

BERGVLIET HIGH SCHOOL

Greater Expectations, Greater Success



THE BUZZ

January 2021 Edition



The remarkable teachers

OPINION

Anonymous

Teachers will soon be called on to step back into classrooms with the same courage they have shown throughout this pandemic.

Education for many of us working in public schools in this country is challenging at the best of times. We work in a system which seems to place bureaucracy ahead of humanity and is primarily focused on compliance.

The ticking of boxes and filling in of endless forms consume far too much time and detract from attempts to make the classroom the creative, dynamic space that it should be. This can dampen the passion and purpose of many committed to this profession.

Added to that is now the additional burden of Covid-19. It was not easy returning to school last year in the midst of uncertainty and fear. Many of those in education stepped back into the classroom with understandable trepidation, but soon showed what courageous people they are.

I do not wish to take anything away from the health worker heroes who have been praised for their bravery on the front lines. They deserve every accolade they receive. What struck me, though, at the end of an exceedingly challenging year in schools, was the seemingly scant regard for a truly remarkable group of people who gave so much to make a pro-

"These are the people who taught the same lesson twice, or even three times, a day so that each group they taught it to could be safely small."

found difference in the lives of so many; people who despite their own legitimate concerns showed what commitment and service are. The teachers who made so much possible deserve our unstinting praise.

It was teachers who listened and nurtured and cared. They were the ones who supported pupils in the midst of grief at yet another family member who died.

It was teachers who encouraged pupils not to give up on their future and dreams in the face of a parent losing a job or having to deal with the very real implications of salary cuts.

It was teachers who found the most effective ways to connect with pupils.

These are the people who taught the same lesson twice, or even three times, a day so that each group they taught it to could be safely small.

It was teachers such as this who spent hours after the regular school day on WhatsApp and other platforms to ensure that pupils who were not at school received work.

It was teachers who sourced relevant

material and shared it in innovative ways, often doing so with little in the way of fancy resources themselves.

It was teachers who gave extra lessons after a busy day, responding to individual queries and requests from pupils, often late into the night, smoothing nerves and helping pupils keep their focus, especially matric pupils.

These are but some of the sacrifices that were made, often at great cost, both financial and in numerous other ways. Sometimes the emotional and psychological toll was almost too much to bear, but they continued, not complaining or expecting thanks, their exhaustion all too evident.

After a much-needed, and in most cases, well-deserved break, teachers return in a few weeks to a year which may be even more demanding. There is even greater uncertainty, and greater legitimate fear. But once again, we will see these teachers show unflagging commitment, unstinting compassion and an unrivalled generosity of spirit so that pupils receive the best that they can provide.

Soon, in classrooms across this country, it is teachers who will ensure that the children of this nation are as safe as can be, as receptive to learning as possible and that they are afforded an opportunity to succeed.

Not for a moment should the tremendous contribution of teachers such as these be underestimated or ignored.

— *GroundUp*.

• The author is the principal of a Western Cape school.

• Views expressed are not necessarily *GroundUp*'s.

PRINCIPAL'S PAGE

The start to the school year has been disrupted again by the Covid lockdown regulations. I am very pleased to announce that the school has been preparing for the official return of learners on 15 February. Maintenance and housekeeping have prepared the building and classrooms. The library has issued textbooks. Finance and HR have ensured that all personnel are paid and in place. The educators have been briefed and are undergoing staff development and training. The orientation of learners started with the grade 8's this week and will continue throughout next week.

The letter opposite was written by a principal colleague expressing his support for his staff. I endorse his sentiments wholeheartedly and feel that his words describe my staff too.

We are looking forward to the learners returning.

Mr S. D. Price
Principal





"**Goodbye 2020** - we are ready to welcome the year 2021 in full enthusiasm.

To the class of 2021

You have risen to the occasion and shown that your bravery outshines any doubts you had about yourselves. You are uniquely set up to handle every curveball that a global pandemic can throw at you with creativity, resilience, and grace. I believe in your ability to move through this crisis. You will come out on the other side.

