

# BERGVLIET HIGH SCHOOL



# THE BUZZ

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SEPTEMBER 2024 EDITION



# THE PRINCIPAL'S PAGE



On 2nd September our Chess team and the accompanying staff Mr Lekay and Ms O'Connor returned safely from the tournament held in Oudtshoorn. The matric class of 2024 also wrote their last and final NSC LO exam that same day.

To the family and friends of Jayden October, a Grade 10 learner, who we continue to hold in prayer after his sudden passing on Tuesday, 10 September. MHDSRIP. He will always have a special place in our hearts and the Garden of Remembrance.

The 1st Team Rugby boys continued their reign of success this season when they were invited onto the Espresso Show on Monday, 16 September. Representing the team were Ethan Bagan, Abdul-Qayyoom Adams, the team captain Connor Mileham and the Head Coach – Ryan Lok. On Tuesday, 17 September the Grade 10 learners enjoyed Shakespeare Day by reliving events of that era. Costumes, décor, food and dancing from that period in time were enjoyed by all. Thank you to the English Department and the learners who ensured a successful event. Our first-ever Leadership Programme for Grades 9 to 11 had its debut on Thursday, 19 September. An amazing group of staff were responsible for all aspects of the day. Mrs Vossgetter, Mr Ocktober, Mr Van Harte, Miss Meyer, Mr Howard, Mr Kamfer and Miss Stuck. A day of fun activities and valuable leadership lessons kept about 120 learners busy for the better part of the day and sent them home exhausted but equipped with the necessary skills to be leaders in the future.

The Gavin Manuel Soccer Tournament at Rocklands High School in Mitchell's Plain kept our Girls' U19 and Boys' U16 soccer teams busy for several days during the short holiday period. They were joined by several peers as well as their biggest supporters, the staff who manage them. These included Mr Siljeur, Ms Wentworth, Miss De Waal, Mr Lekay and the respective coaches.

On Friday, 20 September the Matric Class of 2024 enchanted the school with various performances and also had the opportunity to showcase all their beautiful dresses and suits worn at the matric dance. Thank you Mrs Wentworth for ensuring a successful event.

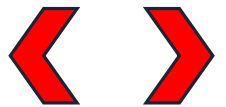
The Dance Department under the guidance of their teacher Mrs Vossgetter continued to shine throughout the term, participating in the Western Cape Virtual Eisteddfod. On Monday, 30 September Mrs Vossgetter hosted an African Dance workshop at the school and invited learners from Wynberg Girls High School and Norman Henshilwood High School to join our learners on stage.

We extend our gratitude to the Maintenance and Housekeeping teams who ensured that the necessary repairs and cleaning were done during the short holiday period.

We trust that all learners and their parents analysed the Term 3 results. To those who worked consistently and achieved the desired results, we say congratulations. If not as successful as they had hoped to be, encourage your child to persevere and to fully utilize the opportunities available in Term 4 to ensure a successful pass into the next grade. Our best wishes accompany our matrics when they start their final exams next term.

Ms Betserai Jahura's appointment as our new Deputy Principal: Day to Day, was confirmed last week. We extend a warm BHS welcome to her as she officially joins the BHS staff on Tuesday, 1 October and we wish her many years of success at our school.

Mrs P Demas PRINCIPAL





# CAMERA, LIGHTS, ACTION

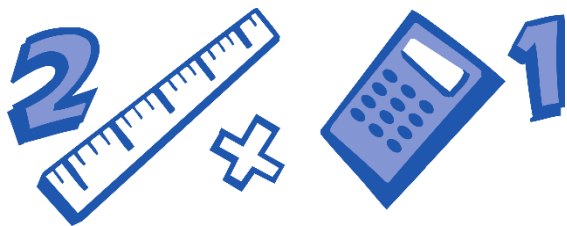


Our 1st Team Rugby boys on Espresso, 16 September with Coach, Ryan Lok 🏉

The presenter was past pupil Ryle De Morney. Thank you to Espresso Morning Show - SABC 3 for the opportunity







All eyes were on Uzair Abbas (Grade 12) this year as the Mathematics competitions started.

He did not disappoint. Showing his phenomenal Mathematics knowledge and excellent problem-solving skills he qualified for the third round of the SAMO Mathematics Olympiad. This is an astounding achievement.

Thousands of students who write the first round, have to qualify for the second round, and only the top 100 students, Grade 10 -12, then write the final round. Top 100 in the country and neighbouring countries. Absolutely excellent. But his achievements did not stop there. He wrote the UCT Mathematics competition, qualified to compete in the second round, known as the UCT Mathematics Olympiad, and was then invited to participate in the final round known as the UCT Mathematics Challenge.

We are so proud of you Uzair and congratulate you on these achievements. We wish you all the best for the future and know that we will still hear much about you.

Sera Helsby (Grade 12) decided this year to compete in the UCT Mathematics Competition for the first time. She surprised us, and herself, by being invited to participate in the second round, the UCT Mathematics Olympiad, as well. We wish her well for her future.

