



July 2020

SNIPPETS

PRETORIA HIGH SCHOOL FOR GIRLS

WE MISSED THE GRAND OL' LADY



By Neha Singh

The staff as well as the seniors of Pretoria High School for Girls were thrilled to be back at school. Everyone who has been back, has relished the opportunity to fill the corridors with laughter and excitement and all have seemed to become used to the smell of sanitiser wafting through the air. Numerous adjustments and protocols have been put in place by the Department of Education and Health, Mrs Erasmus and the four Deputy Principals, in order to obtain a safe working environment.

An interview was conducted with Mrs Schoombie, the Deputy Principal in charge of Operations and Discipline, to gain more knowledge about the new regulations.

Upon entering the school, learners and staff are screened and their hands are sanitized. Learners and staff are granted access to the school with their 'All access' cards which were provided to students and staff, prior to the National Lockdown.

All learners are provided with a short orientation on their first day back at school to inform them of the new changes. The orientation emphasises the need to maintain social distance; the importance of wearing masks and not wearing gloves and keeping hands clean. Video clips are played to educate students and staff on how to

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WE MISSED THE GRAND OL' LADY

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remove masks properly and how to clean them.

Throughout the day, the sanitisation processes take place. Learners are requested to fill up from the back of the classes to prevent anyone from moving closer than 1,5 metres to each other. The last teacher to use a specific classroom before the breaks, always sanitises the desks, and at the end of the day, the ground staff, spray down each and every classroom with disinfectant.

Moreover, the breaks are longer and the school day is longer because of all the processes. Also, there are intervention classes held every day so that learners are able to fill up gaps in their knowledge which may have happened during lockdown.

These are huge changes and will most definitely take some getting used to. The PHSG academic staff comprises some ninety members and for this reason the hall is being used as a second staff room in order to maintain social distancing. Many more teachers are on break duty to

ensure the girls are keeping apart and are sanitising.

Not only is the school concerned about the physical health of their learners but also their mental health. Ms Marais, the deputy principal in charge of Pastoral Care and Boarding has organised a team of counsellors to conduct short sessions with each student individually, to assist them emotionally.

Mrs Erasmus has also requested that form teachers address the issue of stigmatisation. During this tough time, learners or staff may be absent for a number of reasons and when they return they are sometimes treated differently. This causes unnecessary emotional distress. The importance of treating everyone fairly and not excluding anyone from groups or conversations, was emphasised.

The school has taken all the necessary precautions to prevent the spread of the virus within the grounds of the school. This time can be daunting for most, but PHSG staff members have been there to support their learners with the transition into the new normal at every step of the way.

MATHS OLYMPIADS 2020

By Emily Hawkes

Even though lockdown tripped everyone up at first, the Maths Olympiad teams devised plans. The executive of SAMO (South African Mathematics Olympiad) reduced the number of rounds from three to two and the competitions are happening later in the year. Other competitions are being run online with the help of web sites and apps.

In March, 114 of our Grades 8-12 wrote the first round of SAMO. The second round for seniors was written on 16 July and both the junior and senior final rounds will be held in September. SAMO is the main Maths olympiad of the year and is used to find the best young mathematical minds for the South African Mathematics teams to compete against other teams from all over the world.

The TUKS Maths competition is open to all learners from Grades 8 to 12 and will be held online this year, with participants able to complete the quiz on any day from 27 July to 2 August.

For the first time, PHSG students will be able to participate in the Govan Mbeki Mathematics Development Centre and Capitec Foundation Maths Competitions on the MobiTutorZA app. However, MobiTutorZA is not only for people

interested in Mathematics competitions. It also provides curriculum support and practice tests for Grades 7 through 12.

Best of luck to all the girls participating in any of these competitions!

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A RISING STAR

By Neha Singh

Olivia Dillon, in Grade 8, has been chosen to play for the Johannesburg Hockey League (JHL). Olivia plays for the under 14 Central Samurais team where she has been recognised as one of their top five players in this team.

The JHL is Franchise hockey is similar to the Premier Hockey League. There are six Franchises and each will compete head to head to become the crowned champions of the JHL. Their matches are scheduled to take place at the end of the year.

The PHSG community is extremely proud of their young, promising hockey player. Hopefully 2021 is a year filled with furious and exciting competition.