Live every day of your matric year to the fullest that you possibly can. Appreciate every single second that you have left in high school.

Work hard and achieve your dreams. Be the voice of kindness and positivity. Don't join in with the disapproving echoes. Make the most of this school year.

Take charge of your happiness, surround yourself with wisdom, and move ahead with determination. It's going to be a great year!

Mrs Jacobs
Grade 12 coordinator



SLICK TEXT BOOK DISTRIBUTION



Photo: Someleze Rasmeni (school administrator) & Francina Jonkers (Library assistant)

It was all systems go in the library from the start of the year, with the organizing and distribution of the text books.

Thank you to all you assisted in making this a smooth operation but special mention to Mrs Albers (Librarian) and Mrs Jonkers (Library assistant)





BERGVLIET HIGH SCHOOL OPEN DAY PRESENTATIONS

1 March, 3 March,
9 March or 11 March

You may attend one of our
information presentations in
the Main Hall at:
17:00 to 18:00
or
18:45 to 19:45

Please phone 021 712 0284
to book your time slot

- no access without booking-

www.bhs.org.za



Bergvliet High will be hosting 8 one hour information sessions over 4 evenings in lieu of our normal open day in early March. Each information session will host 100 prospective learners accompanied by one of their parents - a maximum of 200 people. Our hall is able to seat 900 people so we are able to seat 100 "family pairs" quite comfortably following all Covid protocols. All attendees will be screened on entry and should wear a mask.

In order to book your place at one of the sessions, phone our reception desk between 8:30 and 2:30 daily. Hard copy application forms will be issued at the presentation. Mr Price, the Principal of Bergvliet High, will provide insight into the school and how to apply to the school at each meeting.

A digital pack of application forms is available from the school from 26 February when the WCED 2022 applications process opens. Please email the Registrar, Mrs S Ajam, on sajam@bhs.org.za should you be unable to attend any of the sessions.



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LOOKING THE PART



Thanks to Mrs Jacobs the Matrics will be “looking the part” when they return to school. Wear your jersey with pride Matrics, you have worked hard to get to this point.



Seven Techniques for Parents to Start 2021 on a Good Note

**Written by Ms Jennifer Ritchie; Life Coach
and English and LO Teacher**



Let's face it, we are living in challenging times in which all of us are feeling scattered and uncertain. It figures that if we are experiencing this, adolescents are feeling the same and are even less equipped to navigate the changes in our world. The way you start the year as a family is critical. Herewith some basic techniques to build positive groundwork.

1. Communicate

While life is busy and communication is often sporadic and electronic, it is critical to engage in a focused two-way discussion about the year ahead. Do this at a positive time rather than as a punitive 'fighting fires' reprimanding session. Initiate it by asking questions with regard to what is still needed for school and what is important in surviving the year ahead. Be prepared to negotiate but have a talk about priorities for you and for them. Listen, acknowledge and talk up. Autocratic demands are seldom effective but bigger picture basics need to be clarified and agreed upon and followed up on in writing. Choose a positive time to do this.

‘Communication leads to community, that is, to understanding, intimacy and mutual valuing.’ Rollo May

2. Set Realistic Goals

Reflect on the school year that was, what was positive and what was negative. Find some praiseworthy elements given that acknowledgement and feeling valued are basic human needs. Ask about goals in all areas - academic, sport, social, health, family, financial and cultural or religious. Talk about yours and listen to theirs. If the response is positive spend some time doing individual vision boards to make these more visible. For matriculants this is vital. Map out the academic year - it only contains 10 months before finals.

***'Setting goals is the first step in turning the invisible into the visible'* [Tony Robbins](#)**

3. Follow up with Action Plans and Track These

How will the goals discussed be achieved? Spend some time actioning what is required and keeping a record of this. If a particular subject has been problematic, find additional resources or a tutor. If university applications are required in March, research requirements and details. Follow up and communicate again, as and when required.

