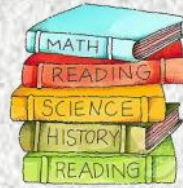




From the Office...

- **Extended date for Caxton's Orders to 20 November.**
- **Please submit any requests to the school office in writing sga@whs.wcape.school.za for any absence from School before the end of term due to early travel departures. Thank you**



**Archery**

*Recurve Training Archery* is becoming an increasingly popular sport across the globe and Westerford will be providing a wonderful opportunity for pupils to receive archery instruction and training. Coaching is to be provided by SA National Archery Association-approved instructors and coaches.

This exciting opportunity is a great way for pupils to be involved in such a sport. In these lessons, which have taught thousands of people about the skills of archery, the World Archery "Feather and Arrows" programme is to be implemented. Recurve Archery is unique in the fact that it is mainly based upon skill and boys and girls from all grades will therefore be able to participate equally and fairly.

Archery is to be treated as a "cultural initiative" and not as a formal sport and a 'trial period' of training will commence on Monday, 11 November and Tuesday 12 November for 75 eager Westerfordians. This trial period will run until the end of the first term and all the best is hoped for the programme. This opportunity only adds to the ever-growing list of activities that Westerford offers.

*Abdud-Dayyaan Badroodien*

75 pupils are giving Archery a 'trial run' over the next three weeks.



Ms Gray (Head of Sport) and Mr Brookbanks 'officially' opened our range by 'firing' the first arrows.



The most beautifully situated 'range' in the world....



- **Megan Bowers** (Grade 10) and **Ridah Parker** (Grade 9) will be travelling to Mumbai, India during December to represent South Africa at the Goju Kai Karate World Championships.

## **TED**

Starting out as a new society, the TED Club seems to have made an impression at Westerford in a big way. This week alone they held two events in aid of their 'Inspiration' theme and in support of the Under the Line Challenge last week.

The first event, Ken Robinson's video on "How Schools Kill Creativity" on Wednesday 6 November, attracted a fairly large crowd. The video dealt with a multitude of themes, such as how, in today's society, the arts have been significantly ridiculed whereas Mathematics and Sciences are elevated. Although Mr Robinson's ideas were at times apparently extreme, the crowd seemed to be open-minded and took well to having their views on the schooling system, as well as the societal system as a whole, challenged.

The second event on Thursday 7 November was a talk by Leonie Joubert, a science journalist who wrote the highly acclaimed book: *The Hunger Season*. Owing to the Grade 11 Life Sciences syllabus's covering food security there was an expectation of many attending, but unfortunately the venue had to be moved and many were unable to attend. Even so, the talk was highly interesting as she spoke about her experiences of investigating the residential food security in rural settlements and urban environments alike. The conclusion was that the city makes us lazy and we, as city dwellers, have become unaware of the amount of food we are exposed to every day.

Next year TED Club plans to hold a great number of similar events as it grows as a society and finds a niche in the wide range of societies at Westerford High School. *Tamsin Lotz*

## **CU : Magic and Deception**

On Thursday 7 November 2013, Christian Union hosted a talk on Magic and Deception by Nick Miller. Nick has studied magic at the College of Magic and has been practising the art of magic for over 16 years. From his many years of experience he shared that he has learned how to read people and use this to deceive and manipulate them into believing his magic tricks.

Nick then went on to say that manipulation is abused by many, whether it is intentional or not. He also discussed how the Church has manipulated many under the guise of the Holy Spirit. He challenged the students not to be cynical but rather sceptical and always to be in search of the truth. The talk proved to be extremely interesting and insightful, leaving the students with lots of thought-provoking information. *Olivia de Villiers*

## **Matric Art Exhibition 2013**

Every year Westerford produces an excellent crop of artists, and 2013 has been no exception. One of the highlights of the cultural year is our Matric Art Exhibition, which showcases the best of the Matrics' senior art practicals. External markers (Art teachers from other schools) come on one of the days to grade the exhibitions.

Forty Grade 12s took Art this year, each with his or her own unique style and take on the practicals. The calibre of Westerfordian Art didn't fail to astound everyone who attended the exhibition. Well done to these Art students and good luck as you go into your final exams.

*Summer Geffen*



## Gr 8 2014

On Wednesday afternoon the Prefects and forty current Grade Eights gathered in front of the Noel Taylor Hall to welcome future Westerfordians. They began to arrive in small groups, looking nervous and excited. They all seemed so small and whispers of: "Was I ever that short?" could be heard, especially among the current Grade Eights who seemed to be enjoying their moment of seniority.

The afternoon began with everyone gathering in the hall to be addressed by Mr Le Roux. He was an impressive looking figure as he stressed to them the importance of respect: "You must have respect for yourselves," he told the awed Grade Sevens.

During the short break that followed the Grade Sevens could be seen making new friendships, while also rekindling old ones. People who hadn't seen each other in years bumped into one another, teachers recognised siblings of Old Westerfordians as all began to get familiarised with one another.

