



October 2019

# SNIPPETS

PRETORIA HIGH SCHOOL FOR GIRLS

## NIGHT AT THE PROMS



A huge thank you once again to Mr Brendan Hohls for sharing his gorgeous pics with us!

 [Click here for more photos](#)

*By Jasmine Beeforth (Grade 9)*

On 4 October, the Matrics who were involved in the cultural activities of the school performed together for the last time. The annual performance was started with a slideshow of the Grade 12s in action, followed by an orchestra and Old Girls performance of Spirit of the Great Heart in memory of Johnny

Clegg. The Senior Guitar Ensemble presented a riveting version of Hedwig's Theme and the show was ended with an upbeat version of What about us played by the orchestra.

It was a magical evening that bid farewell to the Matrics by reminiscing about the years prior.



# GAUTENG RHYTHMIC GYMNASTICS COMPETITION

On 3 August, Nothamsanga Stephen competed in the regional Central Gauteng Rhythmic Gymnastics Competition and placed 2nd in the free routine, 3rd in the ribbon routine and 1st in the hoop routine. Thamsi placed 2nd in her age group and qualified to represent Central Gauteng at the Provincial competition which took place on 31 August. Here she placed 3rd in the free routine, 2nd in the ribbon routine,

2nd in the hoop routine. Thamsi placed 2nd overall and qualified to represent Gauteng at the 2019 Rhythmic Gymnastics National Games held in Durban from 24 – 28 September. At this event she placed 2nd in the hoop routine, first in the ribbon routine and 2nd overall in the Competition. Congratulations Thamsi, this is outstanding!



## MATHS WIZZES

Congratulations to Emily Hawkes (Grade 9) who had an amazing finish in the final round of the South African Maths Olympiad. She was 20th out of the top 50 from candidates throughout SA. We are so proud of you!

Woo An (Grade 9) represented the Gauteng North district in the 2019 ASSA South African Mathematics Team Competition in September. Congratulations on this achievement, Woo!



## AMERICAN DANCE AWARDS



Megan Roux (Grade 10) took part in the "American Dance Awards" competition on the 20 September. She danced an acrobatic solo, acrobatic group dance, a contemporary solo and 2 contemporary group dances. She received 1 Gold, 4 high Silver medals and qualified to take part in the next competition in Orlando, Florida USA, in July next year!

## DEBATING PLATE COMPETITION

Congratulations to Mrs Cÿrus and her debaters for winning the plate competition. Further congratulations are in order for Katinka Sik and Buhle Mgwenya who were invited to Gauteng trials.

**MATRIC DANCE EXPO**

**Don't miss it! More info on page 10**



# ROBOTICS LEGO LEAGUE – GAUTENG REGIONAL 2019

By Neha Singh and Thashmika Naicker

On Saturday, 12 October, three teams from the Robotics Club of Pretoria High School for Girls namely: Smarties,

Golden Skyscrapers and City Girls participated in the First Lego League competition that was held at the ZK Matthews Great Hall at UNISA. There is a fourth team which had one girl from PHSG (Hey that's us).



The competition consisted of three components: research, robot and core values. For the research section, teams had to identify a problem with a building or public space in their community and had to come up with an innovative solution. Each group had to build and programme a robot to complete specified missions in two minutes and thirty seconds on a set mat.

Smarties placed third out of 46 teams overall. Both Smarties and Golden Skyscrapers were invited to the National Competition on 6 and 7 December at Sci-Bono Discovery Centre in Johannesburg.

## FIRST GLOBAL ROBOTICS CHALLENGE

Masana Mashapha (Grade 11) competed in the 2018 National Robotics Competition as part of the Springbots team. They achieved 6th place out of 193 teams, held a world record of 1286 points for 24 hours and won an award for creativity and imagination, awarded by the Walt Disney Company.

Masana together with the Springbots competed in the First Global Challenge hosted in Dubai from 24 – 27 October 2019. Congratulations Masana!



## NORTHERN TITANS CRICKET

Aimee Perfect (Grade 10) was selected as part of the Northern Titans U16 Girls' Team.

