



May 2019

# SNIPPETS

PRETORIA HIGH SCHOOL FOR GIRLS

## P DERBY



By Flora Dilettante

The first ever 3P Derby Day took place on 18 May. Potch, Parktown and Pretoria Girls' High competed against each other in netball, hockey, tennis, cross country, public speaking, debating, chess and squash friendlies.

The day was started with each school, standing in front of the Pavilion, trying to impress each other with their energetic

cheers. Shortly after, the games began.

Many girls attended to support their friends and received free photo from the Photobooth with exotic props, where they received vouchers for free popcorn and Pepsi (note the many "Ps").

After a tiring, but enjoyable day, the girls bid farewell to their new friends from their sister schools.



[Click here for results](#)

 [Click here for more photos](#)



# LAY OF THE LAND

By Neha Singh (Grade 9)

Development is an important part of Pretoria High School for Girls. Recently, large cracks started appearing on the surface of certain sports courts which could ultimately become a problem and a danger to players. Engineers came to investigate and successfully found the root of the problem. Many of the trees near the Pavilion and at the Volleyball courts have been removed. This action was taken in preparation of a more permanent solution.

Mrs Schoombie, Deputy Principal Operations, kindly took the time to meet with one of the reporters from the school paper to discuss the current challenge.

## 1. What is the current development happening at the school?

We had to embark on an overhaul of the basketball, volleyball and netball courts.

## 2. Can you elaborate on the tree problem?

The trees near the courts are Blue Gum trees. They require a lot of water and have very strong roots. Due to the climate change that we are currently facing, the trees' need for water has increased. The roots started to go under the

courts in search for water. There is a lot of clay around the school and clay provides wells for the trees' water needs. This is why the courts began to crack.

Professionals advised that the school's water table should be higher once the courts are removed. The school has looked at other the places to move the courts but decided against that. The school will plant indigenous trees that are not detrimental to the soil and that can handle the climate change in South Africa, near the newly built courts.

## 3. Where will the students practise once the project begins?

The girls will be practicing at Tuks in term three. Buses will be transporting the students from PHSG to UP.

## 4. What is the timeline for this project?

The site handover happened on 27 May and the project will be completed in December 2019.

## 5. Will events at or near the Pavilion be affected by the construction?

Functions will not be affected. Areas will be properly blocked off to ensure that no one gets hurt or injured.

# GERMAN LANGUAGE DIPLOMA

By Mr Smit

On Monday 13 May, our German Matric class of 2018 was invited back for a special assembly to be presented with their DSD Certificates.

The Deutsches Sprachdiplom (German Language Diploma) is an external international examination written by our Matrics at the end of every year. Upon receiving these DSD Certificates, our learners' proficiency in German is

internationally recognised and opens many new doors for them in their future travels, studies and careers.

Along with the 15 Matrics who wrote the DSD last year, two Grade 10 (now 11) German mother-tongue speakers gave the examination their best shot and very proudly received their certificates as well.

Congratulations to Claudia Strahlendorf, Sarah Vogetseder and our German Matric class of 2018!





# MOTHER'S DAY CONCERT

By Ferne Dilettante

On 10 May, the PHSG Performing Arts learners treated guests to a spectacular show of talent at the Mother's Day Concert. The concert opened with Mr Iliev playing the piano while a slideshow of girls with their mothers played in the background. It really set the scene for the night with everybody recognising their friends and peers and commenting on how everyone looked content and loved.

The PHSG Rock Band had their debut playing 'Just the way you are' by Bruno Mars and 'She will be loved' by Maroon 5.

The audience particularly appreciated the debut performance of our own rock band.

It was memorable to see so many girls performing in the guitar ensembles. For the first time ever, our Orchestra accompanied the graceful and elegant Ballet Dancers, who floated and shimmered across the stage.

The trusty Marimba Band, both Choirs and the various Orchestral Ensembles built to a climax of 'The Best of Queen Medley', which made many mothers hum along.



A HUGE thank you to Mr Brendan Hohls for sharing his beautiful pics with us!

 [Click here for more photos](#)



## Calling all Restaurateurs!

We are looking for Old Girls, parents or supporters of PHSG in the Food and Hospitality Industries to help us make the **100<sup>th</sup> Spring Fair** the best one to date.

Help us raise funds in the form of vouchers or products for prizes on the day, or simply show your support by offering your time or other expertise.

Drop us a message at [sparboc@gmail.com](mailto:sparboc@gmail.com) and let us know how we can work together.



# MODEL UNITED NATIONS

By Ms Howard

On 10 May, the Model UN girls took part in a Model Legislature Debate where they discussed the issue of public participation amongst the youth. The resolutions and recommendations of this debate are to be compiled in a submission to the Gauteng Legislature.