SWIMMING

Stephanie Houtman, was selected for the National Senior Youth Squad for 2020/21. We are exceptionally proud of you, Stephanie!



THE STEPS CHALLENGE

By Neha Singh

The race for the Clephan Shield is back on! Ms Eloff, the Deputy Principal of Extra and Co-curricular Activities, introduced an innovative challenge to keep the competition going. Teachers and learners were encouraged to participate to earn points for their houses.

The challenge ran from 1 July to 31 July and required participants to count their number of steps while doing one of four activities, which included skipping, walking, dancing and jogging. Everyone who joined the Steps Challenge was required to upload a picture of themselves, doing their activity as well as the number of steps they achieved. Weekly updates were sent out to encourage inter-house participation.

The students enjoyed the challenge as it encouraged them to spend some much needed time outdoors,

but for the staff members it meant business. Ms Robbertse, Mrs Nowak, Ms Mulder, Mr Snyman and Mrs Koster all made it to the top five. Miss Robbertse astounded everyone by reaching over 250 000 steps in the month.

After three weeks, Clarendon claimed first place in the Steps Challenge. Aitken came in second place and Duncan brought up the rear in third position.





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PUBLIC SPEAKING

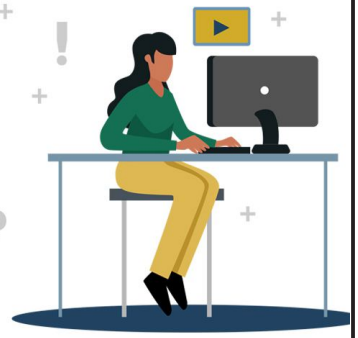


Well done to the Public Speaking Girls: Thandeka Dlamini, Lerato Daly, Arin Sithole, Siphesihle Malimela, Ugochi Okeiyi, Eliel Kaninda and Zoe Sithole. They took part in the SALA (South African Literacy Association) Competition during the lockdown.

There was a completely different approach with the competition this year and all entries were done via video and sent online. Our learners achieved amazing results and their speeches were so inspiring.

A huge congratulations to Eliel Kaninda in Grade 10, who has made it through to the Semi Finals!

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Help Someone

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Help those less fortunate to keep warm this winter. Donations of anything warm welcome: PJ's, socks, vests, tracksuits, tops, jerseys, etc. Drop off Points at Gate 1 & 6 (Gate 3 turnstile by the hut).

PROSIT SPES LABORI

By Neha Singh

What happens for the grades that are not at school or when the school unexpectedly closes (as was the case when the President announced a further 4 week school closure)?

Pretoria High School for Girls has adapted positively to the new lifestyle changes. The school's executive, staff and prefects have worked tirelessly to ensure that everyone was offered the necessary educational and emotional support.

Systems have been put in place to ensure that the girls do not fall behind with their schoolwork. Staff and learners communicate daily with each other via Microsoft Teams. Students are given the opportunity to have question and answer sessions with their teachers weekly and WhatsApp groups were created to ensure two-way communication.

Schedules and daily routine aids are being sent out to students via email, WhatsApp, Microsoft Teams and messages. The Peer Tutoring Programme has continued and many students benefited from being able to engage with older learners on media platforms.

The school realised that a few of their students were struggling to afford data. To assist their learners, they started a fund to which interested members of the Girls' High community could donate.

Aside from the educational support that the school has offered, the Wellness Committee and their prefects reach out to the girls who feel anxious at this time. The Pretoria High School for Girls' Instagram page has been busier than ever. The Wellness Committee has provided a home training programme as well as slide shows to motivate the girls. In preparation for virtual assemblies, Mrs Erasmus, the Principal, sends out short videos on Form Class groups to encourage staff and girls of the school's motto: We Work in Hope (Prosit Spes Labori).

During this stressful time, the sisterhood is tested, but we are reminded that this is not the first time – and it will not be the last time. If our Older Girls could persevere through WW1 and WW2 and the Great Depression and even through the Spanish Flu of a hundred years ago, then this generation will, too.

DEBATING IN THE TIME OF COVID-19

By Ferne Dilettante

The debaters managed to continue to ply their skills through the lockdown period and the severe restrictions when the learners and teachers returned to school, thanks to the marvels of ZOOM.

