

# BERGVLIET HIGH SCHOOL



# THE BUZZ

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AUGUST 2024 EDITION



# THE PRINCIPAL'S PAGE

## AUGUST 2024 BUZZ

August has potentially been the coldest we have ever known it to be. Add to that the heavy rains and accompanying storms, have left BHS quite weather-beaten. But as a school, we have survived many storms over the years and we will survive this one too.

Within the first week, the Head of Athletics Mrs Cloete invited all learners to sign up for participation in 2025. Current athletes continued to train all year after the season closed at the end of Term 1, thanks to their commitment and that of Mrs Cloete.

School sports and society/club meetings continued this month with some sports wrapping up towards the end of August. But we also have learners participating in external events. One such being Khanyo Serekonyane who headed off to Bloemfontein for Karate Nationals on 7 August. He returned with a Bronze Medal for Unison Kata and a Silver Medal for Bunkai. Well done Khanyo!

On 8<sup>th</sup> August, in celebration of Women's Day, all our young ladies were gifted with a pack of razors, thanks to the marketing team of the Miss South Africa campaign. Our female staff were also spoilt by the Young Men of Bergvliet (YMB) and the Women Up Society who provided some sweet treats at break time.

That same weekend our Boys' Soccer teams participated in the Football U17 Youth Cup at Rondebosch Boys' High School. On the other side of the Boerewors curtain, our 1<sup>st</sup> Team Rugby boys and U19 Girls' Netball Team participated in the Urban Sports Tournament at Bosmansdam High School. Their participation was remarkable since the weather was cold, wet, windy and even more noteworthy were the staff who braved this weather to accompany our learners. A week prior, our 1<sup>st</sup> Team netball girls had also participated in a tournament at Reddam in Tokia. Thank you also to the parents who sacrificed their family time to support their children. Our soccer boys were awarded the Fair Play Award, for showing wonderful sportsmanship. Well done boys!

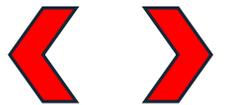
It was quite disappointing for our sports teams that despite our best efforts to host the Fishhoek Derby Day, weather conditions continued to hamper the days scheduled.

Very nearly we almost had to cancel the Westerford Derby Day, but some quick thinking by both schools allowed us to host the event on the Friday evening. Due to our Astro still awaiting repairs, those matches had to be played at Westerford. We congratulate our 1<sup>st</sup> Team Rugby for an unbeaten season of 12/12 games!

I need to extend my huge gratitude to the majority of our learners who heeded the call to wear school uniforms for the event. To those who did not, I had to keep my promise to you, which placed an unnecessary damper on the night. Westerford too had similar expectations of their learners. Thank you to all the parents who arrived on the night to support the various teams.

The 1<sup>st</sup> Team Boys Basketball Team played their first-ever game in the Cape Town Basketball League, marking a historical moment for the sport at BHS. The league provides an opportunity to compete against some of the best teams, giving our players a chance to hone their skills (from Mr Nel their manager)

Consumer Practicals were underway with the matriculants cooking up a storm, our Music Department hosted the Eisteddfods making sweet music along with other schools and our Dance Department matriculants were on their feet as they danced their way through a very successful practical exam. "The examiners were blown away by their maturity and performance ability" – according to Mrs Vossgetter our dance teacher. Well done matrics.



Our Art Department was not going to “stay out of the picture” as four of our Grade 11 learners were invited to submit their artwork to the Irma Stern Museum, along with 106 other schools. All four learners received awards with one particular learner’s work, that of Jayda Damon, singled out in the opening speech at the event.

Please diarise 15 October as the opening night for our annual Art Exhibition at the Blue Route Mall. The artwork of our learners will be on display for the entire week and weekend. More details to follow on our social media pages.

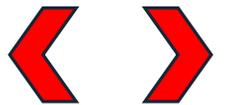
As I write this month’s newsletter, our matriculants should be head down with their studies and socializing on weekends should be put on hold. So too are the Grade 8 to 11 learners engaged with Term 3 assessments. Please support your child by ensuring a quiet home environment while they study, a good eating plan to sustain them during the day when they write and while studying. Sufficient sleep and an awareness of when they are writing to ensure that they prepare well and arrive timeously on the day, with minimal interruptions, is essential. Please limit cell phone usage as learners should not be using it for storing their school work.

