



**STOP
PRESS**

Our Boys' 1st Team Basketball beat Bishops 28-14 yesterday.
Fantastic news! Well done, boys! We are super-proud of you all.

TRINITY and ABRSM MUSIC AWARDS

The certificates for the Music exams of 2016 have finally arrived, bearing good tidings for the Music Department. With a plethora of fantastic results, the pupils at Westerford continue to display the high standards that the school strives to achieve.

Well done to all the pupils who passed their Trinity College practical exams (66-75%) and those who achieved merit (76-86%) but special congratulations go to **Ezra Narun** and **Hanna Todd (Gr 9)**, **Vashiv Naiker (Gr 10)**, **Alice Schmidt (Gr 11)** and **Daniel Christian (Gr 12)** who all achieved a distinction (87%+) for their practical.

On the theory side, the results are even more impressive with every pupil attaining a merit score and above for the ABRSM Gr 5 examination. Special congratulations also go to **Oliver Boje**, **Aidan Martin**, **Miriam van Riel**, **Leah Paterson-Jones**, **Ezra Narun**, **William Moultrie** and **Murray Inglis (all Gr 9)**, **Sarah Hutton**, **Jordan Osman**, **Georgie van der Merwe** and **Naomi Fokkens (all Gr 10)** for achieving a theory distinction (90% and over).

A final thanks goes to the Music staff of the School and all part-time teachers for preparing their pupils for the exams. We hope that the School's future results will continue to be as impressive.

Noah Rothschild, Grade 11

A BAKE SALE FOR CHARITY

This week, the Interact Society took up the initiative and set up a Bake Sale to raise funds for charity. Every First Break, Interact members set up a stall to sell biscuits, both 'chocolate-chipped' and otherwise, as well as cupcakes.

Interact is a club set up by Rotary to give the youth of the nation a "...chance to make a real difference while having fun..." Westerford's Interact Club helps provide Westerfordians with opportunities to give back to their community and through doing so, to earn community service hours (which Interact keeps track of); these service hours are of use towards university applications.

Interact hosts many events which aim to help the surrounding community as well as events to promote understanding of international topics.

The committee did not have a specific charity in mind when they began the Bake Sale on 20 February, however they intend to save the earnings of the sale for donation towards a charity which Interact finds to be in need. The most important question that may be asked - although no questions *should* be asked as to whether raising money for charity is a good idea - is this one: Why a Bake Sale? And the answer may be a complex psychological mesh of sweet teeth and sugar highs, or just as simple as ... the fact that biscuits are delicious. The answer seems to have been proven by the Bake Sale's popularity.

In summary, Interact made a wise decision when hosting a Bake Sale for charity as most people cannot resist a sweet treat.

Piper Turner, Grade 11



SCHOOL GOVERNING BODY BY- ELECTIONS

The postponed SGB meeting is now on Tuesday 28 February at 18h00 in the Jubilee Hall.

WESTERFORD HIGH SCHOOL



CONGRATULATIONS!

- **Corey Webb, Grade 8**, came first for 200m backstroke (this is currently the Western Province's top time) and he won gold for the U13 Sanlam Cape Mile swim in Grabouw.
- **Tamara Schrire, Grade 11**, has taken part in the South African National Ballroom Dancing Championships. She entered three sections; Waltz, Tango and quickstep and came first in all

THANK YOU



Thank you to all our parents who have made monetary contributions to our flower fund, and to those who have and will be donating flowers during the year.



GRADE 10 GEOGRAPHY EXCURSION

Last Thursday, the School corridors were a little less crowded. The Grade Ten Geography pupils were exploring Cape Town, but most importantly, exploring rock formations.

The Geographers visited Queen's Beach, Three Anchor Bay, Saunders Rock and Lion's Head. The weather was rather dreary, but spirits were not, as the Grade Tens braved a misty Lion's Head hike.

At the completion of the trip, the pupils had to hand in a written task, using what they had learnt and seen along the way.

The trip ended off with a visit to Camps Bay, and - just as in the clichéd *excursion story* - the sun popped its head out just in time for the end of their educational, fun trip.