She will also be Captaining the team in the tournament taking place from 30 November to 4 December 2019. You have made us proud Aimee. Well done!





# PRETORIA CLASSICAL GUITAR EISTEDDFOD

PHSG is proud of the following learners who participated at the Pretoria Classical Guitar Eisteddfod and showcased their amazing talent:

Lihle Mosiane was awarded the trophy for Best Junior Guitarist as well as

Recital (performance of 3 consecutive musical works) 14 and under (A++)

Performance of modern musical work 14 and under (A++)

Performance of modern musical work 14 and under (A+)

Alison Goodway was awarded the Best Performance of a Musical Work by a South African Composer as the following certificates:

Recital (performance of 3 consecutive musical works) 16 and under (A+)

Performance of modern musical work 16 and under (A++)



Performance of a musical work by a South African composer 16 and under (A++)

Jocelyn Weiss was awarded the following certificates:

Recital (performance of 3 consecutive musical works) 16 and under (A) and Performance of modern musical work 16 and under (A).

Zoe ten Krooden was awarded a certificate for Recital (performance of 3 consecutive musical works) 16 and under (A).

Even though the Guitar Ensemble did not perform at the Eisteddfod this year, the organisers heard of their success at the SASMT National Ensemble Competition and asked them to perform at the Gala Concert as guest artists. They performed the famous tango: La Cumparsita by Gerardo Rodrigues. Click [here](#) to view.

## THE LIBRARY AND ITS TOP READERS



By Mrs Muller

The Library's service is slowing down as the girls are getting ready for final exams and the books are being returned to be on the shelves for the annual stocktaking. The results of the Top Readers for 2019 were announced on 14 October, and we congratulate these girls for making such good use of our

collection and enjoying the privilege of reading so much: Jesse Mutombo in Grade 8 read 51 books, Kego Kau in Grade 9 read 73 books, Carol Shoniwa in Grade 10 read 57 books, and Shekinah Kaninda in Grade 11 read 11 books.

We issued over 2300 books this year, and the service runs smoothly thanks to our friendly and reliable Library monitors. On the team for 2019 were Chevandr  Potts, Megan Dinwoodie, Oluchi Benjamin, Shekinah Kaninda, Carol Shoniwa, Amina Dossa, Reneilwe Mathabathe and

Neo Molekwa. The Matrics were Buhle Mgwena, Deveney van Rooi, Prudence Mbokota, Amber Beeforth, Mathilda Thokoane, Vauna Naidoo and Tumi Malefo. As we said goodbye to them, wishing them well for the future, Gao Mahlakoana, Suzie Holliday, Kego Kau, Ruva Chinamora, Nkateko Mkhonto, Nime Soga and Malaika Kamangu joined us for 2020.



Top Readers Left to right: Kego, Carol, Shekinah and Jesse



# THE GREEN BADGES

 [Click here for more photos](#)

By PHSG Journalists

On 4 October we bid farewell to the Matrics of 2019. The final assembly's guest speaker was Tsholofelo Mamogale, the Headgirl of 2014. The Matrics led into the hall and sat on stage just as they did when they were in Gr 8. This reminded them of their PHSG journey, which they will cherish always. Another trip down memory lane came in the form of a PowerPoint presentation of their happiest memories from the past.

Tsholofelo spoke how about how Girls' High prepares its learners for university and beyond. The lessons of respect, integrity and perseverance will guide the young ladies along any path they take.

After the motivational speech, the Matric pupils provided entertainment in the form of two musical items, the first a piano piece performed by Carlene Govender and the second a blessing sung by Megan van Niekerk and Thato



Legodi.

The assembly ended with a tearful rendition of the school song as the Matrics exited the hall for the final time to enjoy a delightful breakfast picnic on the beautiful PHSG lawns.



**Master Maths wishes you all  
the best in the  
upcoming exams!**

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## SQUASH

Congratulating to the following squash teams on being winners in their leagues. They were awarded certificates from NJSA (Northern Junior Squash Association).

D Team - Hailey Nicholson, Jesse Kettle, Skylah du Toit and Tamzin Fat.

