



Classical Pops

The City Hall erupted with applause on both 19 and 20 August as yet another spectacular Classical Pops was held. This year boasted tons of new music, talent and stunning performances by the junior and senior musicians and the choir.

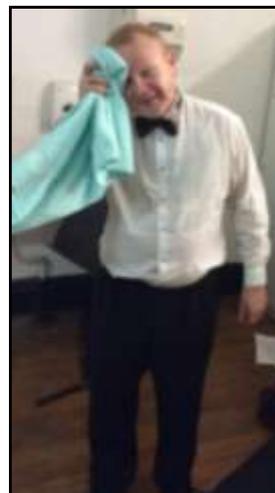
Wednesday was opening night and our musicians, music staff and backstage crew were ready for action after having spent the entire day rehearsing and lugging their instruments on and off the buses. Seven o'clock finally came, the doors opened and the hall was buzzing with excitement as pupils, parents and special guests filed in and waited in anticipation for the concert to begin. Experiencing their first taste of Classical Pops, the juniors must get special mention; they were especially well-behaved on their night.



After a welcome and introduction by Mr Jordi and Ms Gray, the audience was invited to stand and sing the school song after which the show commenced. The first performance, played by the string orchestra, was a wonderful rendition of a Vivaldi piece that featured a violin solo by **Joshua Wells**. The next performance was a short and sweet guitar ensemble followed by a modern twist as the orchestra played a mix of Michael Jackson favourites. **Robyn Quenet-Meintjes**, backed by the orchestra, then played a fantastic solo on the

alto saxophone in a piece arranged by **Mr Daniell** called *Pequena Czárdás*. The audience was then blown away by the concert band's next three pieces which were the well-known: Downton Abbey, Granada and The Hunger Games. The audience was then invited to stand once again to join in with the choir and concert band to sing the famous *Les Miserables* song 'I Dreamed a Dream'.

The second half of the performance was underway after a quick interval with a parent-run tuckshop for refreshments. It started with a bang as the staff sang the song Wild World. As imagined, this got pupils very excited, applauding loudly for their teachers. The orchestra then played another *Czárdás* with a solo violin performance by the young but extremely talented, **Naomi Fokkens**. By now, the audience was pumping with energy and the next performance brought an even greater vibe as **Larissa Titus**, backed by the big band, sang 'Cry Me a River'. This was followed by a stream of modern songs including 'Angel Eyes' and 'Forget You' with a solo on the tenor saxophone by **Seth Alexander** as well as performances by the popular rock band that got the audience on their feet and clapping to the funky tunes.





WESTERFORD HIGH SCHOOL

Both nights were astounding as Westerford's musicians showed off their great talent. The night was almost coming to a close when the audience was invited to stand one last time to sing the Jubilee Song. This was followed by the final performance consisting of the choir, orchestra and vocal soloists **Megan Thebus** and **Robyn Quenet-Meintjes** performing a mix of popular hits by famous artists such as LMFAO, Avicci, Swedish House Mafia and David Guetta.

The Matrics thoroughly enjoyed their last Classical Pops as Westerfordians and clearly expressed this as they gave a standing ovation on the last night. All the pupils and staff involved in the organising of this year's Classical Pops can truly be proud of their excellent work as it left the audience with nothing but praise for Westerford's abundance of talent.

Kirbi

Chetty



Sunflower Fun Run/Walk 2015

Since its inception in 2011 Westerford has been participating in the annual Sunflower Fun Run. Each year we average around 350 participants from the Westerford community, one year even entering over 500!

We get involved for two main reasons. Firstly, to support the Sunflower Fund in its quest to build up the South African Bone Marrow Registry, and secondly to support **Reza Price**, a Grade 11 pupil who has been living with severe aplastic anaemia since just after his twelfth birthday and who is in desperate need of a bone marrow donor.



Last year saw many happy Westerfordians gathering at the Mouille Point lighthouse to take on the 7 km run/walk. What made last year all the more special is that it was the first year that **Reza** had been well enough to walk with us. And not only did he walk, but he managed to complete the entire course, a remarkable achievement indeed and one we hope he will repeat in 2015.