Friendly debates were waged against the boys of Boys High and then the Junior and Senior teams participated in the Gauteng SACEE (South African Council for English

Education) Debating Championships which has been running every Saturday for the past month.

The girls have (for instance) defended the alcohol ban post Covid-19; supported a racial quota for board members of firms on the JSE and regretted the rise of social media in its effect on printed literature.

It is wonderful that, thanks to technology, debating can still flourish!

Online Career & Subject Choice Assessments

Are you in Grade 9 and need to make subject choices for Grade 10?

Or perhaps you are in Grade 11 or 12 nearing the end of schooling and need specific input on further studies, and career options.

Subject choice guidance is crucial in making a realistic, informed decision on subjects for Grade 10 to 12.

This choice is vital to achieving academic success and allowing you to be able to pursue the career of your choice.

To support learners in this process, we offer online assessment.

This assessment includes an online pre-assessment intake with learner, standardised psychometric assessment of personality, aptitude and interests. A written report with results and recommendations is then provided.

For further details contact:
Chereen Cloete
Educational Psychologist
082 366 8170
cherpret@gmail.com



EASY VEGETABLE SOUP

Ingredients

3 tablespoons olive oil
2 cups chopped onion (1 medium)
1 ½ cups chopped carrots (3 to 4 carrots)
1 ½ cups chopped celery (2 to 3 stalks)
2 tablespoons tomato paste
4 teaspoons minced garlic (4 cloves)
¾ teaspoons ground fennel seed
½ teaspoon ground black pepper
½ teaspoon salt (more to taste)
¼ teaspoon crushed red pepper flakes
1 tin diced tomatoes
6 cups stock
2 cups chopped potato (2 medium)
2 heaped cups shredded cabbage
2 bay leaves
1 cup frozen peas
½ teaspoons apple cider vinegar or fresh lemon juice

Directions

Heat 2 tablespoons of olive oil in a pot over medium heat. Add the onion, carrots, celery and the tomato paste. Cook, stirring often until the vegetables have softened and the

onions are translucent about 8 to 10 minutes.

Add the garlic, fennel, black pepper, ½ teaspoon salt and red pepper flakes. Cook, while stirring, for one minute.

Pour in the canned tomatoes as well as the stock.

Add the potatoes, cabbage and the bay leaves. Raise the heat to medium-high and bring the soup to a boil. Partially cover the pot with a lid and then reduce the heat to maintain a low simmer for about 20 minutes or until the potatoes and other vegetables are tender. Add frozen peas and cook for 5 more minutes.

Remove the pot from the heat and remove the bay leaves. Stir in the cider vinegar (or lemon juice) and the remaining olive oil. Taste and season with more salt, pepper or vinegar and serve.

This hearty vegetable soup recipe is healthy, easy to make and tastes great. You can swap vegetables or add different vegetables for example, kale or spinach instead of cabbage.

You can store leftover soup up to 3 days in the refrigerator or up to a month in the freezer.

Buon Appetito!

STAFF NEWS

Births

Congratulations to Mrs Jackson (Mathematics), Mrs le Roux (Consumer Studies) and Ms Madiba (Sepedi & Mathematical Literacy) on the birth of their daughters during lockdown. Ms Rankapole (Life Sciences) broke the mould by giving birth to a son during this time. We are certain that your new bundles are bringing much love and happiness into your homes.

Engagements

Ms Mabvadya (HOS French) and Ms Lightbody (Life Sciences) came back with the exciting news of their engagements! Congratulations to them both.

Pregnancies

Mrs van Kraayenburg (LO and Geography) and Mrs Brimecombe (HOD EMS) are both expecting so we can look forward to growing the PHSG family even more. Congratulations!

Retirements

We bid a tearful farewell to Mrs Mc Cusker (HOD Languages) and Mrs Shields (Admissions Administrator) who retired at the end of May. Mrs Godfrey (HOD Life Orientation) will be leaving us at the end of July. These ladies will be sorely missed after many, many years of service to PHSG. They have helped make this school what it is today.

Leavers

Mrs Cameron (School Fees Debtors Clerk) has relocated and Mrs le Riche (English) emigrated to New Zealand just before lockdown. Mr Mitchell (Facilities Manager) is also leaving at the end of July. We wish them all the best with their new adventures.