E Team - Aloise Wepenaar, Jaydee Slater, Kahumuza Janice and Jesse Kettle.

F Team - Akhiwe Busakwe, Amy Roux, Courtney Robbeson, Kirsten Moorhouse and Megan Stroud.

We'll done ladies!



## ATHLETICS

The athletes participated in the Grey/Oranje Meisies Athletics meeting on Saturday 5 October.

Congratulations to all the athletes who participated. Most of the athletes improved on their personal best.

Kganya Ramara received a Bronze medal for the 300m Hurdles.

Naledi Temo received two bronze medals for 100m and 200m. This is a fabulous achievement.

We are looking forward to the 2020 season.

## WATER POLO

PHSG paced second in the Parktown Spring Festival. They were victorious over Parktown (10-1), St Marys (7-2) and Reddam (17-0) but lost to Rand Park Girls (1-11) in the final. Well done, ladies!

## BASKETBALL

Congratulations to our Basketball team for their excellent performance at the St Peters Festival.



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## SOCCER

Our Junior Soccer team placed 3rd overall in the Pretoria League and went to JVW Gauteng playoffs where they ended 3rd in Gauteng out of 20 schools.

In the Parktown Spring Tournament they ended 3rd out of 12 schools and Paris Mehlahe received the *Player of the Tournament* award.

Our open team placed 5th in the Pretoria league and 6th in the Parktown Spring Tournament.

Thank you to all the soccer players for their commitment and well done on a very successful season, we are extremely proud of you.

## TUKS VOLLEYBALL HIGH SCHOOL TOURNAMENT

The Volleyball First Team faired very well at the Tuks Volleyball High School Tournament this year.

They were victors in their matches against DSG and Krugersdorp 2 - 0, then beat AISJ A 2 - 1 and Jeppe B 2-0. At the Quarter finals they beat Heronbridge 2 - 0 and at the semi-finals won 2 - 0 to Fourways B.

The team placed second overall after a loss to AISJ A at 0-2. Well done to the following learners: Tlalane Ntlatlapa, Mia Cloete, Leslen Ash, Thato Tumagole, Reatile Nkadameng, Kutlwano Legoabe, Dee Dee Dlokoa and Irmgard Rwida.

## TUKS BEACH VOLLEYBALL TOURNAMENT

Well done to Girls' High's very own: Lesedi Ramushwana, Jayde Pinto, Yirishka Pillay and Victoria Santos on their third place finish at the annual Tuks Beach Volleyball Tournament which was held at the Deutsche Schule Pretoria on Saturday, 12 October. We are so proud of you!



## MATRIC CONCERT

*By Jasmine Beeforth*

On 23 August it was the final concert for all Matrics who took music as a subject. A range of musical instruments was played: from flute, saxophone, marimba, piano to violin. The vocal section featured a variety of styles including jazz and opera.

The event was kicked off by Alissa Stevens on the marimba playing a jaunty version of Czardas and ended with Katinka Sik singing a hauntingly beautiful rendition of La Spagnola. Before each item, the musician would give a brief introduction of the piece she would perform.

At the end of the concert, all who intended were invited to snack on a variety of finger foods. The event was a great success and showed off how talented each of the learners is.

## DALE CARNEGIE: GENERATION NEXT

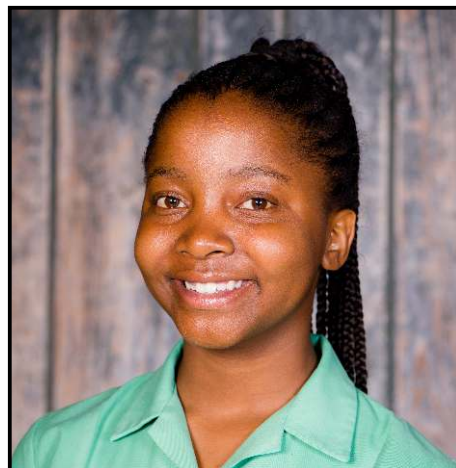
*By Nash Bingham*

During Term 3, the Grade 11s were given the opportunity to improve their leadership, problem-solving and communication skills. The Dale Carnegie course was an 8 week programme that took place at Pretoria High School for Girls on Friday afternoons, each a 3 hour session. At the end all who had chosen to take part graduated as changed people. They now are proud achievers of a Dale Carnegie Certificate.



