



Visiting Cat

The brown Siamese cat that wanders around the school, is a much-loved, well-cared-for family pet that lives across the road, and is not "Westerford's" cat, (as some parent thought, who was caught trying to take the cat home!).

The cat treats Westerford as its "hunting ground".

Thanks

Special thanks to **Mrs Lynette van Niekerk** and **Mrs Pat Heydenreich** for their beautiful blankets and squares received for our blanket drive.

These are two grannies who just keep them rolling in, - big completed blankets and beautiful squares to make up blankets.

One-act plays, 26 August 2013

With much anticipation, Monday 26 August marked the beginning of rehearsals for the One Act Plays 2013. Every year, five short plays are completely written and directed by Westerfordians and performed only three weeks later, in competition with one another, in the Noel Taylor Hall. Mrs Granville will again be in charge of the plays this year, and the following will be performed:

Know Clue - detective comedy, directed by **Kyle Gurney** and **Chris Tonkin**.

Mastermind - comedy, directed by **Ashley Hutchison** and **Tanya Richards**.

Coming Right Up - comedy, directed by **Georgia Rowley** and **Cathryn McDougall**.

Nigel the Successful Hypnotist ? - comedy, directed by **Michael Rogers** and **Daniel Newton** .

Mysterious Marstrand Murders - murder mystery, directed by **Adam Thomas-James**.

The One Act Plays will be performed on **Wednesday 18 September** in the Noel Taylor Hall, and tickets will be sold at the door. It promises once again to be a truly entertaining evening.

Cathryn McDougall

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sponsor a
page!**

'The Westerfordian' 2013 magazine

Send in your Family sponsorships R100 or
Business one-liner R400 or

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- **Simone Faulmann**, wU16 as selected for the Western Province cross-country team. Congratulations!
- **Simone** and **Allison Edmonds** (U14) will be competing at the SA championships in Potchefstroom on 14 September.
- One blisteringly cold morning in Athlone! →



Cultural and Service changeover 2013, Monday 26 August 2013

At the end of August every year, a huge shift takes place within the school as Changeover takes place. Changeover is a process whereby the Matrics step down from their positions of leadership, and every Cultural and Service Society within the school is completely re-selected and evaluated.

For the Grade 8s, Changeover is the first time they may apply to be on a Service Society, and the Grade 9s are eligible to apply for Cultural Societies also. With well over forty clubs and societies at Westerford, Culture and Service contribute hugely to the atmosphere within the school, making Changeover a significant event in the school calendar.

During the 2013-2014 Cultural Year, Westerfordians can look forward to two new societies - The Film Society, and TEDex. The Film Society has been re-established, and will be focussing on the process of film-making itself. This is a Cultural Society, which will be run by Ms Weber. TED is a global, non-profit organisation that holds a variety of global conferences, called "TEDex"s, which aim to communicate "ideas worth spreading" across the world through different media. Westerford now has its own TEDex Society, which will aim to create an environment for pupils both to share their innovative ideas and experiences, and host outside speakers at TEDex events at Westerford. This is also a Cultural Society, which will be run by Miss Spheris.

The Training Seminar for all committees took place on Wednesday 4 September and set the new Cultural and Service year off to a good start.

Cathryn McDougall

Careers Evening

One of the most important decisions in life is choosing a career. This is often a difficult decision and guidance is, in many cases, required.

On Thursday 29 September Westerford hosted its annual Careers Evening. The evening provided the guidance and insight required in order for pupils to make a more informed career choice. Twenty-five workshops were held throughout the school where experts on various careers were invited to speak. They shared their knowledge about their careers and their experience working in that field.

The workshop topics ranged from Physiotherapy to Engineering, Medicine to Fashion design and a number of other careers. Grade 10 and 11 pupils were able to gain some perspectives from a person working in the three fields they were interested in, ask questions and get a clearer sense of what that job requires.

For some, the evening may have left them even more confused about their future careers, but others may have discovered their dream job. The evening is and will continue to be, however, an invaluable tool for learners when making a career choice.

