

BERGVLIET HIGH SCHOOL



THE BUZZ

JULY 2023 EDITION



THE PRINCIPAL'S PAGE



We have reached the halfway mark as we start Term 3. I trust your child enjoyed a much-needed reprieve from school over the June holidays. I did hear some bemoan all the chores they had to do while on holiday. Some staff got as far away as possible from school and others chose to stay close by so that they could continue to serve the learners in various capacities.

Housekeeping and maintenance teams had a brief break then jumped right back into the swing of things to do maintenance and a deep clean.

For another consecutive year in a row, Mrs Miles, Mrs Nyoni and several of our own teachers sacrificed an entire mid-week to run the Matric Revision programme. Judging by the numbers that enrolled for the week, there is a serious demand for this revision programme.

Credit goes to our staff and the respective coaches who manage sport and convinced several teams to be here for additional training, these learners will remember this time for years to come. Memories are made on days like these.

Meet the teachers on Monday, 24 July was unfortunately interrupted by load-shedding. Thank you for your understanding when the staff had to postpone the session you had booked.

We said goodbye to one group of exchange students from a range of countries and welcomed another group who will remain with us for a period of 6 to 12 months.

On Thursday, 20 July to celebrate Mandela Day, under the direction of Mrs Murphy the TLO for Interact and thanks to Blue Ribbon, staff and learners attempted to set a new record in sandwich making. The proceeds thereof were donated to those in need.

This past weekend we had our last Derby Day against Fish Hoek High School on home grounds. Despite the pouring rain on Friday, several games continued. We were grateful for a reprieve from the rain on Saturday morning and a wonderful day was had by all who attended and participated.

Best wishes to you and your child as they navigate all the expectations of Term 3.

Regards
Patricia Demas
PRINCIPAL



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GROW ABROAD BHS/SCHOLARSHIP AWARD

To honour Mr Price for his tremendous contribution to the successful relationship between GrowAbroad and Bergvliet High School over several years, this award was created (which hopefully will continue for years to come). Mr Price retired on 31 March 2023.

Once the Scholarship was announced, applicable only to current Grade 10 learners, a rigorous application process followed. The applicants were all very worthy candidates but ultimately only one learner could benefit this year. We are very pleased to announce that Seth Peers was the successful applicant and he will be travelling to Spain later this year in November.

We are very grateful to Grow Abroad for choosing Bergvliet High School as a recipient of this wonderful scholarship. We are confident that Seth will make his parents and the school very proud. Our best wishes accompany him for the year ahead.

Mrs P Demas
PRINCIPAL

Photo: Mrs I Riffel (Exchange Student TLO), Chante Pearce (Grow Abroad),
Seth Peers (Grade 10 learner), Rae Ripepi (Grow Abroad), Mrs P Demas (Principal).





The **TOURISM DEPARTMENT** hosted a Tourism Workshop organised by Cape Town Tourism and invited 13 speakers from the Tourism industry (ranging from the accommodation sector, attraction and transport sectors) who shared with learners what the industry is all about and practical tools on how to not only get into the industry but how to conduct yourself as an employee.

Surprise giveaways included buffs, water bottles, a night for two people at Lagoon Beach Hotel and a buffet breakfast at Cresta Hotels. To round off the 2-hour session, Cape Town Tourism gave learners meal packs (by Chef Wadia) which they thoroughly enjoyed.

Report & photos: Ms. Anastasia De Waal



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INTERACT dropped off non perishable food at Douglas Murray Home for the Aged, as part of Mandela Day, under the theme, Food & Solidarity.

We see your kind hearts





Caitlyn van Turha in Gr 12 has been practicing Karate since Gr 4 and on Saturday, Caitlyn's dedication, hard work and ability shone through when she became the **WESTERN PROVINCE FULL CONTACT PROVINCIAL CHAMPION** in the Women's under 55kg category.

What's more, in the final Caitlyn's opponent was a 2nd Dan Black Belt, 3 years her senior.

The discipline Caitlyn has shown to get to this stage has been remarkable and we celebrate her amazing performance.