The walk/run is on Sunday 13 September at 10h00. Entry forms are available from the Sports Office or Front Office, or contact Ms Gray ag@westerford.co.za

Everybody is welcome to enter. Bring your friends, your family and anyone from your community and sign up under the Westerford name. Let's show our support for **Reza** and the Sunflower Fund.

**The person who brings in the most entries
will win a Swatch watch.**



SJA Ice - Swimmers talk

Astonishing, unbelievable, inspiring and almost completely insane. These are some of the words that may pop into your head when you are told that a team of five South-African swimmers dared to do the seemingly impossible and swim in the Antarctic Circle, wearing only a Speedo, one cap and a pair of goggles. However, this unspeakable goal has been completed.

On Thursday 27 August, SJA invited two of the five ice swimmers, Ram Barkai and Andrew Chin, to speak to us about their experience in Antarctica and about their extraordinary accomplishments. In February, this team took on the world-first challenge to swim an ice mile south of the Antarctic Circle. An ice mile consists of swimming a mile in water that is 5 degrees Celsius or below, without the use of a wetsuit or other swimming gear to keep you warm. Ram Barkai also currently holds the Guinness Book of Records for the southernmost swim.

This group of extreme adventurers managed to swim in the deadly water, which was below 0 degrees, pushing the limits past what anyone had ever expected and overcoming all mental and physical boundaries. To date, only a very small number of swimmers from around the world have achieved this feat, because it is, in short, insane.



Other than for the incredible thrill, the swim was done in order to raise funds for charity and boost awareness of the WWF's SA Sustainable Seafood Initiative (SASSI). The team was able to overcome the many dangers that faced them - such as fatal hypothermia, bad weather conditions and even being chased by a hungry leopard seal. Their story was both awe-striking and inspiring, and they definitely motivated us to step out of our comfort zones in order to reach our goals. We were incredibly honoured to have them share their adventure with us; thank you SJA.

Rebecca Edmunds

Garb Matric Fortnight: Boys do girls' make-up

To go along with their Matric Fortnight theme, Garb hosted a "Boys do girls' make-up" event on 20 August 2015. Surprisingly, many of the boys who participated had great make-up skills, making the girls look beautiful. Others got creative, using green lipstick to make the girls look like corpses, creating monobrows, making girls look like clowns and doing whatever else to have fun.

When the girls' make-up was done, it was their chance to do the boys' make-up, making the boys look beautiful or like clowns.

Prizes were given to the most creative make-up artists and the make-up artists of the girl/boy who looked the most beautiful. The event was enjoyed by all who attended and added to the Grade 12s' anticipation of their Matric Dance.

Thabile Majodina



Thank you to **Pat Heydenrych**, aunt of **Nasreen Roomaney** for a beautiful knitted blanket for our blanket drive.

We have more squares for those who put our blankets together!



An evening of Talent, Adventure, fun and entertainment.

Featuring; Tina Schouw, Westerford Music Teachers and David Grier.



Thursday 1 October, 7:00 for 7:30

Platters provided, bring your own refreshments.
Tickets R75.00 per person, available from the front office.

Those parents who already have tickets from the previous sales, please send them to the office to be replaced with the new tickets.

THE WESTERFORDIAN 2015

The Westerfordian records the events that make up the school year and provides a record for the future. We hope that you will support our effort to produce a comprehensive magazine by either sponsoring a page or placing an advertisement for the business with which you may be connected.

Full Page Ads : R1350 Maximum 220mm x 170mm.

Colour can be offered as full-page, at R3000.

Half Page Ads: R850 Maximum 110mm x 170 mm

Colour: R2000.

Quarter Page Ads: R600 Maximum: 110mm X 85mm

Colour: R 1500.

Company page sponsorship: R450

Family page sponsorship: R100 (An ideal opportunity for Matric families)

Sponsor's name will be displayed at the bottom of the page in enlarged font, preceded by:

"This page is sponsored by"

We will gladly create ads on behalf of advertisers – please liaise with the editorial staff well in advance of the closing date. As space is limited, adverts will be first come, first served.