Jenna Jones, Grade 11



WESTERFORD HIGH SCHOOL

1st TEAM BOYS' WATER POLO TOUR TO GRAHAMSTOWN

Last weekend our 1st Boys' Water Polo team participated in the St Andrew's Plate Tournament. They arrived in Grahamstown on Friday morning and were up early on Saturday, excited to get into the water and play some polo. After an early morning win, they were even more excited for the day ahead. They played six games on the first day and ended off with a win after which they were absolutely exhausted. After an early night and early morning once again, they rose, amped and ready for their quarter-final, which they won. Unfortunately they lost in the semi-final but managed to be placed 4th in the tournament. It was a great weekend of bonding, team-work and spirit.

Scores were as follows:

vs Paarl Boys: won 8-2 ; vs. St Andrew's 2nd team: lost 5-8 ; vs. Port Rex: lost 3-6 ; vs. York: won 14-1 ; vs. Dale: won 15-2

Quarter-Final vs. Kingswood College: won 5-4 ;

Semi-Final vs. St Andrew's 2nd team: lost 3-8

Third/Fourth play-offs vs Port Rex: lost 7-8

Plate Winner: St Andrew's 2nd team

Shield Winner: Reddam

Excellent results; well done boys! We are very proud of you.

From left to right: **Cameron Arnold, Karl te Water Naude, Josh Giese (Captain), Joshua von Zeil-Singer, Nicola Sartori, Jake Wesselink, Jed Fourie, Hugo Drummond, Kyran Rowe**



Josh Giese, Grade 12



Max Mouthguards will be making impressions for Westerfordians on 17 March at second break.

PRICING

Our 2017 school discount price is R620.00 per mouthguard. This includes our MAX[®] PROTECT service (see below), plus the option of purchasing an additional, spare mouthguard at the reduced price of R250.00.*

WESTERFORD HIGH SCHOOL

1st TEAM GIRLS' BASKETBALL vs HERSCHEL

On Thursday, our 1st Team Basketball girls headed out to Herschel to play what was to prove to be a tough match.

No more than half- a-minute into the first quarter, the first foul was committed, setting the precedent for what was to be a heated match. Both teams played fiercely, resulting in an endless number of fouls throughout the game. At the end of the first quarter the score was 10 - 1, with Herschel taking the upper hand. The game continued in this manner, ending 25 - 5 to Herschel. By the end, the girls were exhausted by the intensity of the clash.

Despite having lost, the team worked well together, putting up a tough fight. The girls took note of, and were largely encouraged by the particularly strong Westerford Spirit shown by our supporters, who cheered and sang throughout the game, keeping up the team's spirits.

We look forward to what the next game has to bring. Well done, girls.

Hanna Lehtinen, Grade 12

EXCEPTIONAL ACHIEVEMENT FOR WESTERFORD SOCCER STAR

Congratulations to Kenan Williams (Grade 12) for his great achievement in being awarded a prestigious soccer scholarship to study abroad with Athletes USA during 2018. He has been recruited for the first division in American soccer (NCAA). The universities in that prestigious bracket in America are now looking at his playing ability via video footage, and are keeping an eye on his school marks, and then he will be requested to go over and play on scholarship.

Kenan is an excellent and enthusiastic soccer player who has won many awards, both at Westerford and at his soccer club, Jean Marc Ithier Football Academy. The club has recently qualified for the biggest Southern Africa U19 Football Tournament, The Metropolitan Bayhill Premier Cup 2017. It is the club's debut season in this particular tournament.



Jean Marc Ithier Football Academy was formed in 2010 which was where it all began for Kenan as it was his first football club. Since then he has climbed up the ranks. From starting as a goalkeeper, he is now centre-back and right-back as well as vice-captain of the JMI Bayhill 2017 squad. The team will be competing against the best in the country and against many other international invitational teams during the Easter Weekend, at Erica Park (Belhar), in front of thousands of supporters.

Kenan has successfully captained his club's teams and Westerford's soccer teams since 2011 and 2016 respectively. Astoundingly, he has played more than 250 matches in his career so far. With all these sporting commitments,

one would think Kenan would not have time to keep up with his school work but the Westerford 2016 Senior Footballer of the Year makes time and works hard to achieve impressive academic results. Furthermore, he has shown himself to be an excellent leader, both on and off the field. Currently he has an active role as a School prefect and has put in phenomenal efforts to support other Westerford sports players in his lively role on the Spirit Committee.