New staff

We welcome to the staff Mrs Bullock (English), Mrs Henning (School Fees Debtors Clerk) and Mrs de Villiers (Admissions Administrator). Thank you for joining our team, we know you will love it at PHSG.

Birthdays in August

1 - Ms Mtsweni (Admin)
2 - Ms Nkhumane (Support Staff)
4 - Ms Streak (Hostel)
8 - Ms Cÿrus (English)
10 - Mr Mandlazi (Support)
11 - Ms Bosua (Mathematics)
11 - Mrs van Niekerk (Life Sciences)
14 - Mrs Lubie (Consumers Studies)
15 - Ms Lamb (Geography)
16 - Ms Dorlas (Life Sciences)
22 - Mr Shilenge (Support Staff)
29 - Mrs Koster (Mathematics)
30 - Mrs van Tonder (Mathematics)

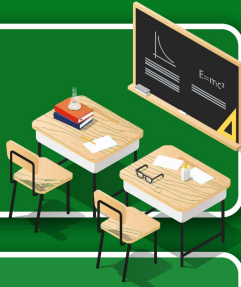
10 TOP TIPS

REMOTE LEARNING FOR CHILDREN

Remote learning can be a great way to continue learning outside the classroom, particularly in difficult circumstances. For students, it's the perfect way to ensure they still get the education they need, despite not being at school. However it also requires a level of discipline and careful planning. That's why we've created this guide to help pupils understand different aspects of remote learning and to support them in ensuring their experience is as safe and secure as it can be.

1) Treat remote learning the same as classroom learning

Despite being at home, it's important to remember the same rules apply as being in the classroom, particularly in respect of behavior and conduct. Focus on learning and don't get distracted by your surroundings.



2) Use classroom language

If you are encouraged to communicate through emails and online messages, don't use shorthand text speak and write as though you would speak in class. Remember to be respectful and polite and avoid posting negative comments or spamming the chat.



3) Take regular screen breaks

Whilst remote learning might be an exciting experience to begin with, having prolonged periods of time in front of a screen isn't always healthy. Remember to have regular screen breaks where possible and in your spare time, try to get some fresh air and enjoy other activities away from electronic devices.



4) Always conduct video learning in an open space at home

To get the best experience from remote learning, it's important to create the right environment around you. Try to set up a mock 'classroom desk' at home in an open space so parents can supervise if necessary. Avoid bedrooms as this could be considered inappropriate.



5) Only communicate through approved school portals and platforms

It's important that you send messages and any pictures or images required for class through approved school channels, such as internal learning portals or approved platforms. This will help to keep your personal information safe and secure.



6) Stick to teacher rules and guidelines around online learning

Your school should issue you with guidance around remote learning and the rules to follow. Always maintain classroom behaviour and try to remember that you are in a learning environment and not a social setting.



7) Dress in school uniform

As part of your learning environment, try to maintain school uniform/dress. This will help as part of replicating classroom learning in the home. Try to avoid wearing anything too casual as this could be deemed inappropriate for school.



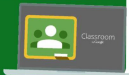
8) Don't share passwords or other sensitive information

In order begin your online lessons or to gain access to learning materials, you may be provided with login details and passwords. In the same way you keep your personal details private, always keep these safe and never share them with others.



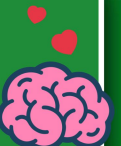
9) Don't use school platforms to discuss personal matters

It's important to keep your school communication channels separate from your own personal communication with friends and family. Don't be tempted to engage in casual discussions or send images, videos or links via official school apps or platforms that aren't associated with your learning.