Games in the Hall were next with the main aim being to get to know one another. This was followed by the Prefects who took to the stage to talk about the many aspects of school life that Westerford has to offer, with skits being done to introduce the clubs and societies which loosened everyone up as they couldn't help but laugh at the silly jokes and lighthearted comedy.

Sport was the next thing on the agenda. As the different sports on offer were explained, it was clear that whatever your talents or interests, you would find your place at Westerford. A mad rush was seen at the handing out of sports clinic forms, with the new pupils falling over one another in their excitement to get forms: it would seem pupils are already keen to get involved and it will certainly be interesting to see how this new grade will turn out over their next few years - their enthusiasm and high spirits gave an excellent first impression.

*Alexia Kaplan*

## Civvies Day

In light of the recent Cancer Awareness Week at Westerford, the prefects organised a civvies day which was held on Wednesday 6 November 2013. Westerfordians dressed up in their brightest shades of purple, showing their support for Cancer and World Prematurity Day. Some found it more challenging than others to find the purple clothing but they were surprisingly creative, wearing borrowed siblings' clothes and one or two even opted to dig around the dress-up box.

The privilege of wearing civvies came with a cost of only R5 per person, which will be handed over to the Groote Schuur Newborns Trust. This money will be used to renovate the unit at Groote Schuur Hospital and give the premature babies room to grow.

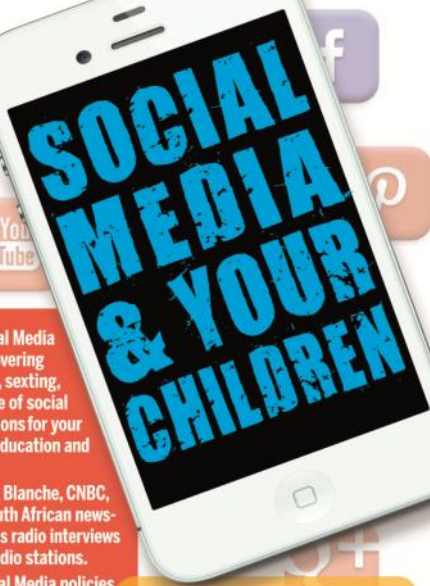
*Kirstin Bloomer*



**Classified Section (for Westerford parents and OWs only ) to Westerford Parents.**

**Contact Margie [owa@whs.wcape.school.za](mailto:owa@whs.wcape.school.za)**

Ingrid Diesel Consulting & Events  
in association with Emma Sadleir



Join South Africa's top Social Media Law expert, Emma Sadleir, covering topics such as cyberbullying, sexting, online safety, responsible use of social media and the legal implications for your children in terms of tertiary education and their future workplace.

Emma has appeared on Carte Blanche, CNBC, written columns for most South African newspapers and has done countless radio interviews on all of South Africa's top radio stations.

Emma has consulted on Social Media policies for many schools and corporates.

Ticket Price: R250 pp  
(includes cheese and wine on arrival)

Please book early to avoid disappointment - this is a hot topic!

**STELLENBOSCH EVENT**  
(open to all parents from all schools)  
22 January 2014 : 6 pm  
Rhenish Girls High School Hall

**CAPE TOWN EVENT**  
(open to all parents from all schools)  
23 January 2014 : 6 pm  
SACS Junior School Hall

Book now:  
Shelley Diesel  
[shelley@ingriddiesel.co.za](mailto:shelley@ingriddiesel.co.za)  
or 082 570 6037

## C2Active Talk

VILLAGERS RUGBY CLUB, LANSDOWNE ROAD, CLAREMONT  
FRANCHISEE: NERCIA NKONYANA CELL: 079 0389 578

VOLUME 1—ISSUE 2

NOVEMBER 2013

### Exercise Buddies

Having a workout partner can mean the difference between success and failure when it comes to your fitness goals. Unless you're consistently a highly motivated self-starter, your chances of sticking to a long-term fitness plan without a partner are significantly lower than they are with a partner.



Reference:  
[ZILDAI.COM](http://ZILDAI.COM)

- |  |   |
|--|---|
| 1.<br><i>The Time Goes by Faster</i>           | 2.<br><i>You Won't Cancel a Workout</i>                 |
| 3.<br><i>You Can Coordinate Busy Schedules</i> | 4.<br><i>You'll Be Bolstered by Outside Perspective</i> |
| 5.<br><i>You Can Celebrate Your Successes</i>  |   |

#### C2Active Group Fitness Schedule

**November**  
Mon, Tues & Thurs  
Times:  
5h30am & 17h45pm  
Cost: R430 per month

#### C2Active Core

TRAINER: Jess Stanford  
VENUE: Brookside, Claremont  
DAY: Saturday  
TIME: 8.30am to 9.30am  
COST: R175 for the month or R70 per session

#### C2Active Dietician

Kim Hofmann  
Tel: 021 674 4668 or 084 206 2715  
E-mail:  
[kimh@stirreem.co.za](mailto:kimh@stirreem.co.za)  
Address: 200 on Main, off Main and Boswood Roads, Claremont

### Temporary / holiday accommodation offered

Family home in Claremont available from 10 December to 7 January, fully equipped, 3 bedrooms, swimming pool, off-street parking, good security. Ideal for family of 4.