Parents, late arrivals continue to be a problem, please ensure that your child arrives timeously at the school. A late arrival has a ripple effect on the day. Of utmost importance is the note that needs to accompany your child or an email to the register teacher, clarifying why your child is late. Wearing the correct BHS uniform is important. If assistance is required with some items, the Uniform Shop will happily assist. Do not allow your child to wear civilian items of clothing or the school track top with their school uniform.

As I finalize this newsletter, our Chess Team is participating in the Western Cape Chess Top Schools tournament in Oudtshoorn, accompanied by Ms O’Connor and Mr Lekay. Our Cheerleaders also ended their season on a “high note”, placing 2<sup>nd</sup> at their last competition. Several have been selected to attend the WP Cheerleading Trials next week. We wish them every success!

Mrs P Demas

PRINCIPAL





**CAPE TOWN MUSIC EISTEDDFOD Report: Vanessa Brink – Cape Town Eisteddfod Chairperson**

Photo1: Strings of Excellence! The Bergvliet High School string trio, under the direction of teacher Genevieve Hendrickse, delivered a breath-taking performance that resonated through every note of the violin, viola and cello. Their skill and harmony earned them High honours at the Cape Town Eisteddfod. Bravo to these talented musicians!

Photo 2: Mama Mia Magic! The Bergvliet High School Trio under the direction of teacher Lisa Bauer –Starcke brought the house down at the Cape Town Eisteddfod and earned them well deserved Diploma. Bravo to these talented musicians!

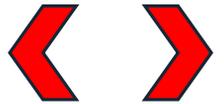
Photo 3: Vocal Perfection! The Bergvliet High School vocal Ensemble under the direction of teacher Lisa Bauer – Starcke delivered a pitch-perfect performance that captivated everyone at the Cape Town Eisteddfod. Their powerful and harmonious voices earned them a well-deserved Diploma. Kudo to these vocal stars for their outstanding achievement!

Photo 4: Bravo to the Bergvliet High School Junior Jazz Band! Under the direction of teacher Simon van Harte, they delivered an electrifying performance at the Cape Town Eisteddfod and earned High Honours! Let's give a big round of applause to these young musicians for their dedication and talent!

Photo 5: A Standing ovation for the Bergvliet High School Senior Jazz Band! Under the direction of teacher Simon Bates, these talented musicians earned a Diploma at the Cape Town Eisteddfod. Their passion and skill brought the stage to life! Let's celebrate their success!



MERIT 70 to 74%; HIGH MERIT 75 to 79%, HONOURS 80 to 84%, HIGH HONOURS 85 to 89%, DIPLOMA 90 to 100





# DRACO



Team building - Draco House ❤️

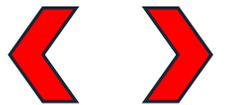
Today commemorates another year passed for Draco learners & teachers.

The red symbolizes the bloodshed and hard work that goes into academics, sports, service and culture at BHS.

During a Breaktime Draco learners collected a small treat from the Draco Committee in celebration of their day, Draco Day ❤️📷👉

Mr. Ocktober

**Please remember to buy your tickets for the ABBA Tribute Show so we can keep improving on these team building events.**



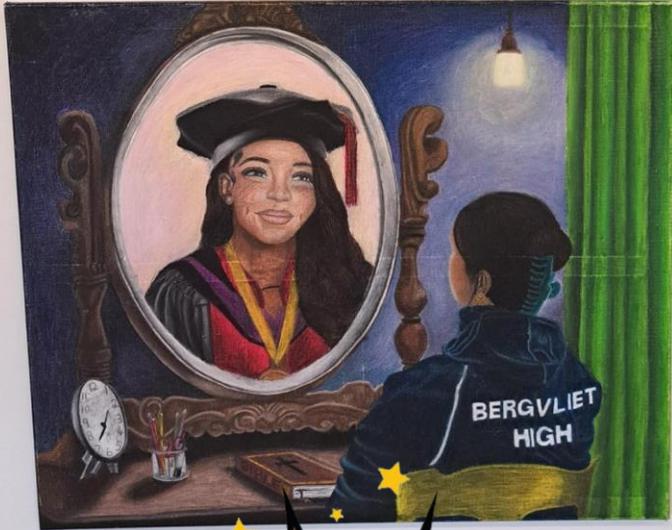


We are excited to announce that we will be hosting  
**THE ABBA TRIBUTE SHOW**  
at Bergvliet High on Friday 11 October 2024.  
Featuring Bergvliet High's Dance Department ✂️ ✨ ✨