We would like to congratulate Arin Sithole for doing so well in her first debate and a huge congratulations to Mokgethoa Mampe (Gr12) for taking home the Best Speaker award. Mokgethoa will have the opportunity to write an Op-Ed with SALLA, commenting on issues facing the youth, in celebration of Youth Day in June.



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# JOZI LAND ART EVENT

By Dominique Steeman (Grade 12)

Sundays are not days of rest for artists. Pretoria High School for Girls' Matric Visual Arts girls took part in the annual Jozi Land Art Event at the Johannesburg Botanical Gardens, orchestrated by Site Specific, in order to create art that does not harm the environment and will degrade with time as part of the artwork.

The Matric Visual Arts girls, accompanied by Mrs de Bruyn, Mrs van Niekerk and Mrs Greenberg, created an artwork in tribute to bees.

This artwork was created to increase awareness about bees being integral to the well-being of man. Many people in Johannesburg have taken to bee-keeping. This has led to hives closing in on each other; creating competition among the bees and the overpopulation of bees in specific areas, leading to more bees dying.

The artwork was made purely from biodegradable substances and substances that will improve the environment in the long run, such as different coloured sucrose that would serve as food for the bees; ash which is a proven natural pesticide against the ticks and fleas for animals, and salt and charcoal. The artwork was a huge success and was photographed by journalists. The girls were also exposed to incredible artists such as Annie Le Roux.

Later they enjoyed the delightful tunes of a local youth Marimba band whilst enjoying the lovely scenery of the Emmarentia Dam and the Johannesburg Botanical Gardens.





# EQUESTRIAN QUALIFIER 3

By Mrs Lubie

Well done to everyone who participated in the Equestrian Qualifier 3 from 18 – 19 May. This is an amazing set of results. You are true ambassadors of PHSG.

## EVENT:

### Madison Ferula

- 80cm Equitation	11th
-80cm 2 phase show jumping	23rd
-80cm competition show jumping	27th

### Simeone Snyman:

-80cm 2 phase show jumping	29th
-80cm competition show jumping	24th

### Courtney Robbeson:

-1m 2 phase show jumping	4th
-1m competition show jumping	4th
-90cm working hunter	3rd

### Emma Van Schie:

-Novice freestyle dressage	1st
-Novice dressage	10th
-Level 5 working riding	2nd
-Level 5 performance riding	1st
- In hand utility	6th

### Megan Crabtree:

-90cm 2 phase show jumping	10th
-90cm competition show jumping	10th

### Nadia Pentz:

-90cm 2 phase show jumping	2nd
-90cm competition show jumping	5th

### Jordan Venter:

-Prix Capprilli A	1st
-Prix Capprilli B	2nd
-Preliminary Dressage A	3rd
-Preliminary Dressage B	14th
-Level 1 performance riding	9th
-Level 3 Working riding	6th



# TUKS BEACH VOLLEYBALL TOURNAMENT

On 10 May, Leslen Ash, Irmgard Rwida, Deedee Dlokova and Kutlwano Legoabe took part in the annual Tuks Beach Volleyball Tournament. They won all their matches and went to the semi-finals where they beat Jeppe. They played DSP in the finals and won, making them the overall winners of the competition. Well done, ladies!



# ARTS FESTIVAL

By Pretoria East Rekord

PHSG would like to congratulate Megan van Niekerk who will be travelling to Orlando, Florida, US, in June to compete in the Artist Rising Talent Showcase (Arts) Festival. Megan has a passion for singing and dreams of composing for films. Megan will be showcasing her talent and participating in the singing category at the festival and is looking forward to performing in front of scouts and agents for Disney and The New York Film Academy.

When she is not composing, Megan enjoys being part of the PHSG orchestra, and will be performing on numerous occasions throughout the year.

PHSG is proud of you, Megan!

Click [here](#) to read more.



## BASKETBALL

Well done to our 1st Team Basketball ladies who placed 1st in the Pretoria League! We're very proud of you. The U15 and U16 Teams won Silver for placing second. Thank you to all involved for such an incredible Basketball season.

## 100 YEARS OF SPRING FAIR!

It's that time of year again, when the PHSG community comes together to support our annual Spring Fair fundraiser. This year we will be celebrating the 100th Spring Fair on Saturday 07 September. We are planning an even bigger and better Spring Fair and will rely on your generous donations to make this possible.

Each learner is required to donate the following at the start of Term 3:

- A minimum of 4 NEW items for the Tombola with a value not exceeding R30.00 per item.
- A minimum of 4 jumble items (old clothes and shoes in reasonable condition).
- A minimum of 4 books (good quality, either used or new).

- A minimum of 4 household items: Non-Electrical kitchen appliances/utensils; Non-Electrical bathroom paraphernalia; Cutlery / Crockery; Sports gear; Toys or Jewellery.

In addition to this, learners are requested to donate the following items per grade:

### Grade 8

2 x 6 pack preferably Bonaqua bottled water 500ml.