Reasonable rent in exchange for looking after 2 cats. Shorter stay also possible.

For more information, contact **Heather** [072 210 0071](tel:0722100071) or [heather.dewet@gmail.com](mailto:heather.dewet@gmail.com)

## SOMETHING TO SHOW

THURSDAY 7TH - SATURDAY 16TH NOVEMBER

gallery open 10am – 5pm including Saturday and Sunday

Debbie Field's Pinehill Studio is showing artworks by students which celebrates the sheer love of the painting process

**YOU ARE INVITED TO THE Cocktail evening SATURDAY 16<sup>TH</sup> NOVEMBER 2014 AT 5pm**

Allderman pop-up gallery. 37 Dean Street, Newlands Quarter.

While viewing you may place your anonymous bid, an exciting way to purchase art. Offers start at R200. Final bids close on Saturday 16<sup>th</sup> 7pm

Anthea Czech.Betty Solomon.Carol Mason.Denise Woodgate Gillian Key.Heidi Benn.Helen Searra.Ian Reeves.Liesel Naude.Mary-Jane Morris.Nina Holmes.Vicki Penfold.Yvonne Marle

rsvp [gALLERY@new.co.za](mailto:gALLERY@new.co.za). Alderman gallery. 083 5562540. [gALLERY@new.co.za](mailto:gALLERY@new.co.za).





Coach and Mentor

**Robert Brain, skilled and experienced life coach**, partners with adults and adolescents to identify and reframe personal/professional issues and develop practical action plans.

"There are three constants in life: change, choice and principles"  
Steven Covey

www.robertbrain.co.za  
0829909504

Career and relationship problems, depression, self confidence, personal effectiveness. **Contact Robert: 082 9909504**,

## Dental Surgeon

**Dr Tim Bugler (BChD)Stell**

**New Patients always welcome!**

5 Wenlock Road Newlands  
(021) 671 9043 / 2233

**See our website or phone for further details.**

info@buglerdental.co.za  
www.buglerdental.co.za

Mon – Thurs: 8:30am to 5pm Fri:  
8:30am – 1pm



## Yacht Consulting Services

If you are looking for short or long term employment on a private yacht, getting started out is simple! If you are wanting to take a gap year to do some travelling and earn some great money, save money for future studies or are unsure about what to study and need to take a break – yachting is the way to achieve this!

If you are interested in hearing more, please contact **Jo-Anne Bradley (OW2002)** on [ocean.crew@hotmail.com](mailto:ocean.crew@hotmail.com) or 082 747 1984 or visit [www.oceancrew.co.za](http://www.oceancrew.co.za)



**CAMP YOGO** is an American-type summer camp for youth in grades 4-12 and will take place during the December school holidays. It will be filled with fun and adventure but also full of God and will be held at Back2Basics Adventure campsite. It promises to be an amazing experience so do not miss out. For more information regarding the camp contact **Keenan (OW 2006)** on [info@campyogo.co.za](mailto:info@campyogo.co.za) or you could visit our website at <http://campyogo.co.za/>.

**Family Home Wanted:** New Westerford family relocating from Durban in January is looking for a home to rent close to Westerford. Please contact Susie on 076 653 7052

## PIANO Lessons and English and Afrikaans tutoring



Experienced teacher in piano and theory – all levels and ages welcome.

Exams and for pleasure. I also teach both English and Afrikaans to pupils who need extra assistance. (BA HDE Tefl) I live in Observatory.

Contact Hildegard at 021-4483166 or 0787556834 or email [hildegardelr@telkomsa.net](mailto:hildegardelr@telkomsa.net)



## THERAPY GROUPS

Experienced psychotherapists run weekly groups at the Centre. We invite you to contact the relevant person for more info or if you would like to join a group.

See our Bulletin Board at [www.cgas.co.za](http://www.cgas.co.za)

Group	Contact	Contact
Adolescents Grade 8 & 9	Tracey	083 440 7992
Adolescents Grade 10-12	Anthea	082 929 7595
Bereavement	Shiralee	072 175 1383
Divorce	Shiralee	072 175 1383
General Psychotherapy	Monica	021 794 1577
Group Analysis	Thea	076 901 8709
Health Professionals Meet	Lily	082 413 7729
In-betweens Grade 6 & 7	Dave	021 762 3561
New Moms	Linda	021 685 6172
Single Moms	Monica	021 7941577
Skills for Managing Emotion	Kim	076 940 6919
Women in Transition (40-55yrs)	Lindy	082 296 0167
Women in Mid-Life (50+ yrs)	Lily	082 413 7729
Women's Group	Lily	082 413 7729