This is one of our main House fundraising events of 2024.  
Each ticket bought will be linked to a House.  
Each House will be given a percentage towards their team building events throughout this year and next.  
Ticket Sales: Karri, EFT & Card

Bring your family & friends  
**ONE NIGHT ONLY!**  
Don't miss out!



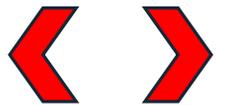


Four of our grade 11 learners were awarded at Irma Stern's Art Exhibition opening ceremony last weekend. Congratulations to them!

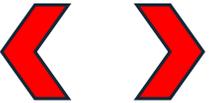
A total of 107 works were selected from various schools in the Western Providence.

Their artworks will be displayed at Irma Stern Museum until 28th September and then for the next month at Iziko Art Museum. I am so proud of these learners.

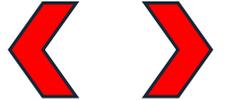
Mrs Shukla



# DERBY DAY BERGVLIET v WESTERFORD



# RONDEBOSCH YOUTH SOCCER CUP



**SOUTH MOTORCYCLES**

*Die Bloumasjien*

**11.** T. MOHAMED

**10.** H. WATANABE

**9.** N. RATHILAL

**8.** Q. CROESER

**7.** M. CUTLER

**6.** J. AFRICA

**5.** C. WESSELS

**4.** Z. GEYER

**3.** C. OKKERS

**2.** C. MILEHAM

**1.** A. ADAMS

**15.** J. SEPTEMBER

**14.** J. GALANT

**13.** M. MBATA

**12.** E. BUGAN

**U19 RUGBY VS WESTERFORD**

**Jackery**

**KICK OFF 7PM  
FRI 23 AUG 2024  
VENUE: BERGVLIET HIGH**

**FINAL MATCH FOR BERGVLIET HIGH**

**UNDEFEATED REGULAR 2024 SEASON  
(11 MATCHES AND COUNTING)**

**Reserves**  
16. J. Pieter  
17. D. Gray  
18. T. Walbomter  
19. M. Martins  
20. D. Abrahams  
21. I. Basadion  
22. J. Wynler  
23. E. Lekas

**Coaches**  
A. Hewitt  
R. Lak  
C. Stephenson



**Jade Beggs**

Certified Integral Practitioner Coach  
for Teens and Young Adults

Email: [jadebeggs1@gmail.com](mailto:jadebeggs1@gmail.com)

Web: [jadebeggs.co.za](http://jadebeggs.co.za)

In person in Rondebosch or  
online via Google Meet.

"I empower teens and young adults to navigate change and overcome challenges, through the practical and focused approach of coaching."

What can coaching help with?

- Developing healthy study habits: working with motivation, procrastination and organisation skills.
- Developing resilience and healthy coping tools.
- Exploring social habits: friendships, social anxiety and relationships.
- Understanding and tools for working with with anxiety.
  - Finding their voice and building confidence.
  - Setting achievable goals and developing self-accountability to sustain them.

....and that concludes our 2024 rugby season 🏉  
12/12 regular season wins for Bergvliet Rugby 🇷🇺🇿





FREE EYE  
TEST FOR  
BHS  
STUDENTS

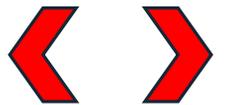
**Are you celebrating a birthday this month?  
Get 20% off a frame in your birthday month!**

9 Park 'n Shop Centre, Firgrove Way, Meadowridge  
Tel: 021 712 7570 or WA: 063 550 1114

**WE ARE LOOKING FOR  
PARENT VOLUNTEERS  
AT OUR  
SCHOOL UNIFORM SHOP**



Contact:  
Ms Ronel Schmidt  
rschmidt@bhs.org.za  
0217120284 ex 225



# GOOD BETTER BEST TUITION SERVICES



## WE OFFER

- MATHS, ACCOUNTING, ECONOMICS, MATHS LITERACY, ENGLISH AND AFRIKAANS TUITION
- GROUP OR INDIVIDUAL SESSIONS
- TUITION FOR GRADE 4 TO GRADE 12
- PRICING FROM R460 PER MONTH FOR SMALL GROUP SESSIONS

