

WESTERFORD HIGH SCHOOL

ORANGE RIVER TRIP

The first official day of the holidays should usually be welcomed with sleep and relaxation; not, however, for Westerfordians. The morning of Monday 3 October dawned bright and early, with a small group of 30 Grade 10s, 11s and Matrics waking up at 4:30 am to depart for their trip to the Orange River.

The trip consisted of a four-day paddle down the beautiful Orange River, and two days of travelling. It was an unforgettable experience and we are so grateful to have had the opportunity to do something completely out of our comfort-zone and become closer to our friends and teachers.



After a tiring 11-hour bus trip up to Namibia, we arrived at base camp where we slept out in the open for the first time and experienced our last shower and use of proper toilets for five days. The next day we sorted ourselves out with partners and eagerly packed our boats. As everyone set out onto the water for the first time, the temperatures were already high. The next few hours consisted of figuring out how to row and steer properly. Later that day, we encountered our first rapids. There was a mix of emotions among the rowers as we were not sure what the rapids would entail, yet all boats were successful in crossing without capsizing. Over the next two days, however, there were a few instances where boats and learners found themselves upside down, with belongings floating down the river. These incidents always ended with laughter and encouraging cheers from our fellow rowers.

Every day, we would wake bright and early with the sunrise, departing from camps no later than 9 o'clock. Around midday, we would stop for lunch, then carry on later rowing for the remainder of the day. Every evening we set up camp along the river, laying out sleeping bags and sitting around the camp fire. We were fortunate to have very interactive and friendly guides who were constantly surprised by how much Westerfordians could eat.

We got sunburn, scrapes, bruises, fibreglass splinters, thorns and mild dehydration, but it was all worth it because we spent the days rowing in the most breath-taking scenery, the evenings sitting around the campfire surrounded by fireflies, and the nights sleeping in the beautiful nature, under the stars.



The group arrived back in Cape Town at 11:15 on Friday night, exhausted and dirty, but still brimming with joy from the amazing experience. A massive thank you must go to Mr Daniel and Ms Nichol for their hard work, enthusiasm, and for making the whole trip possible.

*Rebecca Helman and Rebecca Edmunds,
Grade 11*

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CONGRATULATIONS!

- **Yandisa Mpahlwa, Grade 9**, received the 2016 Best Junior Referee of the Year Award from the Cape Town Basket Ball Association. He only started this year as a match official.
- **Liam Dugmore, Grade 9**, and **Yandisa** play in the same U16 basketball team which won the 2016 CTBA Finals in their category against a well-established Basketball Club. This was their first final.

Yandisa



- **SOUTH AFRICAN MATHEMATICS OLYMPIAD**

The National winners were; **David Broodryk**, in 2nd place, **Sanjiv Ranchod**, in 7th place and **Mu-aath Upadhey** in 9th place. All received a Silver medal and R3000.

A RECAP ON THE US ELECTIONS THUS FAR

Is Hillary really that bad? Why does Donald Trump think he can be president? On Tuesday at second break these things were discussed in a room full of politically-aware students. Students gave their opinions on both the Democrat and Republican campaigns, with the majority of students siding with Hillary, based on the principle that Donald would be a terrible president. The video that was watched, "Scandals", by John Oliver, induced much laughter, opened eyes and explained Clinton's notorious 'email' scandal and Donald Trump's charity ones. All in all, the event was one of fun and enjoyment, as well as intellectual discussion.

Jenna Jones, Grade 10 and Rebecca Helman, Grade 11

MADD MOVIES

On 18 October MADD hosted a screening of the coming-of-age film 'Nowhere Boy'. The film tells the story of John Lennon's adolescence, his relationship with family members, the creation of his first band and its evolution into The Beatles. The film is based on a biography written by Lennon's half-sister and was originally released in 2010 to coincide with the 70th anniversary of John Lennon's birth. This authentic drama attracted a great many John Lennon fans and people with a general love for films and music. As an bonus, those who were there first even got free popcorn! Thanks to MADD for arranging such a fantastic event.

Sarah Woolard, Grade 10

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ART EXHIBITION:

On 18 October the school gave its final appreciation and congratulations to the matriculating Art students of 2016 at the annual Senior Art exhibition. After long hours of hard work and late nights, the Matric Art students finally showcased their work. All of the pieces this year were of a high standard and truly demonstrated the level of talent at Westerford High school.

The exhibit was opened by Mr Andrew Putter, a renowned award-winning teacher; he has launched some of South Africa's most highly-acclaimed professional artists who now work all over the world. Mr Putter has been at the forefront of teaching creative teenagers since the 1990s, and has taught and lectured at many schools, universities and colleges over the past 25 years. His opening speech created an atmosphere of excitement amongst the visitors and awe with the students.



Mr. Cain during his speech (Deputy Principal and proud Art teacher)

The exhibit pulled out all the stops this year with amazing food, beautiful art and an incredible feel about the whole evening. It was a huge success with every room filled with students, parents and outside visitors.

