



# Rand Park High School

*Integrity and Commitment*

Asgaai Avenue, Randpark Ridge • 011 793 1246 • [www.randparkhigh.co.za](http://www.randparkhigh.co.za)

Newsletter 15/2017

1 June 2017

Dear Parents, Guardians and Learners

When one deals with people on a daily basis, as teachers do, one is often privy to very emotional and often extremely personal challenges that young adults have to face. These challenges, more often than not, pale in comparison to the ones we deal with as adults, who are sometimes twice their age and with many more years of experience.

In recent weeks I have noticed how some of these young adults demonstrate insurmountable bravery and courage. In spite of hair-raising personal circumstances, they get up, dress up and show up. Be it in the classroom, on the sports field or on stage. I want to say to these young adults: "Well done! I am in awe of you. You are such an inspiration! May the difficulties fade, may the pain dim, and may you only grow from this in the most positive way. May the strength and courage you show now never fade but stand you in good stead in the years to come."

At the time of writing this editorial, my Grade 11 Afrikaans class was doing their speeches. These learners took seemingly ordinary topics and turned them into the most amazing life-sharing speeches. I was bowled over by how open some of them were about their life experiences. They shared the most intimate details of their darkest times. Some of them painful or filled with loss; others fearful and some were just down-right horrific. It was amazing to hear how honest and open they were about these very dark and very challenging times in their young lives. It was encouraging to hear how they've grown from those experiences into the perceptive and caring young adults I've come to know.

But most of all it made me think how, as we grow older, we tend to guard our pain and humiliation as we believe they are signs of weakness. We don't show or share our insecurities, our pain or our fear. We hide it behind masks of various forms, be it sarcasm, humour, apparent like or dislike, or indifference. It seems as we grow older, we prefer not to acknowledge those times for the growth they provided, but rather hide them far away for nobody to ever see or know about.

It is my opinion that in doing so we choose not to acknowledge ourselves, the path we have walked and the milestones we have achieved, which have all brought us to our current place in life. It would be like discounting the part that yeast plays in causing bread to rise and not having that wonderful taste that is the downfall for so many of us (I'm a Consumer Studies teacher and an avid fan of bread!). The yeast did most of its job long before the bread went into the oven. Without the yeast there would be no bread and the world would, indeed, be a very sad place. Without pain in our lives, growth does not happen. If none of us showed any emotional growth, it too would be a very sad world. So why then do we want to hide the growth? Why do we want to bury the 'ingredients' in our lives that caused this growth? I don't think the idea is to walk around boasting or crying about the growth periods in your life. Rather when the occasion calls for it, remember it, cherish it, share it. You are, because of it.

C.S. Lewis said: "The pain now is part of the happiness then. That's the deal." As a parting thought I want to adjust this slightly: "The happiness of now contains the pain of then. That's the truth."

Yours sincerely

R MARAIS (MRS)  
HOD: CONSUMER STUDIES



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# NEWS & ANNOUNCEMENTS



**RAND PARK HIGH  
SQUIRES'  
FETE**

**Sports Derby Day**  
Rand Park High School  
VS  
Fourways High School  
**3rd June 2017**  
**From 8h00 till 14h00**

Fun & Games  
Sports  
Food & Drinks  
Entertainment  
Crafts

Integrity and Commitment

Illustrations of a pizza, a burger, a chocolate cake, a vanilla cake, and a box of popcorn.

## Dale Carnegie Course for Grade 11s

Grade 11 learners who are interested in registering for the Dale Carnegie course are urged to submit their enrolment forms as soon as possible. The details have been emailed to parents. The course starts on the first Friday of Term 3. Do not miss out on this opportunity to empower yourself with new insight and skills! Contact Ms Workman-Davies for further details.

## Thrift Shop Trading Hours

The Thrift shop will be closed from Friday, 2 June to Friday, 9 June because the Gym will be used as an examination venue during this time.

The Thrift Shop will be open to assist parents and learners during exams, as follows:

Wednesday 14 June at 12pm  
Wednesday 21 June at 12pm  
Wednesday 28 June at 12pm

## Eisteddfod Cultural Festival Registration

Learners are invited to enter the Eisteddfod Cultural Festival. Cost: R175 per item for individuals and R225 for a small group entry.