### Grade 9

1 x 6 pack Liquifruit CANS ONLY.

### Grade 10

1 tin of condensed milk.

## NORTHERNS HOCKEY

PHSG is so proud of the following learners for making the Northerns Hockey Team:

### U18A

Bonolo Moabi  
Zoë Gurschl

### U18B

Alexia Wheatley  
Chantelle Van Tonder

### U15B

Tamzin Fat  
Akhiwe Busakwe

### U14A

Shanna Brown

### U14B

Abby-Lee Steyn  
Alicia Mntungwa  
Andani Mukhathi  
Thamsyn Manus

## INTER PROVINCIAL SQUASH FESTIVALS



We are delighted that Tallis Brown has been selected to the U16B Northerns Squash Teams to represent Northern Gauteng at the annual Inter Provincial Squash Festivals / Tournaments running from 15 – 19 June 2019. Great job, Tallis!

## CONSUMER PRACTICALS

PHSG corridors always smell so good with the aroma of freshly-made food wafting through the air. This month was no different – from gorgeous cakes and muffins to mouthwatering beef stew, everyone who was near the consumers classrooms was transported by the heavenly smells drifting through the school.





# THE ALISON KITTO WALKWAY

By Jasmine Beeforth (Grade 9)

It was certainly a momentous occasion on 20 May when Mrs Kitto, an Ex-Principal of PHSG, cut the ribbons and walked to the middle of the newly-built Alison Kitto Walkway to view the plaque in her honour. Having taken the podium for the first time again after many years, she addressed the PHSG Assembly saying that change is good as long as the good things remain.

The guest speaker for the day was Head Girl of 2000, Yanna

Fourtounas, who had been Head Girl during Mrs Kitto's time as Principal of PHSG. Her stories made the girls and the teachers laugh and nod with nostalgia. Who can forget Penny Heyns and South Africa's cricketers filling the older generation with awe and excitement?

After a few quiet words and hugs with staff members and Old Girls - all who were here in Mrs Kitto's time - the guest of honour, left with Mrs Erasmus.



## NATURAL SCIENCE OLYMPIAD

By Neha Singh (Grade 9)

Emily Hawkes and Neha Singh, in Grade 9, represented PHSG in a Natural Science Olympiad. The first round was written on 14 May at Sunnyside Primary School. The paper was thirty minutes long and consisted of the following topics: *life and living* and *matter and material*. The results of the Olympiad were discussed with all the students who participated, shortly after the paper was written and marked.

Both girls have made it into round two along with six other learners from various high schools. Round two is a district competition and will be written on 23 July 2019.





# ALL GIRLS' FESTIVAL

By Ferne Dilettante

Paarl 1 – 4 May 2019

A small group of very excited PHSG girls and teachers left at the crack of dawn on Workers' Day from OR Tambo Airport. The destination was Paarl Girls' High and La Rochelle Girls' High who hosted the annual Girls' Schools' Festival. The group resided in the picturesque Goudini Spa.

First teams in many disciplines competed to be the best in South Africa's state schools. As one can imagine, the competition was fierce. The star of the group proved to be Kelebogile Ratsoana, who emerged victorious as the Best Senior Speaker of the Festival! The whole group glowed with shared pride.

Quotes from the magical festival:

Gisele remarked, 'I liked the fact that we received free Future Life. I made new friends and I will see them again. The sunsets were beautiful over the mountain.'

Tshowa enthused, 'The trip was enjoyable. I made new friends in both La Rochelle and Eunice. The experience of the multiple games of sport was what I loved. I could see that a lot of effort was put into the opening ceremony. The light-show also stood out for me.'

Ruby said, 'Paarl is beautiful in every aspect. The scenery was breathtaking.'

Jordan added, 'There was a great deal of sportsmanship shown. I experienced no friction and enjoyed the camaraderie and togetherness.'

Jenna was amazed by the surroundings. What a privilege it was to play on an astro surrounded by such imposing mountains! Her matric friend, Lennie, found all the new friendships so valuable. She is looking forward to seeing the new friends again at the Derby Day.

Elke treated the whole group to new ribbons which were worn with joy. She beamed with happiness because she was awarded another chance to experience teamwork and forge even greater bonds with her peers.

Another highlight was the quick visit to the 'Spice Route' before the inevitable journey home. Girls ordered unusual ice-creams and bought original Fair Trade chocolate and lay on the lawn under the oaks, marvelling at the wonder of the Fairest Cape.

But that was not all. Another extraordinary co-incidence was that the pilot of the Girls' High Mango flight was an Old Girl herself – Megan Glancey, who matriculated in 2003. How gratified the group felt to have the pilot greet PHSG particularly and mention that she was an Old Girl and a boarder at School House in her day!

Memories are made of this...