## CENTURION KUNSTEFEEES

Emihle Mabindisa participated in the Centurion Kunstefees on the 3 September and received an A+ for English Sight Reading, Grade 11 and an A+ for English Prepared Reading, Grade 11. Great job, Emihle!





# OLD GIRLS REUNION

By Mrs Spruyt

After a slow start the numbers increased in the last weeks. The luncheon was very well attended and enjoyed by all.

The morning started off with the AGM and was followed by a walk about with the Principal Mrs. Erasmus, which proved to be very popular.

Waterpolo, netball and hockey matches were played against the school and all games were won by the Old Girls (not so much of the old).

The Luncheon was attended by ladies of all ages including the Head Girl from 1944. Ladies from 10 to 75 years out of



school all enjoyed a lovely meal, while sharing memories and reminiscing their time at PHSG.

The committee worked hard to create a memorable day and have already started working on next year's reunion.



## HIP HIP HOORAY!

By PHSG Journalists

[Click here for more photos](#)

Pretoria High School for Girls celebrated her 117th birthday on 10 October. The celebration began with a morning assembly. As the pupils and teachers led into the hall, they were accompanied by melodious tunes played by the saxophone ensemble.

Relebogile Mabotja was the guest speaker for this occasion. She is an Old Girl who graduated in 2003 and a host on Metro FM. She spoke about how Girls' High made her the woman she is today and shared a few special memories. As a birthday present for the school she promised to mentor ten lucky Matriculants, sponsor ten Grade 11 learners for their upcoming Matric dance, enhance the Music Centre and she wants to donate a trophy for a worthy Girls' High girl.

The assembly concluded with a proudly sung rendition of the school song and because Ms Mabotja's voice was so

clear and she was so enthusiastic the girls could not help but sing along joyfully and loudly.

The old girls on staff as well as those who have been employed for more than 10 years placed white irises in a vase to commemorate the school's birthday.

To end the special day, the learners were treated to a vanilla ice cream, a much-awaited gift.



[Click here to watch the video](#)





# MOLE DAY

A successful mole day breakfast was celebrated on Friday 25 October. Several schools were invited to attend. Learners gathered for the early morning breakfast at 5:50 to await the 6:02 celebration. The theme was Despicamole Me and the learners with Science as an elective dressed the part.

**Congratulations to the following learners who improved their Science marks between 20 - 30%:**

Grade 8 - Nomhle Buthelezi, Buhle Sindani, Mahlako Nkoana, Perla Lobo Tabora and Onthatile Tisane.

Grade 9 - Mackenzie Rimmell, Woo An, Roxanne Van Der Lith, Ruva Chinamora and Erin Mokone

Grade 10 - Vanessa Bezuidenhout,

Robyn Anderson, Shaamika Krishnan, Aimée Good and Hope Mdakane.

**The following Grade11 learners also improved their Science marks dramatically:**

Orea Tshiamu 35%, Reatile Nkadimeng 34%, Phenyo Mokwena 32%, Zinhle Mdunge 30% and Owethu Mathobela 29%.

**What is a Mole anyway?**

It is a standard scientific unit for measuring large quantities of very small entities such as atoms, molecules, or other specified particles. One mole of something is equal to  $6.02214078 \times 10^{23}$  of same things.



# RUBBING SHOULDERS WITH ROYALTY



Ntando Sgudla (Grade 10) was invited to Prince Harry and Meghan Markle's Reception on the last day of the Royal's SA Tour in Sandton. Unfortunately, cameras were not allowed. Ntando was crowned Miss SA Teen 2019 and has been flying the PHSG flag through all the charity work and events she attends. You make us proud, Ntando!