Looking forward to next year's Exhibition: we look forward to the continuation of excellence.

Robyn Fabian, Grade 11



Matric Art piece, *Fragility*



Happy and relieved Matric Art students

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CHRISTINE ABRAHAMSE

Congratulations to **Christine Abrahamse** who was recently selected for the SA Woman's U21 Water Polo team. Christine will be competing in the World Championships in New Zealand at the end of the year, where she will come up against teams from all over the world. Next year she will also compete in the Tri-Nations with Australia and New Zealand.

Christine's Westerford Polo career began when she moved from Wynberg Girls' High School in her Grade 10 year, to be a part of the amazing Water Polo programme offered at our school. From then on she's done nothing but her best and has excelled in every aspect of the sport. This year has been a busy one for her with her schedule being filled with tournaments and trials. In February she travelled to Zimbabwe to take part in the trials for the team that would go to the World Champs.

She also attended the Olympic qualifiers with the SA Ladies' Team; although South Africa did not qualify, the experience was an eye-opener to Christine and exposed her to another level of playing that she herself hopes to achieve. She uses every opportunity to better and improve her game and is constantly learning. Not only does she continually try to improve her own game but also that of her teammates, offering tips and advice wherever she can.

Christine hopes to continue playing Water Polo for as long as she can and in the future to become a provincial coach of younger teams and work towards bettering South Africa's standard of playing.

Robyn Fabian , Grade 11

OAKHURST - SANDY ELAND FAREWELL

We invite all past and present members of the Oakhurst Family to join us in saying farewell to Sandy Eland after 36 years of dedicated teaching at Oakhurst.



A Bring-Your-Own Picnic will be held at Oakhurst on Wednesday 30 November from 17:30 – 19:30.

Extra parking will be available at RBHS in their Aquatic Centre on Oakhurst Avenue.

We look forward to seeing you!

IMPORTANT DATES

<u>NOVEMBER</u>			<u>DECEMBER</u>		
Tues	1	4 th Quarterly Concert -19h30 Music Prac Exams start	Thurs	1	Mark Check
Wed	2	Grade 8 2017 Welcome 15h30 – 18h00 BOG 18h00	Mon	5	Carol Service 19h30 (Rehearsal 12h20 – 13h30 compulsory for orchestra and choir)
Thurs	3	Blood Clinic Grade Assembly 09h30	Wed	7	School Closes - Pupils
Mon	7	Exams begin	Fri	9	School closes – Staff
Thurs	17	Budget PTA 19h00			
Wed	21	Exams End			

WESTERFORD HIGH SCHOOL

WESTERN PROVINCE POLO REPRESENTATIVES

Congratulations to the following girls who were chosen to represent Western Province in various age-groups:

U15A

Hana Steyn
Amaarah Cornish
Lea Marmarellis

U14B

Danai Narker
Ashley Morris
Nadia Odedaal

U15B

Grace
Hammond

U16A

Alexander Moors
Jessica Fair

U16B

Ella Woerman
Cara Marriot

U19A

Sarah Brieley
Emma Joubert
Christine Abrahamse



FIRST TEAM GIRLS WATER POLO WIN SILVER AT CO-ED

Westerford was represented in full force this year at the National Co-Ed Tournament that ran from 6 - 8 October, hosted by Stirling High School. The boys and girls all flew up together and seemed to hit the ground running once in East London.

Although it was a young team competing this year - with three juniors, four seniors and three matric pupils - everything was taken in our players' stride. The girls won all their matches and cruised into the finals with a staggering total of 76 goals. Unfortunately we lost in the finals against the host school, 11-2. We therefore finished the tour in 2nd place overall, out of 20 teams, bringing home the Silver.

Special mention must be made of **Cara Marriot** and **Emma Joubert (captain)** for making the Tournament Team. **Emma Joubert** was named Top Goal-Scorer with 31 goals under her belt.

A philosophy is adopted in Girls' Water Polo at Westerford that champions are not born but made; the school lives up to this philosophy by grooming the girls from Under 14 level to later represent the 1st team and – potentially - Western Province. The current Girls' First Team fully represent and buy into this philosophy; the girls can be described as one big family, the members of which play not only for themselves but for each other.

Regrettably, as with every new season, Matric players leave the team and the girls must begin to rebuild their bonds. This young team promises to bring a competitive, exciting and promising way of playing in the 2016/2017 season.

Westerford bids a fond farewell to the three 1st Team Matric pupils: **Ella Wesselink (goal-keeper)**, **Emma Joubert (Captain and former SA representative)** and **Christine Abrahamse (SA U21 representative)**; we wish them well with their future Water Polo endeavours. A massive thank you is also given to Alex Hawkins, the First Girls' coach, who has relentlessly given his time to the betterment of Girls' Water Polo at Westerford. The standard of Water Polo would not be where it is today without his support and input.

Robyn Fabian, Grade 11

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(Mr Allan Adriaanse is the WHS Maintenance Manager)