'Our goals can only be reached through a vehicle of a plan, in which we must fervently believe, and upon which we must vigorously act. There is no other route to success.' Pablo Picasso



4. Set Routines

Given the context of a pandemic, time is going to be spent at home. For the average teenager, this means more time sleeping, on the internet (if available) and watching Netflix. Circumventing a prolonged holiday period requires the establishment of routines for the whole family. This may involve give and take but necessitates buy in and daily actioning. Establish a wake-up time, a study time and an accepted bedtime on weekdays and weekends. Negotiate rewards and incentives and give praise where it is due. In turn, withdraw privileges where it is not adhered to.

***'Depending on what they are, [our habits](#) will either make us or break us. We become what we repeatedly do.'* Sean Covey**

5. Build Family Values

What values are important to you and do you role model them? Children pick up behaviours, attitudes and thinking at home. Compassion, discipline, accountability, tolerance and consideration are values that will not only build a positive climate but will also get one far in life. It is easy to talk about these things. How we live our lives as parents is the determining factor.

***'A child who is allowed to be disrespectful to his parents will not have true respect for anyone'* [Billy Graham](#)**

6. Establish Boundaries

Emotional involvement, our own issues and feelings of guilt sometimes make us lenient or over accommodating. Learn to set clear boundaries on non-negotiable behaviours. Let your family know what is unacceptable and take decisive and consistent action if these boundaries are crossed.

Learn to say 'No' without emotion or hesitation. When you are able to say "No" clearly and firmly, you are holding your own space. When you are holding your own space, you are comfortable with yourself, real, in tune with your values and your own needs and boundaries, empowered, grounded and authentic. You do not care what others think of you because you know you are worthwhile and ironically the act of saying "No" empowers you more and makes others respect you more.

***'Boundaries are a part of self-care. They are healthy, normal, and necessary.'* Doreen Virtue**

7. Consider and Respect Covid-19

We are living in extreme times and it is our responsibility to educate and initiate the younger generation in the essential protocols of staying safe in times of a pandemic. Inform and educate your family accordingly and build safety habits into your daily lives. Your lives depend upon it.

***'The ultimate measure of a man is not where he stands in moments of comfort and convenience but where he stands in times of challenge and controversy'* Martin Luther King Jr.**



LEADERS IN TRAINING



This week the 2021 Prefects started a 3 day training session, led by Ms. van Wyk and Mr. Rimbault. Congratulations to the following learners who have been selected to this role.

2021 Prefects (in no particular order):

Jordan Adams, Loufran Duncan, Litha Kwatsha, Waseemah Banderker, Zaryn Duncan, Iwanaji Namonje, Kirsten Bee, Benjamin Gubb, Este Booysen, Sasqia Hassiem, Seth Strydon, Zoe Brenton, Erim Jacobs, Uthmaan Sambo, Aidan Kay, Reuben Jacobs, Caitlin Saunders, Leigh Domingo, Asande Khuzwayo, Meshay Singh.

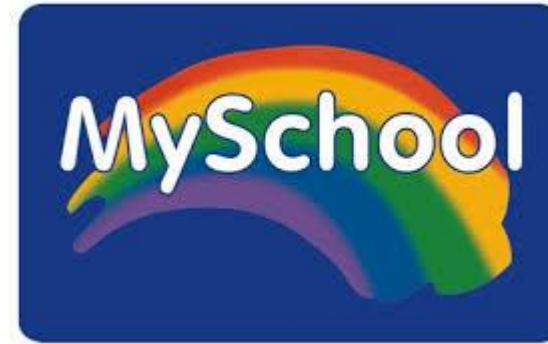
All the best with your leadership training and remember, " The quality of a leader is reflected in the standards they set for themselves" - Ray Kroc



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