I trust that the example these two Grade 12s sets will be followed by our other students and that we will see many more names of Bergvliet High School when the results are announced.

Mrs. Z Ebersohn



Parents, guardians of Bergvliet High School  
We are creating a business directory to showcase and support parent-owned businesses within our school community.  
This initiative aims to strengthen our network and provide valuable resources to our students and families.

We kindly request your participation in a brief survey to:

1. Identify parent-owned businesses
2. Gather information for our directory listing

If you own a business and would like to be included, please complete the survey at:  
<https://forms.office.com/r/3pTS68UWWz>.

The survey will take approximately 5 minutes to complete and includes questions about:

- Your business name and contact information
- A brief description of your products or services
- Any special offers for our school community (optional)

Your participation is entirely voluntary, and you can choose to be removed from the directory at any time.

We appreciate your time and support in building this valuable resource for our school community.

If you have any questions you are welcome to email me.

Thanks & regards  
Lyanne Naiker  
[Lnaiker@bhs.org.za](mailto:Lnaiker@bhs.org.za)



# GUN RUN

The Johnson's on the run again 🏃🏻‍♀️

David said, " This is my first race as an 18 year old, the Gun Run 10km 2024 in 38:47. Easy start, hard finish. I ran my first kilometre in 4:06, so started like a coward finished like a hero 🏃🏻💪"

Amy, my sister, ran the Gun Run 5km in 34:37, she's like a runner at dawn, hot to go, fuelled by passion, and unstoppable in the chase for her dreams". 🏃🏻💪

Also running the Gun Run was Miss Stuck (centre) who completed her personal best 10km 🌟👏👏👏



**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.







During the holidays the Service Pillar of the Prefect body paid a visit to Adams Farm. They brought delightful tea-time treats for the ladies and staff, who warmly welcomed them with applause and beaming smiles. The prefects spent quality time chatting with the residents, exploring their puzzles and colouring sheets, and marvelling at the impressive knitting skills. Kudos to Jordan Ohlson for championing this initiative! I'm incredibly proud of our learners for spreading love and kindness beyond the boundaries of BHS. Ms. Murphy





Is Maths a Mystery?

Are you frustrated?

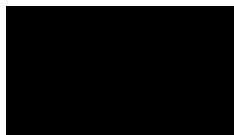
Math / Math Literacy Simplified

LET'S LEARN TO UNDERSTAND MATHS TODAY!

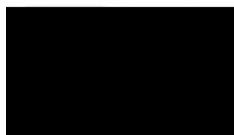
Grade 7 - Grade 12

**SHARON DANIELS**  
 Cell: 083 422 4694  
 info@wordsense.co.za  
 www.wordsense.co.za

Do something today that your child will thank you for  
**LET THEM START STRONG**



1st Draco 2833  
 2nd Tau 2038  
 3rd Aquila 2024  
 4th Vega 1369  
 5th Dinaledi 1083  
 6th Phoenix 1081  
 7th inDosa 1030



Bergvliet High School would like to thank each and everyone of you and your families for contributing to the Pad drive, the Service Pillar for Term 3.

Winning is always better when it's done together, congratulations Draco for being the winning House 🙌

A special mention to Kyle Lombard who brought in 608 pads, the most brought by any learner at BHS. Thanks Kyle 🙌

11, 461 pads were collected in total, this is a phenomenal success 🙌







The Matrics finished their mock exams and enjoyed some downtime with a braai, before starting the next and final stage of their school career.





# COFFEE STOP



**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  
rschmidt@bhs.org.za  
0217120284 ex 225

As their curriculum requires them to learn the theory and practice of making coffee and tea, the Gr 10 Hospitality class got a practical lesson on making coffee from #jokoffeekombi

After going over the history of coffee and showing them how to make a delicious cappuccino, latte, espresso etc he then allowed them to make their own coffees...what an experience for them and right here on the ground at BHS!  
Ms Mamhende







Thank you to everyone who supported the Shadowshift fundraiser at the Blue Route Spur for our Thundercats, they raised R1 329.00

# FREE EYE TEST

## For all BHS students

T's & C's apply. Appointments are limited.  
Offer valid until 31 December 2024

**9 Park 'n Shop Centre, Meadowridge**

**Tel: 021 712 7570~ WA: 063 550 1114**

**slyhne@netactive.co.za**

**www.stevelyhneoptom.co.za**



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## 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!**

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



Contact:  
Ms Ronel Schmidt  
[rschmidt@bhs.org.za](mailto:rschmidt@bhs.org.za)  
0217120284 ex 225

To contact the uniform shop please email:  
Mrs Cassie or Mrs Rule at [uniformshop@bhs.org.za](mailto:uniformshop@bhs.org.za)







**BERGVLIET HIGH SCHOOL**



# Car Boot Sale



**SATURDAY 05 OCTOBER 2024**

**08:00 - 12:00**

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







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!

