. Last year for Christmas I gave each member of my family a book of photos of the family as a permanent record of the people in our family. I also included the families of my two son's wives. Whilst I was preparing the book and going through all the photos, I cried my eyes out as the memories came flooding back to me. But completing the book gave me comfort knowing that, one day even my little granddaughter, Izzy....will know who my mom and dad were and what her other granny looks like.

We as a School understand that this is a difficult time for you, and should you feel you or a loved one need support or guidance, please reach out or encourage a loved one to seek help and guidance.

Almost all faiths remind us that death is indeed not the end, but the beginning of our next chapter, of our inevitable return to our creator an eternal existence in the hereafter. Let us take the death of a loved one, or of someone close or distant passing away as an opportunity to be more present in the lives of the people close to us. I remember sitting in church as a younger man listening to an older man speaking to the men of the parish. His wife had been diagnosed with motor neuron disease. She was dying. His talk was entitled "Give her the roses now"....in other words don't wait for a special occasion to do something nice, don't wait till you're at a funeral to say nice words. It's too late then.

The last three years have been a period of tremendous trials and tribulations. Many of us have lost loved ones to COVID-19. Each one of us needs HOPE. We need to have something to hold on to. This is why we need one another, especially in families.

My prayer for you today is that you re-connect with your loved ones. That you mend broken friendships. My prayer is that you "Give her the roses now". My Prayer is that if you are Muslim, that the dua's you have made for loved ones who have passed, are heard. My prayer is that if you are Christian, that the prayers of supplication you have prayed too come to fulfilment.

Instead of a prayer, I will finish with this short poem, entitled "we remember them".

PRINCIPAL'S PAGE



**In the rising of the sun and in its going down,
we remember them.
In the blowing of the wind and in the chill of winter,
we remember them.
In the opening of buds and in the rebirth of spring,
we remember them.
In the blueness of the sky and in the warmth of summer,
we remember them.
In the rustling of leaves and in the beauty of autumn,
we remember them.
In the beginning of the year and when it end,,
we remember them.
When we are weary and in need of strength,
we remember them.
When we are lost and sick at heart,
we remember them.
When we have joys we yearn to share,
we remember them.
So long as we live, they too shall live, for they are now a
part of us, as we remember them.**



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BRAVO – TAKE A BOW

On Saturday 27 August some of our BHS Music learners performed in Ensembles at the Beau Soleil Gala Concert held at the City Hall. Well done to all our talented performers.

Photographed with Mr Price is Abigail Moses, Zachary Yon, Ashley Manim, Micaela Hannibal, Laché Abrahams and Jayden Campher.
Photo and report: Mrs Hannibal



On Sunday 4 September Jemma Barlow (CPO Music Academy Intermediate Strings) and Aviwe Macutwana (Cape Town Philharmonic Youth Orchestra) performed at the Spring Strings Festival held at Hugo Lambrechts Music Centre.

What a treat it was listening to our young people perform the Classics - Mrs Hannibal





HEADING TO NEW HEIGHTS

During the holidays Aviwe Macutwana made it into Stellenbosch International Chamber Festival, Symphony Orchestra.

This orchestra is made up of scholars and university students from around the world - a truly remarkable achievement!!

The first photo is Aviwe with his very proud trombone teacher Mr Lee-Roy Simpson. Very well done Aviwe.



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BRONZE MEDALS FOR SCIENCE STARS



On 12 August Cassidy De Jongh and Fabian Mhakure won bronze medals for their science project at the Cape Town regional Eskom Expo For Young Scientists competition.

Many after-school hours and weekends were spent working on their generator. They entered the Engineering category, which is one of the most competitive categories. Well done!!!

Ms Esther Burger



WELCOME TO OUR WORLD



This term our exchange student come to us from Italy, Switzerland, Germany, Spain, France & Paraguay.
We welcome you to Bergvliet High School and to Cape Town. We hope your stay with us is an educational and enjoyable experience, where lasting friendships are made.

“Understanding languages and other cultures builds bridges. It is the fastest way to bring the world closer together. Through understanding, people will be able to see their similarities before differences.” Suzy Kassem (author)

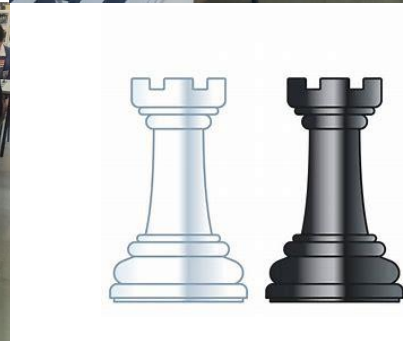
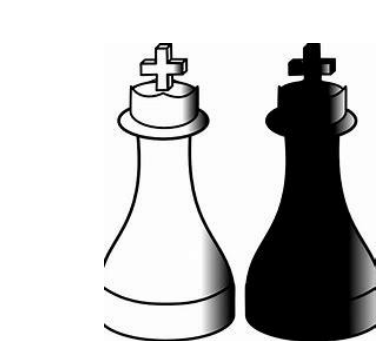




CHESS CLUB

Some photos of our amazing Chess players at a recent tournament.