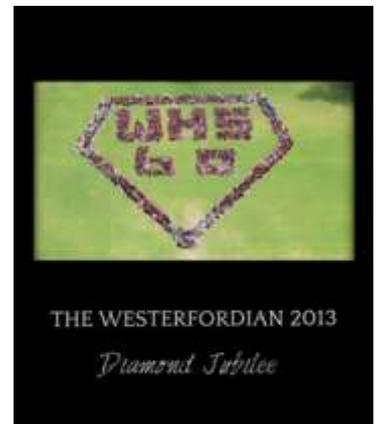
Please supply any digital material in the following formats ONLY:

JPG or TIFF files - 300dpi

PDF files - High resolution to the following address: dianed@hot.co.za

Please note that 04 November 2014 is the closing date for advertisements and payment.

Contact Bronwen Johnson (021) 689-9154 or bj@westerford.co.za if you have any queries.





September 2015

SUN	MON	TUE	WED	THU	FRI	SAT
	31 August	1	2 Careers evening	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18 Mock Exams End Matric Dance	19
20	21	22 Hockey and Netball Braai	23	24 Heritage Day	25 School Holiday	26
27	28 One Act Plays Dress Rehearsal	29 One Act Plays	30	1 October PNG function	2 October School closes	

Calming Exam Anxiety

Tools and techniques to create calm and enhance performance



This programme draws on the research, techniques and technologies of HeartMath® – a science-based stress management and resilience-building programme with a track record of more than 20 years. www.heartmath.org

The programme comprises five hour-long sessions for one to three students at a time. Course fees range from R200- R300 per session, depending on the number of students participating.

During the course we will:

- Learn about how stress affects the brain and body – and your exam scores.
- Monitor the effect of stress on your body, using bio-feedback equipment.
- Practise simple techniques that enable you to shift from anxiety to calm, build resilience, and improve your performance.
- Develop more effective study and exam-writing skills.
- Play computer-based games that you win by remaining calm.
- Optional: Complete standardised pre- and post-course tests to measure exam anxiety and evaluate programme effectiveness (there is an extra charge for this assessment, which is evaluated by HeartMath in the USA).

The focus of each of the five sessions:

- The experience of exam anxiety, and a simple stress-reduction technique.
- The effects of stress on the brain, and how to respond with coherence.
- The role of emotions: build your 'calm muscle' for high performance.
- Freeze the frame, and create a new ending to your exam story.
- Develop a strategy to sustain progress.

For more information please contact:



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HeartMath
Licensed Coach

**September
Claymation
Workshop**

The course will take place every Saturday morning from 9:30 am to 12:00 am

Step 5: Learn to build armature (movable skeleton). Learn to sculpt a character. Work in a group of 5 to create your own movable character.



Step 12: Finish building character. Learn how to animate puppet. Create a short animation with your puppet. Learn how to use a green screen.



Step 19: Learn how to edit your animations and add sound and special effects. Exporting your video.

Step 26: On our final day we will have a viewing of all our group's work. The parents and teachers will then award our groups points. Awesome prizes will be awarded to the top 3 groups. Each student will then receive a certificate for the course completed.

Cost of course is R 850

We supply everything needed for the course:

All the bits and bobs for your skeleton

Light weight plasticine in 24 different colors

Accessories for your puppet

Green screens

Computers and editing software

Camera equipment for filming



Location

The Bandwidth Barn

66-68 Albert road
Woodstock, 7925
Cape Town, Western Cape

Contact:

23lindac23@gmail.com
073 64203380

To sign up for September workshop



There is still time to sign up!



WESTERFORD HIGH SCHOOL

4 SEPTEMBER

TERM 3

Classified

Section (for Westerford parents and OWs to Westerford Parents)

Contact Margie

IT'S TOUGH, IT'S FUN, IT WORKS

BOOT CAMP WITH SSISA

SPRING SPECIAL R595

Evening class only - Only for September
Exclusive to Westerford parents and staff

PRICE: R 595 | TIMES: 6:30AM / 5:30PM | VENUE: WESTERFORD HIGH SCHOOL | CONTACT: INFO@SSISA.COM

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(Mr Allan Adriaanse is the WHS Maintenance Manager)



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