Kenan Williams has demonstrated that not only is he a true sportsman but he is a great leader and team player. He can be immensely proud of his achievement; we wish him nothing but the very best in this exciting chapter in his life.

Sarah Woolard, Grade 11

WESTERFORD HIGH SCHOOL

ADHD INTEREST GROUP

Tuesday 28 February at The Grove Primary School - Staffroom

18h30 to 20h00

Topic: **Question and Answer Session** with Dr Wendy Vogel, Child and Adolescent Psychiatrist, Red Cross Hospital.

Dr Wendy Vogel is the Head of the Clinical Unit, Division of Child and Adolescent Psychiatry, Red Cross War Memorial Children's Hospital

Dr Vogel will not give a presentation, instead she will respond to questions from the group.

This meeting is open to parents and staff from all Schools.

TEEN SUICIDE
prevention

TEEN SUICIDE PREVENTION WEEK 2017

SADAG in partnership with AKESO are hosting a **FREE** Workshop to raise awareness on Teen Suicide Prevention to help identify the symptoms of Depression, the warning signs of Suicide and how to get help. The workshop is open to parents, teachers, community leaders and those concerned about a loved one who is suicidal and would like to know more on Suicide Prevention. We are hosting this free workshop in Gauteng, Kwa-Zulu Natal and Western Cape.

Date: Saturday 25 February 2017
Time: 09:00 – 11:00 (Registration at 08:30am)

VENUE	ADDRESS	GUEST SPEAKER
Akeso Kenilworth	32 Kenilworth Road Kenilworth	Tamsyn Manuel Psychologist
Akeso Umhlanga	16 Chestnut Crescent Prestondale	Sinenhlanhla Zungu Psychologist
Akeso Crescent	c/o President Fouche & Hawkins Road, Boskruin Randburg	Colin Thomas Psychologist

Refreshments will be served.

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DATES TO REMEMBER

		<u>FEBRUARY</u>			<u>APRIL</u>
Mon	27	Grade 8 Grade Braai	Fri	14	GOOD FRIDAY
		<u>MARCH</u>	Mon	17	FAMILY DAY
Thur	2	Founders Day	Tue	18	2nd Term starts
Fri	3	Big Band Slam @ V&A Waterfront	Thur	20	PTA Gr 10, 11, 12 @ 17h30 - 19h00
Tue	7	English Olympiad			Choir Rehearsal @19h00 - 21h30
Wed	15	Maths Olympiad Round 1	Sat	22	Last night of the Proms at the City Hall
Thur	16	Cultural Day	Sun	23	Last night of the Proms at the City Hall
		First Quarterly Concert 19h30	Mon	24	PTA Gr 8 and 9 @ 17h30 - 19h00
Mon	20	School Holiday	Thur	27	FREEDOM DAY
Tues	21	HUMAN RIGHTS DAY	Fri	28	School Holiday
Fri	24 - 28	School Production			
Wed	29 - 31	Grade 8 Camp			
Fri	31	School closes			



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ACADEMIC MEDIC is a new tutoring agency in Cape Town that specialises in Mathematics and Physical Science. The company is run by **Michel Amato (OW 2013)** who achieved 8 distinctions with a 91% aggregate in Matric and Jean-Claude Carreno (Reddam House Matriculant 2013) who achieved 7 distinctions with an 89% aggregate IEB. Both are currently 4th year chemical engineering students at UCT.

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Otherwise contact: **Michel Amato – 071 253 5285** or Jean-Claude Carreno – 082 479 2589



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PRIVATE TUTOR - SHILPA RANCHOD (OW 2014)

Shilpa is offering tutoring in **Maths** and **AP Maths**. She matriculated from Westerford with 8 distinctions and 93% aggregate. She is currently studying BSc Physics and Astrophysics (3rd year) at UCT.

Contact **Shilpa: shilparanchod@hotmail.com** or **071 487 5666**



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