Information and entry forms are available from the Front Office. Learners must complete Section B of the entry form and pay their entry fee at the Bookkeeper's office. Please use the reference 'Eisteddfod' when making payment.

Return the completed form and proof of payment to Miss Henry in Classroom D17 to finalise the entry.

Closing date: 25 June 2017



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# SCIENCE EXPO 2017

Rand Park hosted its 2017 Science Expo on Tuesday, 30 May in the School Hall. 42 projects were exhibited by learners in Grades 9, 10 and 11 and were selected to participate following an assessment of all the Science projects presented by learners in their respective grades, during the second term.

Parents and learners also enjoyed a fascinating presentation on the Bloodhound Supersonic Car Science project. The car is designed to achieve a speed of approximately 1600km/h and will cover a mile in 3.6 seconds. If achieved, this will break the world land-speed record. The record attempt will take place in 2018 at the Hakskeenpan in the Kalahari Desert.

**Congratulations to the winners of this year's Science Expo:**

## Senior Category:

Channing du Plessis - Plant Photomorphology

## Junior Category:

### 1<sup>st</sup> Place

Tyler Glasson & Bryan Robinson – Liquid Body Armour

### 2<sup>nd</sup> Place

Dylan de Klerk & Dylan Coertzen – The effects of various media and music genres on mental and physical performance

The following learners have been selected to represent Rand Park at the Regional Science Expo to be held at Wits University on 29 July:

Tanna Bailes	Tanner McMahon
Wesley Chetty	Khanyisile Ngobeni
Dylan Coertzen	Catherine Namponya
Dylan De Klerk	Bryan Robinson
Channing du Plessis	Jasun van Rooyen
Jordan Frankish	Rick Weimar
Tyler Glasson	
Iman Khan	

*Good Luck!*



Channing du Plessis - Best Senior Project



Tyler Glasson & Bryan Robinson  
1<sup>st</sup> Place: Junior Category



Dylan de Klerk & Dylan Coertzen  
2<sup>nd</sup> Place: Junior Category



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# SPORTS RESULTS

## Girls' Hockey

Tuesday 30 May

vs Holy Rosary

U14A	Lost	4-0
U14B	Drew	0-0
U15A	Drew	0-0
U16A	Lost	10-0
1 <sup>st</sup> Team	Won	1-0

## Boys' Hockey

Wednesday 24 May

vs Maragon

U14A	Lost	0-2
U15A	Lost	0-2
2 <sup>nd</sup> Team	Won	2-1
1 <sup>st</sup> Team	Lost	1-2

## Cross Country

The Inter-district Cross Country championships were held on Monday, 29 May at Rietvlei, Glenvista. The following athletes were selected to attend: Sheraaz Snyman, Admire Ngwenya, Unathi Ndlovu, Micah Forsythe, Tarryn Batt, Robyn Erwee, Christopher Fisher and Liam Walters.

The Inter-league Cross Country championships will be held on Monday, 5 June at Delta Park. Our Senior Girls' team has been selected to participate in this event. The team will consist of Micah Forsythe, Unathi Ndlovu, Robyn Erwee, Tarryn Batt and Jessica Fisher.

Good luck!

## Netball

Tuesday 30 May

vs Hyde Park

U14A	Won	26-2
U14B	Won	25-3
U14C	Won	17-0
U14D	Won	10-2
U15A	Won	29-9
U15B	Won	28-1
U15C	Won	21-5
U16A	Won	37-7
U16B	Lost	10-12
U17A	Won	19-6
2 <sup>nd</sup> Team	Won	19-2
1 <sup>st</sup> Team	Won	54-7

Wednesday 31 May

vs Glenvista

U14A	Won	15-1
U14B	Won	20-2
U15A	Won	32-3
U15B	Drew	11-11
U16A	Won	21-11
U16B	Won	14-8
U17A	Won	30-8
1 <sup>st</sup> Team	Won	41-14

## Boys' Squash

Friday 26 May

vs Bryanston Won 11-4

## Chess

Tuesday 30 May

vs Mondeor Lost 7-9



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# DERBY DAY VS HERONBRIDGE – 27 MAY