 [Click here for more photos](#)





# TEACHERS HAVE THE PHSG SPIRIT



By Ferne Dilettante

On 6 May, everyone gathered in the pool enclosure for a casual assembly. The School Staff strutted, galloped and leapt around the pool area in PHSG branded gear, flourishing green pom-poms in a show of school spirit for 3P Derby Day. The staff were led by the Executive who swaggered through a much more involved routine. Learners cheered the teachers on excitedly and were swept up in PHSG school spirit.

An Operational Assistant and his friend amazed the girls and teachers alike with a world-class Hip-hop sequence. Finally the beautifully clad cheerleaders taught the school a few new cheers for the upcoming Derby Day.



## PRINCIPAL'S BIRTHDAY

By Ferne Dilettante

On 9 May, the whole school gathered in front of the main building to celebrate the belated birthday of Mrs Erasmus. As Mrs Erasmus walked through the Formal Gardens, she was handed a single rose from each of the prefects until she had a small bouquet. The marimbas played "Happy Birthday" and the entire school sang. It was a joyous occasion for all involved. We hope she can organise another public holiday next year for her birthday, we do so enjoy celebrating her birthday in the middle of the week.





# “WELCOME TO THE DEPRESSION TABLE!”

By Jasmine Beeforth (Grade 9)

This was the surprising but inviting quote which made many people smile.

There were many girls interested in the Mental Health Awareness Week and they stopped off at the tables in the Formal Gardens on Thursday, 16 May.

There were appealing exhibits and unusual suggestions. One was directed at those intending to self-harm. A butterfly can be painted on the limb and then the name of a loved friend or family member needed to be inscribed. The idea is to imagine the person itself being “cut” by your own use of scalpel, razor or lighter, because you are going to fill any survivors with the most terrible guilt and hurt.

There was also help for people with anxiety and those with eating disorders. The “depression table” had more enquiries than the other two.

There is a Mental Health Board in the tunnel between the quads and girls must feel free to avail themselves of assistance at any opportunity.



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# INTER-HOUSE QUIZ

By Ms Jelley

On 15 May, the brightest brains of PHSG did battle for the title of Ultimate Genius.

There were all sorts of ways to score points - charades, identifying song clips, anagrams and quick-fire 30 Seconds rounds.

Even the audience got in on the fun with humming songs and anagrams.

Everyone who attended learnt some new things but Athlone came out on top with Aitken and McWilliam close on their heels.

Anyone who is interested in joining the school team, please contact Ms Jelley or Mrs Smit.



## Can you give me a reason to feel more confident about this school year?

Yes! If your child struggles with learning, reading, or attention difficulties, or just wants good grades and high achievement to come a bit easier, BrainRx can help. Brain science proves that differences in individual cognitive skills are often the reason that one student excels without much effort and another struggles. By strengthening individual, underlying mental skills in your student early this school year, we can give you lots of reasons to be more confident about your child's success.

## What exactly is cognitive skills training?

BrainRx focuses exclusively on training underlying cognitive skills that impact the ease of learning. Throughout training, students are paired with their own private training specialist. Through this one-on-one relationship, each session can be individualized and adjusted to both your child's needs and progress. BrainRx training is designed to produce big improvements quickly.

## Whom can we help?

We can help anyone who wants to learn, read, and think faster and easier. Our training exercises the brain in the same way that a fitness coach works your muscles, and results are similar—more strength to accomplish the task. We love to help anyone looking for an edge. The training is truly life changing for learners/students who struggle to learn, read, or pay attention. After training is complete, learners/students regularly enjoy enhanced skills, improved grades, skyrocketing self-esteem, and increased confidence. This frequently leads to a restored love of learning.

## How are you different from tutoring?

Tutoring delivers information. Brain training improves brain performance. The majority of learning struggles do not occur because information was presented poorly and needs to be re-taught. In fact, studies show that 80% of all learning struggles occur as a result of weak cognitive skills.

## How do I know it will work?

Today's innovative BrainRx training system is the outgrowth of 30 years of research and clinical trials. During that time, thousands of students (over 15,000 as of January 2007) have recorded dramatic skill gains and improved performance in learning, reading, and math. Our intensive brain training increases mental abilities, improves academic achievement, and can even help remove barriers created by ADHD and dyslexia.

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MASTROMATTEO  
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# ANNUAL JERSEY DISPLAY



Our annual jersey display was held this month and PHSG learners donated jerseys of different sizes to help keep those less fortunate warm in the rapidly approaching cold months. For some, this jersey will be the only warm thing they own this winter.

We managed to collect more than 1000 jerseys.

The following charities will benefit from your kindness: Little Able's Sanctuary, Mohau Centre, Good Shepherd, Tshwane Child Welfare, Catholic Women's League and Hands of Hope Foundation.

The Grade 10s use these jerseys to form works of art. Van Zyl was the overall winner. Well done to them and their Head of House!