CONGRATULATIONS Caitlyn!





Bergvliet High School Dance Learners performed at the **ARTSCAPE** and they were outstanding!! They joined many young people performing from studios, companies and schools from across Cape Town.



Lara Borman (Gr 10) and her dancing group represented their studio, Step into Dance, in the **SABOD KZN** Provincial Qualifier on Saturday 22 July and achieved these amazing results:

- 15-16 Championship Female Hip Hop Solo – Lara achieved Gold 🏆
- 15-16 Championship Hip Hop Duo – Lara and her cousin achieved Gold 🏆
- 13-16 Championship Hip Hop Formations – Lara and her studio dance group achieved Silver
- 13-16 Championship Hip Hop Small Groups - Lara and her studio dance group achieved Silver

Its hard work and passion that helps Lara achieve these fabulous results. Well done to you Lara and also to your group of dancers, it must be awesome to do what you love with your friends.



THEY DID IT - the U/19s beat Groote Schuur High School 5-0 in the Final to win the **RHODES HIGH SCHOOL TOURNAMENT**....what ABSOLUTE CHAMPIONS 🏆





The **BHS HOLIDAY SOCCER PROGRAMME** was an amazing training camp for our U/19 soccer girls. The camp had the added bonus of being coached by ex-Bafana Bafana professional Robynn Johannes, using Coerver coaching, the world's number one, soccer skills teaching method.



From 25 June to 1 July Joel Cupido, Luke De Klerk, Jesse Beckett and Qasim Isaacs, all in grade 10, took part in the **BAYVIEW U/16 SOCCER TOURNAMENT** representing Southfield club, Tramway. FC. They made it all the way to the semi's where they narrowly lost 1-0. Luke was the team Captain with Jesse as Vice Captain. It's awesome to see you guys doing what you love and keeping up your soccer skills during the holidays. Well done for getting to the Semi finals 🙌👉 Photos supplied.



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Matthew van Reenen and Tyler Steyn both in Grade 8 Phoenix completed the **PINELANDS ATHLETICS** 10km race last weekend. A great achievement guys, especially in such stormy weather.





Tristan Richards, (8R) competed in the **KIMURA SHUKOKAI INTERNATIONAL WORLD CHAMPIONSHIPS** the period 13 to 15 July 2023. Tristan competed in the Boys 14 to 15 Leight Weight Division and unfortunately lost to Derek Zuvich of the USA in round 2. To qualify for the World Champs Tristan had to compete at Regional and National Championships - he came first in Regionals in Kumite and second at Nationals, where he lost to fellow Bergvliet High Learner, Zaaifir Azad. Your school and your family are extremely proud of you Tristan for your achievements thus far and we hope to see you and Zaaifir at the next World Champs - Watch this space. Go Bergvliet!!



Zaaifir Azad (8L) competed in the **KIMURA SHUKOKAI INTERNATIONAL WORLD CHAMPIONSHIPS**. The Tournament took place on 13th, 14th and 15th July and was held at the CTICC. Zaaifir medalled in 3 divisions during this championship. Ranked 3rd in the world for 12-14yrs team kata. Ranked 3rd in the world for Boys 14-15yrs individual kata. Ranked 2nd in the world for Boys 14-15yrs kumite. Zaaifir has done exceptionally well for his first time competing in a world championship. To represent his country and to do so well is testament to his incredible commitment, hard work and dedication. Zaaifir, your school is very proud of you! Just look at those medals.





Congratulations

to our current learners and past pupil who received their South African National colours for their selection in the **SOUTH AFRICAN NATIONAL TAG RUGBY TEAMS.**

Sean Rogers who is a past pupil and former captain of Bergvliet First team rugby was selected as the captain of the TagBoks mixed senior team.

Ethan Rogers and Todd Jacobs currently in grade 12 received their national colours for the TagBoks Mixed Open team and TagBoks Men's Open team respectively.

We wish them all goodluck and safe travels as they travel to Ireland to take part in the Tag Rugby World Cup.

Report and photos Mr Aidan Williams





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