On the occasion of the visit to South Africa by Their Royal Highnesses, the Duke and Duchess of Sussex, Her Majesty's Trade Commissioner for Africa, Mrs. Emma Wade-Smith OBE, requests the pleasure of the company of Ntando Sgudla at a reception

Wednesday 2 October

Her Majesty's Trade Commissioner for Africa's Residence, 83 Tweedale Road, Hyde Park

(what3words: comet.caps.noises)

12h15 to 15h30 (entry will close at 13h00)

Dress: Smart. Traditional attire welcome. This event is a garden party and will take place on a lawn

Please RSVP by Wednesday the 25th of September



# MATRIC VALEDICTION 2019

 [Click here for more photos](#)

2019 has been a year of excellence for PHSG and we are so proud of all the learners that have performed well this year. Well done to the following Matric learners who received prestigious awards:

## William Anderson award

This is a distinguished scholarship that is awarded to learners who have achieved a final year average of over 84.5% in grades 10, 11 and 12. Congratulations to Lethlogonolo Letshela, Sandy Soe and Kayla Stroud.

**Honours awards** (Service, Cultural & Sport; Service to extracurricular activities)

The Honours award, as per criteria for each activity and service to extra-curricular activities, this award is given to learners who are at first team level in at least three activities – grade 12 year. Congratulations to the following learners:

Academics - Lethlogonolo Letshela, Sandy Soe and Kayla Stroud.

Culture – Thelma Kalima

Sports - Prudence Mbokota



## STAFF NEWS

### Farewell

Farewell to the following staff members, we wish you all the best in your future endeavours, thank you so much for your valuable contribution to PHSG: Miss Austin, Miss Howard, Mrs Hudson, Mrs Human and Mrs Muller-Holtshausen.

We also bid a sad goodbye to Mrs Bouwer who is retiring after many years at PHSG.

### Congratulations

Congratulations are in order for Mr Snyman, who will soon be getting married, and Ms Maluleke who is going on Maternity leave.

### November Birthdays

- 7 Mrs Dodds – PA to the Principal
- 10 Mrs Weideman English
- 10 Miss Robbertse Mathematics
- 12 Mrs v Kraayenburg - LO
- 21 Mrs Pieters - CAT
- 25 Miss Lightbody – Life Sciences
- 26 Mrs Greenberg – Art and Design
- 28 Miss Cowan –Academic Manager Assistant

## EVENTS

[Get the November Calendar by clicking here!](#)

## MATRIC DANCE EXPO

*All Welcome!*  
Your complete guide to  
Matric Dance 2020

Dress Rentals / Makers, Men's Outfitters,  
Beauty Salons, Makeup Artists, Hairdressers,  
Accessories, Photographers,  
Cars/Party Busses and Various Workshops

**23 NOVEMBER 2019 9am - 2pm**  
Pretoria High School for Girls

**CLICK HERE TO BOOK YOUR TICKETS**





It can be challenging for parents and carers to know whether children are spending too much time on their devices. Furthermore, it's even more of a challenge to know whether a child is addicted to the internet and social media. As technology is becoming more pervasive, children and young people are experiencing tech-related dependencies. Do we as parents and carers have the knowledge to identify and support children and young people who may be developing an addiction to their devices?



**47%**  
of parents  
said they thought their  
children spent too much  
time in front of screens



## What parents need to know about **SCREEN ADDICTION**



### **SMARTPHONE ADDICTION IS A RECOGNISED HEALTH CONDITION**

Children as young as 13 are attending 'smartphone rehab' following growing concerns over screen time. There are now help centers in the UK which deal with screen addiction for children and adults showing the seriousness of device addiction.

### **IT CAN CAUSE SLEEP DEPRIVATION**

7 out of 10 children said they had missed out on sleep because of their online habits and 60% said they had neglected school work as a result. It is important that children get the sleep they need in order to focus the next day.

### **CONFIDENCE, SUPPORT & ACCEPTANCE**

The Children's Commissioner report 'Life in Likes' explored how children aged 8-11 are using social media today. It showed that children are using their devices to speak to their online friends about their problems and seek acceptance and support, removing face to face interactions.