The house rankings are as follows:

1. Van Zyl
2. Athlone / Gladstone
3. Aitken
4. Selborne / McWilliam / Duncan / Connaught / Buxton
5. Clarendon



[Click here for more photos](#)

## DANCE STAR CROATIA

Onthatile Motadi recently competed in the Dance Star Competition in Croatia. The competition was a great experience for her and had a representation of 11 countries comprising of various dance schools each representing their countries. South Africa did extremely well in all dance styles. Onthatile obtained 13th position in Urban Styles A League for her solo performance and 1st in the Group Urban Style League B. We are extremely proud of her.



## DONATION FOR FLOOD VICTIMS



Learners collected tinned food and other non-perishable products to assist the flood victims in Mozambique.



# OLD GIRL AND SUCCESSFUL BUSINESSWOMAN

PHSG would like to shine light on Old Girl Magda Wierzycka who is listed among South Africa's most successful businesswomen. Magda and her family relocated to South Africa in 1983 at age 13 with only R500 in their bank account. Upon arrival in South Africa, the family called Sunnyside, Pretoria their home. Magda later pursued a Bachelor's Degree in Business Science, She went on to pursue a Post-graduate Diploma in Actuarial Science because she could get a bursary.

Magda joined the world of business at a very young age and she has been serving as the Sygnia CEO since 2006. Sygnia is the second largest asset management firm in South Africa that she co-owns with her husband Simon. The firm has grown from a net worth of R2 billion to a value of R162 billion since she took over the company. In October 2015, the company was listed on the stock exchange in Johannesburg. Magda also serves in the Africa Advisory Board of the Center for African Studies at Harvard University.

Magda is a businesswoman, mother, wife and an activist against corruption in both the private and public sectors. PHSG truly hopes Magda's success story can be an inspiration to our young ladies.

For more on this story click [here](#).



## SENIOR CHOIR



The Senior Choir took part in the UPYC performance. PHSG was delighted to see some Old Girls' in the rehearsal venue and others are in the audience showing support. Once a Dove, always a Dove.

## MEET Hope

PHSG has 100 very special Girls' High bears to commemorate the 100th Spring Fair.

Each bear is numbered and hand-crafted in summer uniform with a blazer. She also has a rucksack and a knitted matric jersey, an engraved coat hanger and booklet detailing the 1st Spring Fair, signed by the principal and chairlady of the OGA.

The green dresses have been lovingly made by Old Girls using donated dresses which have been worn by Girls' High girls. This Limited Edition collector's item is available for R1000.



*A beautiful memory of your years spent at PHSG.*

PRETORIA HIGH SCHOOL FOR GIRLS

TO BE THE PRIDE OF OUR OWNERS

Contact Nicole on 021 81 6908 or at valen@phsg.co.za

## OLD GIRL SWORN IN TO PARLIMENT

Congratulations are in order for Old Girl Nompandolo Thobile Msatshwa. Nompandolo has sworn to be faithful to SA and uphold the Constitution and laws of the country and to perform her functions as a member of the National Assembly to the best of her ability. Make us proud, Nompandolo!



# STAFF NEWS

## Congratulations

Congratulations to Mrs Koster on the birth of her healthy baby boy, Daniël, on 14 May. Mrs Krüger and Sr Charnéne have also announced they will be adding to the PHSG family - congratulations to them both on their pregnancies.



Daniël Stach Koster

Congratulations to Mrs van Tonder on the achievements of her daughters (both Old Girls). Louise graduated Cum Laude in Chemical Engineering Honnours. Marlise was awarded a Degree in Engineering Physics. She was awarded 2 prizes: Outstanding Graduate in Engineering Physics as well as Scholar-Athlete Laureate.

## Farewell

At the end of this term we will bid farewell to the following staff who will be sorely missed:

Mrs Greyling (who will be emigrating), Mrs Preis, Mr Oertel and Ms Homveld. We wish you the best of luck in your future endeavors!

## June Birthdays

- 2nd Mrs Buckley - Afrikaans
- 3rd Ms Mabvadya - French
- 5th Ms Human - Afrikaans
- 6th Mrs Greyling - Mathematics
- 7th Ms Turpin - Geography
- 9th Mrs Russell - Life Orientation and Dance Studies
- 10th Ms Madiba - Sepedi and Mathematics
- 11th Ms Mulder - Life Orientation