## WHY CHOOSE US

- We are qualified teachers with 20 years experience
- We are committed to seeing our learners thrive

## CONTACT US NOW



Lucille on 082 781 7703



goodbetterbst@gmail.com



Good Better Best Online Videos



Good Better Best Online Maths and Physics videos

## CUSTOMER REVIEWS

*My son has been with GBB for the past 4 years. He loves his tutor's teaching methods and finds that the classes clear up any confusion*

*Mrs Amlay*

*My son has been part of GBB since Grade 8. I am so proud of how he has grown in his understanding of Maths! It shows in his results!*

*Mrs Sutton*

*My daughter has been part of GBB for 5 years, and her marks have improved tremendously. Her tutor works hard and takes his time with each child.*

*Mr Frenchman*

**EXCEL WITH US!**

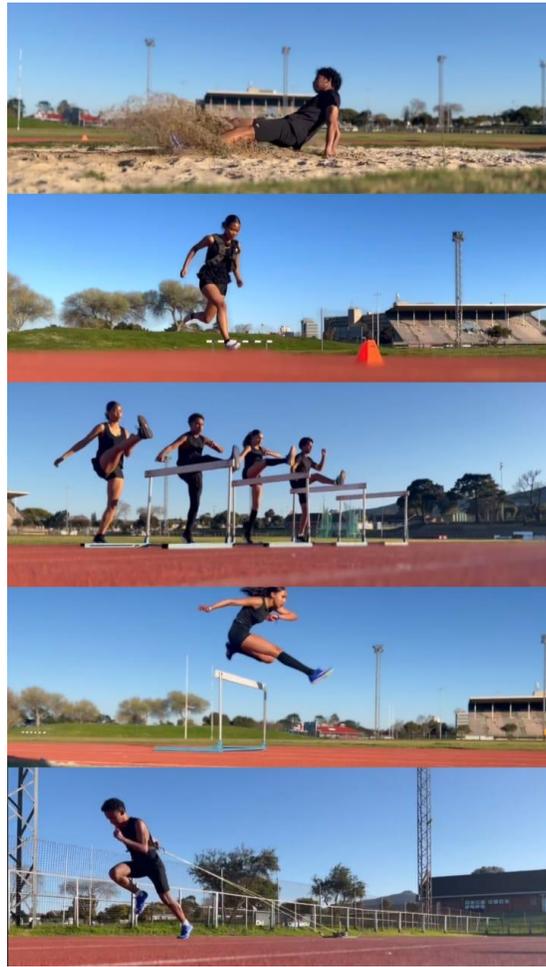
**GRADE 8 - 11 LEARNERS  
LEAVING AT THE END OF  
2024.**

**SHOULD YOU BE LEAVING  
BHS AT THE END OF 2024  
PLEASE EMAIL THE  
REGISTRAR, MS SCHMIDT**



Contact:  
Ms Ronel Schmidt  
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0217120284 ex 225

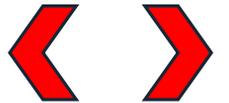




**SIGN UP!**



**BHS athletes training for the upcoming season.  
2 more weeks to sign up for Try-outs. Are you ready??**





The BHS Thundercats competed in their last competition for the year at Cheer Champs.

The following athletes have also been selected to do WP Trials for Cheerleading next Saturday and Sunday. Congratulations to Mia Okers, Gabreella Lombard Aliuah Roberts, Micaela Hannibal, Isabella Ford, Eva de Waal and Keziah Natus





**BERGVLIET HIGH SCHOOL**



# Car Boot Sale



**SATURDAY 07 SEPTEMBER 2024**

**08:00 - 12:00**

**Contact: 021 712 0284 / Email [kwarne@bhs.org.za](mailto:kwarne@bhs.org.za)**

Vendors – if you are interested in having a stall please contact: [kwarne@bhs.org.za](mailto:kwarne@bhs.org.za)  
ONLY R50