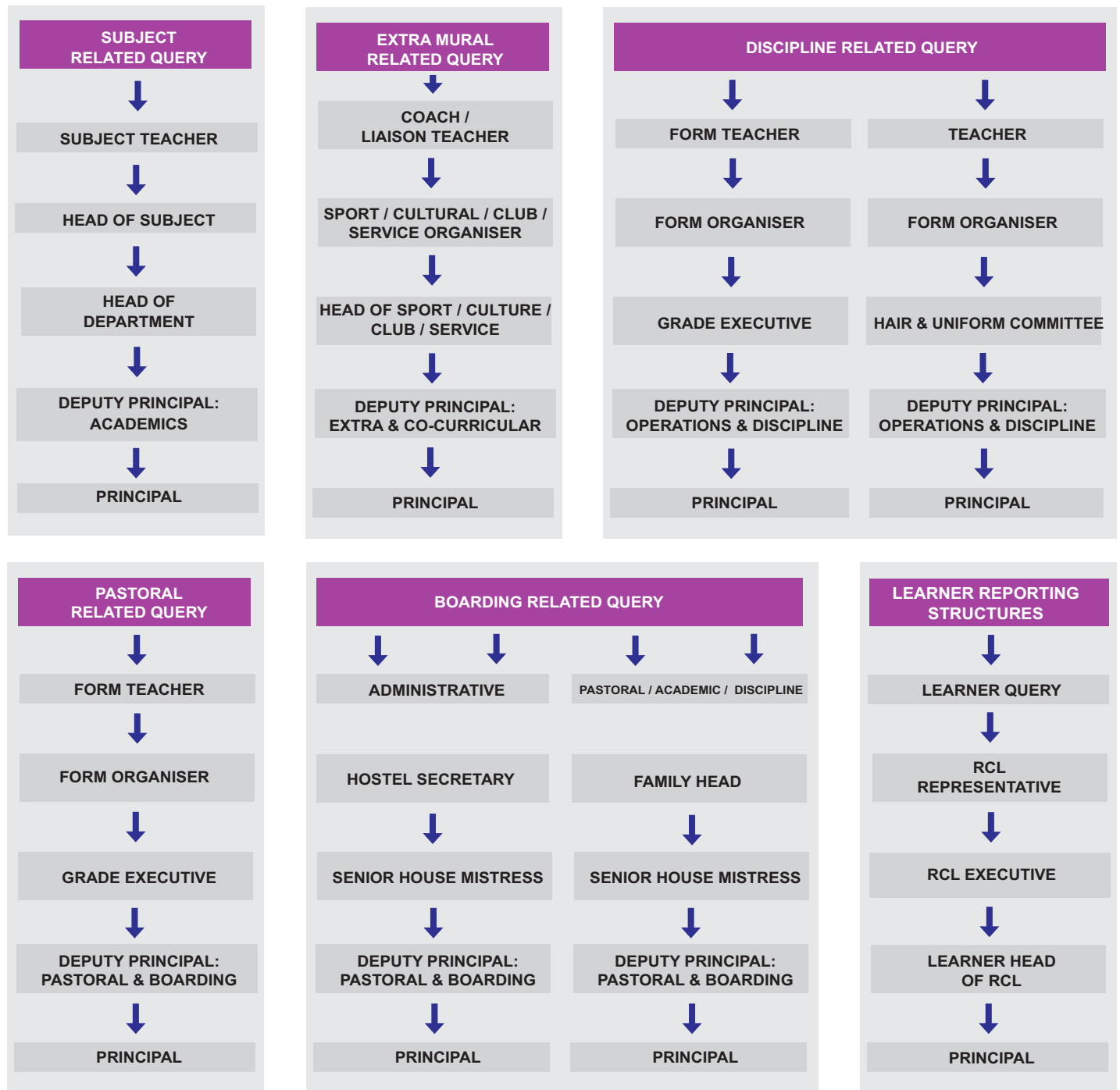


10) Look after your mental health and wellbeing

Remote learning ultimately means working alone and missing out on daily social interaction with your friends. If you ever feel frustrated, low or sad, it's important to discuss how you feel with your parents or your teacher. Keeping in touch with friends over the phone or on social media can also help to keep your spirits up.



REPORTING STRUCTURES FOR PARENTS AND LEARNERS



Note:

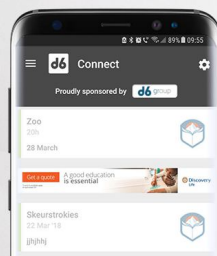
Please address all complaints in writing to info@phsg.org.za and they will be forwarded on to the relevant person or department.

Should all these avenues fail to address your concern, please contact the School Governing Body.

EVENTS

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Once you have installed the Application, you will need to enter your Name, Surname, ID Number, Country, Cell Phone Number, Password and Email Address.

REMEMBER TO CONNECT TO YOUR DAUGHTER'S PROFILE!