12th Mrs Smit - Mathematics

23rd Ms Buchel - Accounting and Business Studies

23rd Mrs Ramlaul - Life Sciences

27th Mrs De Villiers - Visual Art and Design

27th Ms Olivier - Afrikaans

28th Mrs Albertyn - History

## July Birthdays

4th Mr Snyman - Accounting and Business Studies

14th Mrs Hudson - English

16th Mrs Hohls - Music

17th Ms Du Toit - Public Relations

18th Ms Andrade - History

21st Mrs van Heerden - Consumers Studies

21st Mrs Muller-Holtshausser - Afrikaans

23rd Ms Howatd - French and German

26th Mrs Godfrey - Life Orientation and English

30th Ms Austin - Life Orientation

# JUNE 2019

Sat 1 Jun	All day	Hockey PHSG vs Montana (Home)
Mon 3 Jun	All day - Fri 7 Jun	Mid-year exams
Thu 6 Jun	17:30 - 18:30	PA Springfair: Core Committee
	18:30 - 19:30	PA Springfair: General Committee
Sat 8 Jun	All day	Hockey Playoffs
	7:00 - 18:00	Equestrian: Qualifier 4
Sun 9 Jun	7:00 - 18:00	Equestrian: Qualifier 4
Mon 10 Jun	All day - Fri 14 Jun	Mid-year exams
Fri 14 Jun	All day	End of Term 2
Sun 16 Jun	All day	Youth Day
Mon 17 Jun	All day	Public Holiday
Mon 24 Jun	All day - Sun 30 Jun	Grahamstown Festival

# JULY 2019

Boarding

Sport

Culture

General

Parent's Association

Mon	Tue	Wed	Thu	Fri	Sat	Sun
8 Jul 2019	9	10	11	12	13	14
	Day 1 Start of Term 3 7:35 Assembly (Gr 8 Gym)	Day 3 7:25 Form 14:00 Junior Interhouse Soccer	Day 4 7:25 Long Form (Grade 11 to Hall) 14:00 Senior Interhouse Soccer	Day 5 Gr 11 RCL and Head of House Nomin 7:25 Long Form (Learners Check draft) 14:00 Cross Country @ Hoërskool Cent		15:00 Boarder Parents Committee 16:00 Boarder Parents meeting
15	16	17	18	19	20	21
Day 6 7:35 Assembly (Gr 9 Gym) 14:00 Interhouse Model UN Training 17:00 Hockey vs Bloxham (UK) 1st team	7:25 Day 7 (Test)	Day 8 7:35 Long Form 7:35 Photographs 14:00 Cross Country @ PBHS	Day 9 7:25 Form 17:30 PA Springfair: Core Committee 18:30 PA Springfair: General Committee	Day 10 TERM 2 Reports handed out end of Day 7:35 Long Form 14:00 Hockey Vs Pates (UK) u/17	Senior Choir: Choral Celebration Netw International Chess Day	
22	23	24	25	26	27	28
Day 1 Gr 11 RCL and Head of House Nomin 7:35 Assembly (Gr 8 Gym)	Gr 12 Polar Bear Swim - Break 7:25 Day 2 (Test) 17:00 RCL Meeting	Day 3 7:35 6th House Assembly 14:00 Cross Country @ Sutherland Hig 16:00 Maths & Science Parents Evening 18:30 Parents Evening 16:30 - 19:00 A 19:00 Gr 9 Information Evening 19:00 S	Day 4 Gr 11 Check RCL Nominations Math Olympiad Round 3 7:25 Form 7:30 Interhouse Athletics @ Alfies Seun 14:00 Hockey Stamford H/S (UK) u/16	Day 5 7:25 Long Form		
29	30	31	Aug 1	2	3	4
Day 6 7:35 Assembly (Gr 9 Gym) 14:00 Interhouse Model UN Debate	7:25 Day 7 (Test) 14:00 Hockey VS Dundee (Scotland) u/17	Day 8 7:25 Long Form 14:00 Cross Country @ Prestige Colleg 19:00 Awards Evening: Aquatics, House	Day 9 Nominations Gr 8 to 10 RCL Opens 7:25 Form 18:30 PA Springfair: General Committee	Day 10 Volleyball tournament - Mafekeng 7:25 Long Form	SACEE Debating Senior & Junior Leag Gr 12 Maths Revision Classes	



# SOCIAL MEDIA & Mental Health

## What trusted adults need to know

Social Media is often scrutinised as having a negative impact on children's mental health. Whilst currently there is not enough evidence or research to say whether this is true or not, there are certain 'modern pressures' connected with social media which trusted adults need to be aware of. Children and young people are constantly connected and whilst this comes with some benefits, it also comes with a feeling that you are constantly visible. This guide is designed to encourage trusted adults to think about their children's mental health and their social media activities, providing them with some useful tips on improving and supporting mental health among young people.

## Five potential signs & symptoms of mental health difficulties

1. Have you noticed a change in your child's personality? They may not be acting or feeling like themselves.
2. Any recent uncharacteristic anxiety, anger, or moodiness?
3. Is your child experiencing social withdrawal and isolation?
4. Is there a sudden lack of self-care or risky behaviours?
5. Does your child have a sense of hopelessness or feel overwhelmed?



**National Online Safety**

#WakeUpWednesday

## Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.