### **LOSS OF INTEREST IN OTHER THINGS**

Your child may become less interested in anything that does not include their device. You may notice that your child is missing school time and generally being less engaged with other activities in the home. It is important to discuss this with your child as soon as you notice a behaviour change.

### **APPS CAN BE ADDICTIVE**

Apps have been designed with 'psychological tricks' to constantly keep grabbing your attention. One example of this is on the app Snapchat, where you can gain 'streaks' when interacting with your friends. If you don't respond, you lose the streak. This addictive nature of apps aims to engage children and keep them coming back for more.



## Top Tips for Parents



### **LIMIT SCREEN TIME**

In today's digital age, technology is an important part of a child's development so completely banning them from their device will mean they are missing out on a lot, including conversations and communication with their friends. Rather than banning them from using their devices, we suggest setting a screen time limit. Work out what you think is a suitable and healthy amount of time for your child to be on their device per week. Remember that your child may need to use devices for their school homework so only set screen limits on recreational time on their device. Once you have established this, have the conversation with them to discuss why you are implementing a screen limit. There will be others in your child's friendship group who will not have screen limits set and will be sending messages when they do not have access to their phones.

### **LEAD BY EXAMPLE**

Children model their behavior on their peers, so if their parents are constantly on their device, they will see this as acceptable. Try limiting your own screen time and follow the same rules you have set for them. If you have asked your child to not use their device at the table, make sure you don't. Try setting house rules that the whole family abide by.

### **REMOVE DEVICES FROM THEIR BEDROOM**

Setting a rule about removing devices from bedrooms will help your child to get the sleep they need and be more focussed the next day at school. 20% of teenagers said that they wake up to check their social network accounts on their devices. Even by having a device switched off in their bedroom, they may be tempted to check for notifications.

### **ENCOURAGE ALTERNATIVE ACTIVITIES**

It may seem like an obvious solution, but encouraging children to play with their friends, read a book, or playing outdoors will help them realise they can have fun without their device. Playing football, trampolining, camping, going for a walk or swimming are all healthy replacements for screen time. Try to join them in their outdoor activities to show your support.

### **LESS TIME MEANS LESS EXPOSURE**

There are many risks associated with devices, such as cyberbullying, grooming, sexting, viewing inappropriate content etc. Less time spent on a screen means that a child will be less exposed to these risks.

### **MOBILE-FREE MEAL TIMES**

Have you tried to settle your child by giving them a tablet at the dinner table or restaurant? This may seem like a quick fix to calm them down but in reality, it is encouraging them to use their device as a distraction from conversation and dealing with their emotions. We suggest removing all technology from the dinner table and having conversations with your family about how their day has been.

### **STATISTICS**

**53%** of children aged **3-4**  
go online for nearly **8hrs** a week

**79%** of children aged **5-7**  
go online for nearly **9hrs** a week

**94%** of children aged **8-11**  
go online for nearly **13.5hrs** a week

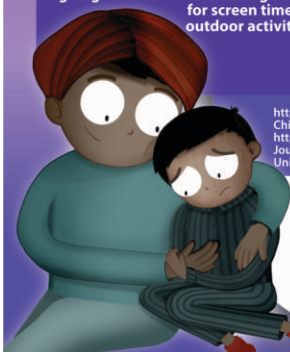
**99%** of children aged **12-15**  
go online for nearly **21hrs** a week

<https://www.independent.co.uk>  
Children and Parents: Media Use and Attitudes Report 2017: <https://www.ofcom.org.uk>  
<http://uk.businessinsider.com/how-app-developers-keep-us-addicted-to-our-smartphones>  
Journal of Youth Studies: <https://www.mirror.co.uk/tech/one-five-kids-losing-sleep-9653986>  
University of Leeds: [https://medhealth.leeds.ac.uk/news/article/1296/lack\\_of\\_sleep\\_damaging\\_for\\_children](https://medhealth.leeds.ac.uk/news/article/1296/lack_of_sleep_damaging_for_children)