Abdud-Dayyaan Badroodien



SEPTEMBER 2013

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5 Rosh Hashanah	6	7 OW Winter Sports Day
8	9	10	11	12	13 Matric Mock exams end Gr 9 Go-Karting	14 Yom Kippur
15	16	17	18 One Act Plays	19	20 School closes	21
22	23	24	25	26	27	28
29	30					

2014 1st and 2nd Term Dates

Wed 15 Jan	to	Thur 20 Mar	10 school weeks
Fri 21 Mar	to	Mon 24 Mar	4-day mid-term break
Tue 25 Mar	to	Thur 17 Apr	4 school weeks
Fri 18 Apr	to	Sun 4 May	17-day holiday
Mon 5 May	to	Fri 27 June	8 school weeks

"The course made me think about new, interesting ways that people study and it showed me how to discipline myself" – Student, June 2013 Holiday Course

STUDY FOR SUCCESS

Study Skills Holiday Course

For Grades 8-12



Limited to 16 students, book early!

DATES Wed 25 Sept (2-4pm)
Thurs 26 Sept (9-11.30am)
Fri 27 Sept (9-11.30am)
Practical Study Session on Monday 7 October (5-6.30pm)
Review Session on Monday 9 December (9-10.30am)

VENUE Rondebosch Boys High School, Room 63 (Mrs Starke's classroom)

COST R1050.00 per participant for the five-session course
(Families on Medical Aid may be able to claim this amount back after the course.)

CONTACT To register for the course, email info@gillmolteno.com
For enquiries call (021) 686 1231

Educational psychologist Gill Molteno has designed a unique course for high school students to improve their study skills and to put these skills into practice. She teaches students about the fundamental skills involved in: *goal-setting, time-management, study methods, exam technique & managing exam stress.*

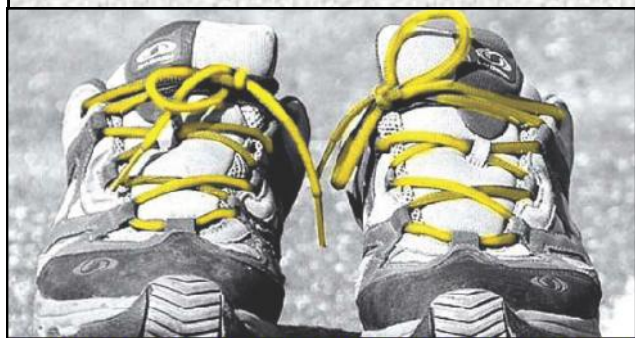
The participants will set realistic goals in each subject and draw up study time tables for the fourth term. They will also learn effective study techniques which will help them learn for tests and exams. Gill will teach participants techniques for managing exam stress.

This holiday course is unique because participants will attend a practical study session during the fourth term where they will bring material they need to study for a test and use the skills they've learnt in the course.

Participants will attend a follow-up review session at the start of the December school holiday to review whether they achieved the goals they set for the third term. The student who achieves the most goals will receive a prize. Participants will also post their weekly goals on the Study for Success Facebook page each Monday during the fourth term. This page is only open to course participants. They will get support and encouragement from Gill Molteno and fellow students.

About the Facilitator

Gill Molteno is an educational psychologist who has a private practice in Rondebosch where she conducts educational assessments and offers therapy for children and adolescents. Individual study skills sessions for primary and high school students are available.



CHARITY FUN RUN/WALK

Mouille Point Lighthouse to Saunders Rock & return

10:00 am Sunday 15 Sept 2013

7 km **Entry Fee: R80**
Includes a Sunflower Fund Bandana and Medal for first 1500 to finish
PRE-ENTRY CLOSING DATE

EFT to Westerford High School, Standard Bank, Rondebosch, account no. 071510176, branch no. 025009, reference 'Sunflower Walk'. Proof of payment and entry form to be placed in an envelope in the box at

the Finance Office. Cheques made out to Westerford High School or cash placed in an envelope together with your entry forms in the box at the Finance Office.

For more information contact Alison Gray, 021 689 9154,

083 298 8114 or ag@whs.wcape.school.za



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