## 1. EDUCATE YOURSELF

Educate yourself about social media sites your child is using so you can really understand what they are experiencing and how this may be making them feel.

## 2. DISCUSS REAL-LIFE CONNECTIONS

Talk about the importance of face-to-face time with friends and family, and what enjoyment this can bring. Encourage your child to focus on their relationships with people who make them feel good about themselves.



## 3. SUGGEST REGULAR BREAKS FROM SOCIAL MEDIA

Encourage your child to take regular breaks from checking their social media platforms. You could suggest that they turn off their app notifications during certain times of the day so they can focus on other things.



## 4. ENCOURAGE OTHER HOBBIES OR INTERESTS

Spending time away from their phone and devices will offer them an opportunity to discover other interests and activities they may enjoy. This could be sports, playing a musical instrument or creative interests such as arts and crafts.



## 5. OFFER YOUR SUPPORT

Inappropriate and harmful content can be accessed on the internet which may impact your child's mental health. Explain to your child that not everything online is real and ensure they know that you are there to support and advise them about any worries or anxieties they may have.

## HELPFUL APPS:

- Hub of Hope
- Mindshift
- Smiling Mind



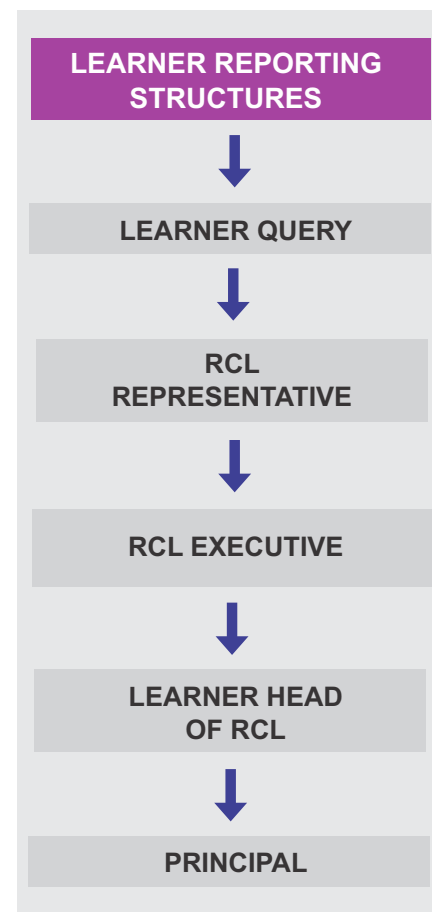
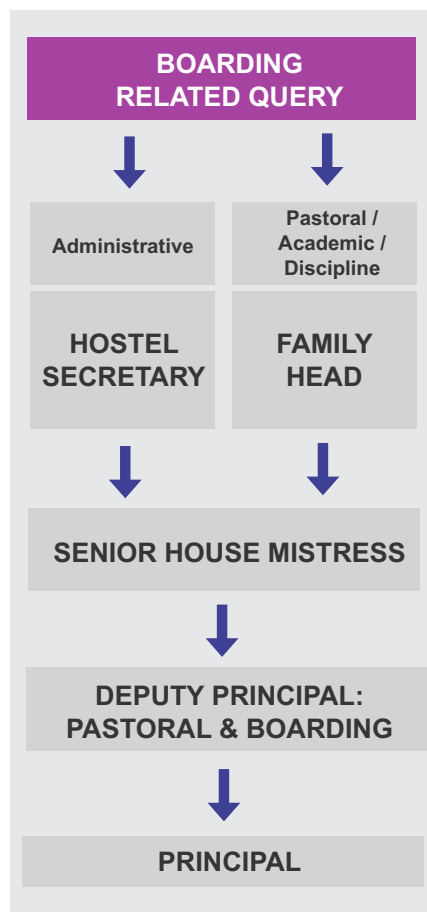
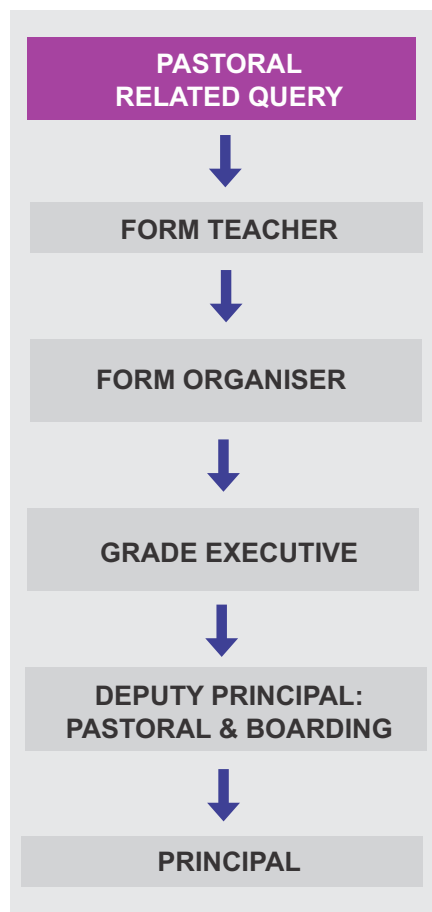
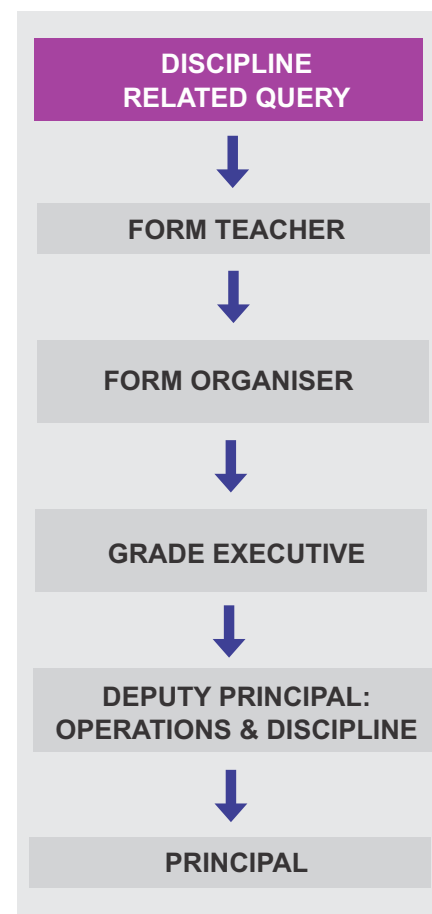
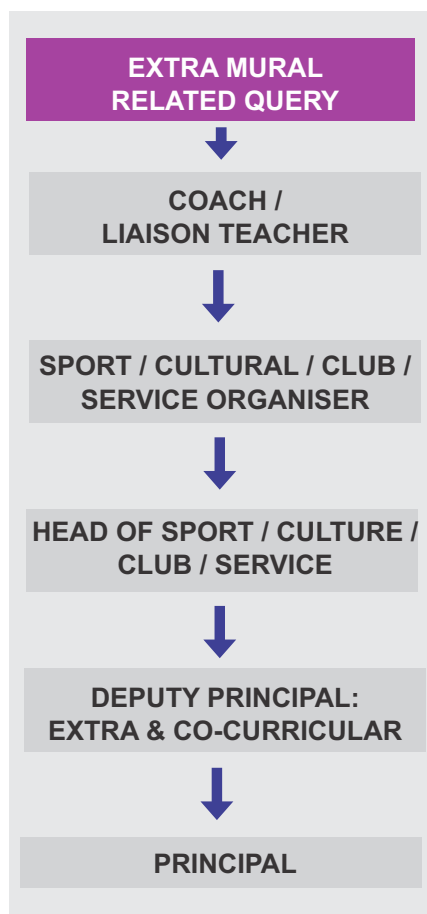
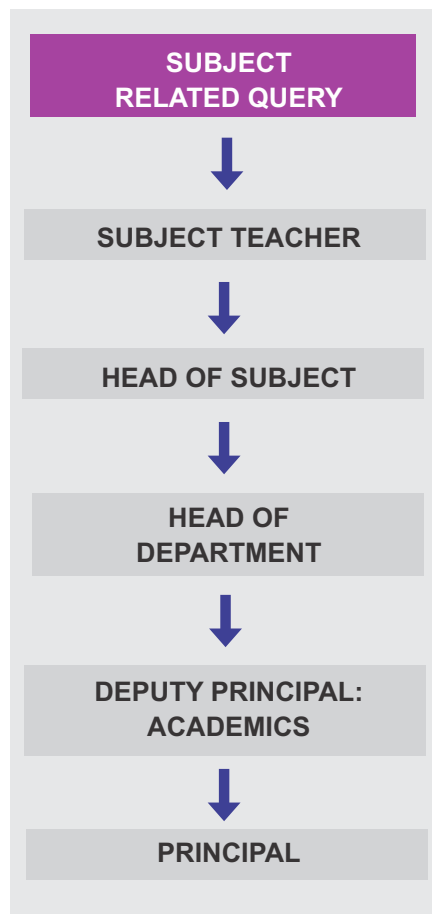
## OTHER SERVICES:

- Childline (0800 1111)
- Bullying UK (0808 8002222)
- Young Minds (0808 802 5544)



Sources: <https://www.centreformentalhealth.org.uk/publications/social-media-young-people-and-mental-health>, <https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/articles/measuringnationalwellbeing/2015-10-30>, <https://www.rngb.org.uk/uploads/assets/uploaded/62be270a-a53f-4719-ad668c3e7a742a.pdf>, <https://www.psychologytoday.com/us/blog/cutting-edge-leadership/201305/3-warning-signs-mental-health-risk>

# 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.