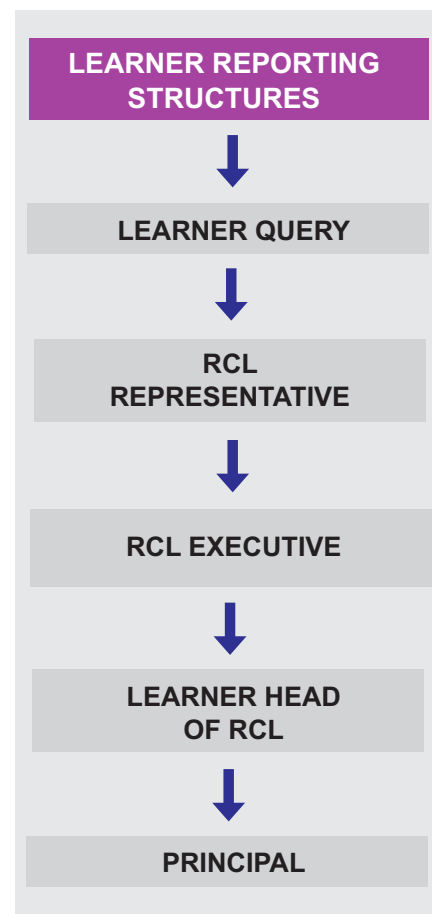
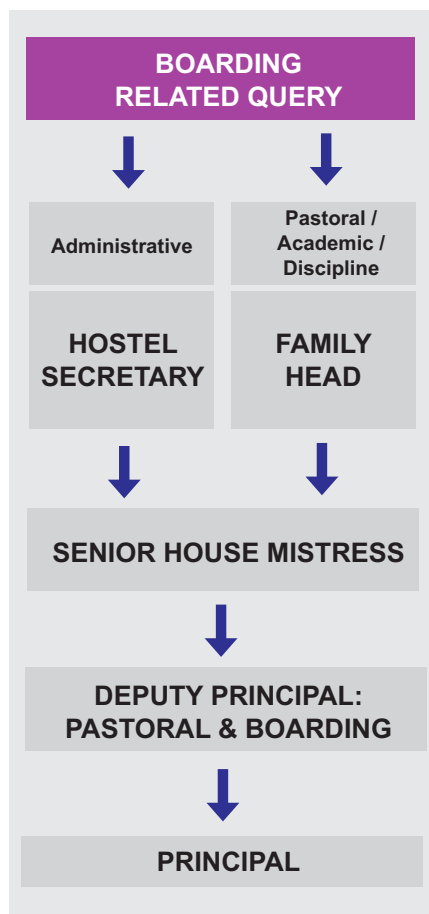
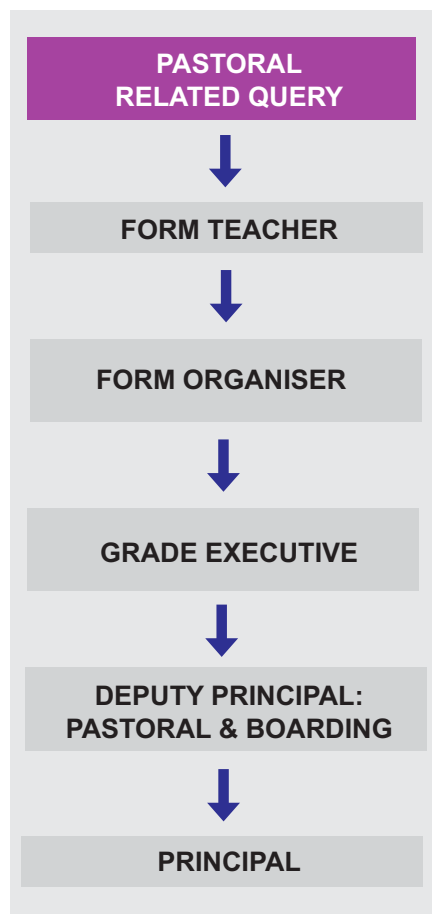
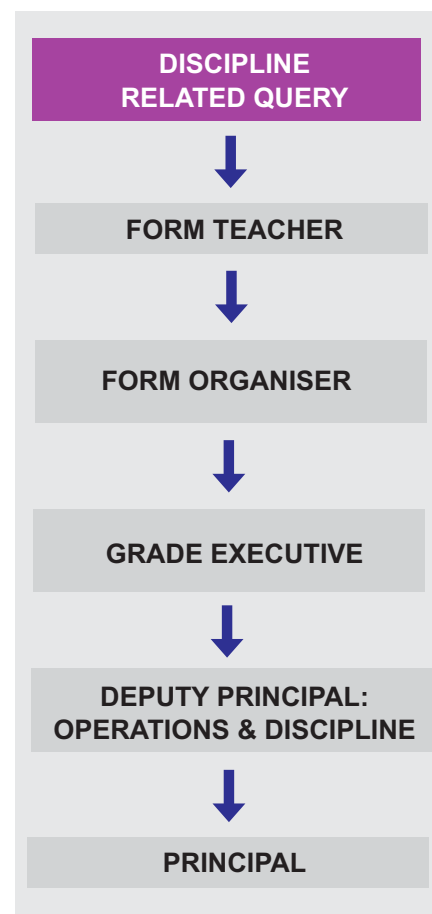
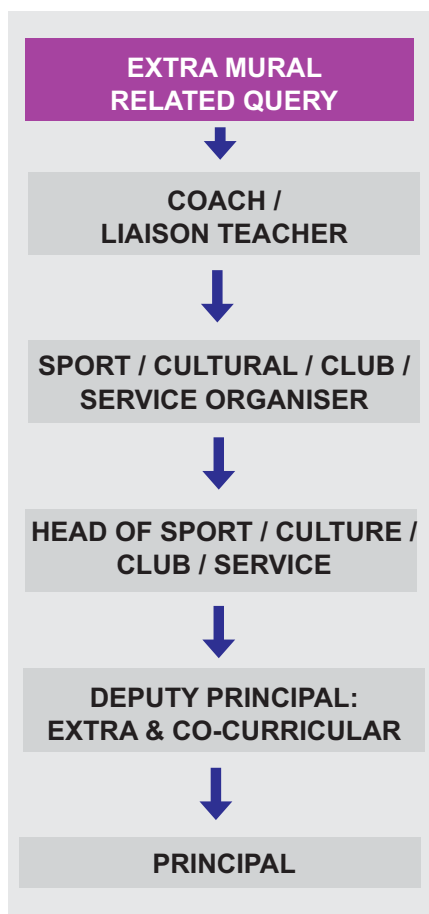
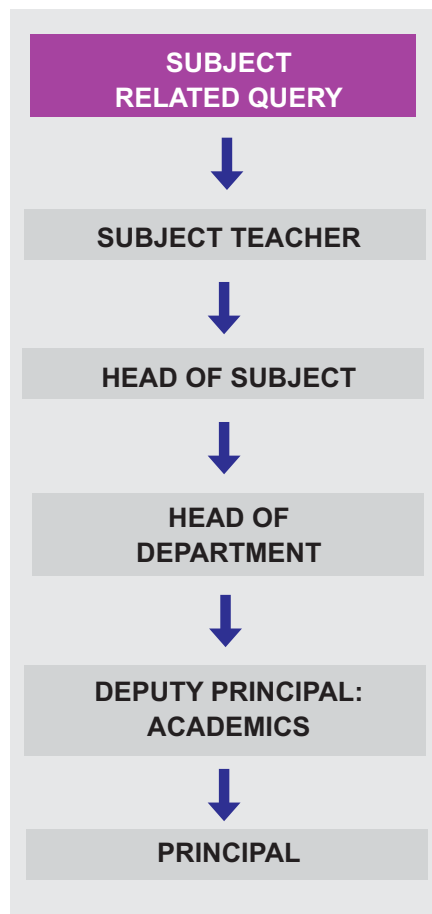
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# REPORTING STRUCTURES FOR PARENTS AND LEARNERS



## Note:

Please address all complaints in writing to [info@phsg.org.za](mailto: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.