If you are interested in joining the Chess Club please speak to Mr Howard



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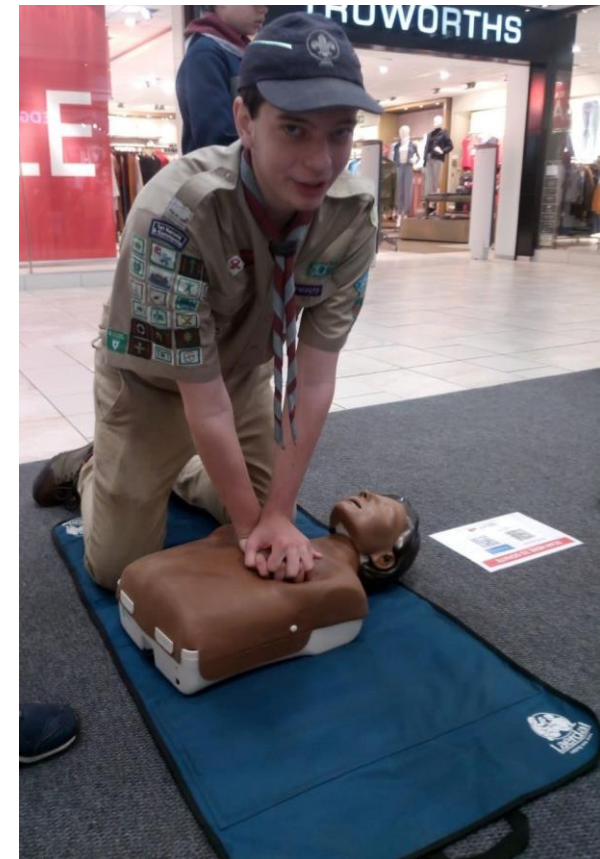
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All merchandise can be collected from Mrs Warne
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Over the past decade, **MANDELA DAY** has been an opportunity to uplift the dignity of others and with this in mind Bergvliet High and Bergvliet Primary came together to hand out cans of food to the car guards at Meadowridge Shopping Center and to other less fortunate people in the community - this was all possible due to the generous donations of canned food from our parents and learners - you truly are thoughtful and generous in your giving.....many people won't go hungry today because of you. Photo credit: Tammy Whyte Library Assistant, Bergvliet Primary



67 Minute CPR Challenge

Tristan Merrington, in Tau grade 11, assisted the Hout Bay volunteer E.M.S. by completing 67mins of CPR for Mandela Day, as part of his scout group, at Constantia village.

67 minutes well spent Tristan 🙌

Tristan is also the Deputy Head of the First Aid team at Bergvliet High.



DERBY DAY PICS

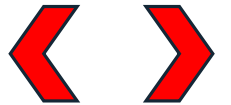


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BERGVLIET HIGH SCHOOL

ANNUAL MAGAZINE

INVITATION FOR ADVERTISING & SPONSORSHIP

The annual Bergvliet High School magazine represents a superb opportunity for businesses to communicate to their target market – for the short, medium and long term.

The **2022** edition is under way and our aim is to have it published in **December 2022**.

The magazine proudly highlights the school's achievements and growth, whilst providing advertisers with value for money. News will be featured on the year's activities and include content aimed at all grades and their parents.

It will be distributed at the end of **Term 4** to all families in the school, as well as various groups within our community.

Specific details of interest to advertisers are:

CIRCULATION: 1066 copies distributed to learners across all grades. Approximately 45% are male and 55% female, with ages ranging from 13 to 19 years.

READERSHIP: The learners, their parents, grandparents and siblings, with an average readership of seven per copy.

The prices are as follows:

| | |
|------------|---------------------------------------|
| Full page: | Full colour back outside cover R3 000 |
| | Full colour inside front cover R2 500 |
| | Full colour back inside cover R2 500 |
| | Full colour inside R1 700 |
| Half page: | Full colour inside R950 |

SPONSOR A PAGE: We call on individuals, families, register classes, school societies and clubs to sponsor a page. **R150** per page (incl. an inscription to this effect on the page).

The due date for submission is **8 October 2022**.

Advertisements and/or Name of Sponsor must be supplied in electronic format. Artwork must be in high resolution JPEG or PDF form. The designer will downsize this to fit appropriately. Please send to abuerger@bhs.org.za or kwarne@bhs.org.za

The magazine is a lovely keepsake for years to come.



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