## Rugby

U14A	Won	69-19
U15A	Drew	19-19
U16A	Won	48-3
1 <sup>st</sup> Team	Won	35-3

## Girls' Hockey

U14A	Won	2-1
U15A	Lost	1-0
2 <sup>nd</sup> Team	Drew	0-0
1 <sup>st</sup> Team	Won	1-0

## Boys' Hockey

U15A	Lost	0-4
1 <sup>st</sup> Team	Lost	1-2

## Netball

U14A	Lost	12-21
U14B	Lost	11-16
U 14C	Won	25-4
U15A	Lost	15-16
U15B	Won	11-6
U15C	Won	16-5
U16A	Drew	18-18
U16B	Lost	13-15
U17A	Won	21-10
2 <sup>nd</sup> Team	Lost	16-19
1 <sup>st</sup> Team	Won	40-25

Please note that we will not be issuing a separate sports fixture list each week during exams. Please consult the D6 School Communicator for details.



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Contact us for more information

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**Email:** [alanj@alanjoseatt.co.za](mailto:alanj@alanjoseatt.co.za) /  
[mouchanev@alanjoseatt.co.za](mailto:mouchanev@alanjoseatt.co.za) /  
[anneti@alanjoseatt.co.za](mailto:anneti@alanjoseatt.co.za)

**Website:** [www.alanjoseatt.co.za](http://www.alanjoseatt.co.za)

## ATTENTION GRADE 6-12 LEARNERS! ARE YOU READY TO IMPROVE YOUR MARKS DRASTICALLY?



**28**  
P.SCIENCE  
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**30**  
MATHS  
DISTINCTIONS

**EXTRA  
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SCIENCE  
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HOLIDAY  
PROGRAM**

**JUNE/JULY  
& PRELIM  
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PREPARATION**

**NBT  
WORKSHOP**

## OUR 2016 MATRIC RESULTS:

### IEB EXAMINATION

- ▶ Benazir Merchant [Kingsmead College]  
MATHS: 97% P. SCIENCES: 90%
- ▶ Imaan Hassim [St. Mary's School]  
MATHS: 80% P. SCIENCES: 84%
- ▶ Ahmed Moola [St. John's College]  
MATHS: 87% P. SCIENCES: 84%
- ▶ Bianca Beekhuizen [Roodean School]  
MATHS: 82%
- ▶ Amaarah Patel [KINGSMEAD COLLEGE]  
MATHS: 87%

### DBE EXAMINATION

- ▶ Yusuf Jassat [KES]  
MATHS: 92% P. SCIENCES: 93%
- ▶ Serra Desdemir [Nizamiye School Mayfair]  
MATHS: 95% P. SCIENCES: 90%
- ▶ Mahdiya Dendar [JMS]  
MATHS: 89% P. SCIENCES: 83%
- ▶ Keroshan Devan [Bryanston High School]  
MATHS: 81% P. SCIENCES: 82%
- ▶ Rahul Patel [KES]  
P. SCIENCES: 83%

### MOST IMPROVED LEARNERS

- ▶ Bianca Beekhuizen [Roodean School]  
Improved her P. Sciences mark by 30% with us.
- ▶ Taariq Ebrahim [Reddam House]  
Improved his P. Sciences mark by 35% with us.
- ▶ Karna Das [Parktown Boys High School]  
Improved his Maths mark by 30% with us.
- ▶ Nina Gordin [National School of the Arts]  
Improved her P. Sciences mark by 20% with us.
- ▶ Patricia Mkhwanazi [Education Alive School]  
Improved her maths mark by 34% with us.
- ▶ Lee-Ann Pieterse [Rewrite]  
Improved her maths mark by 20% with us.

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# CLASSIFIEDS

**DOMESTIC WORKER:** My name is Mina Molosi, aged 33. I am a hardworking, reliable domestic worker looking for a full-time, live-out job. I am experienced and capable in all areas of domestic work (cooking, housekeeping and child minding), with 8 years experience. References available. Please contact me on 074-206-7868.

**EXTRA MATHS LESSONS:** Offered by retired Maths teacher, Helderkruijn area. Contact Isabella on 083-744- 5132.

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**FOR SALE:** Full Rand Park High School girl's uniform: shirts, pants, skorts, two blazers, bomber jacket, jersey, PE, swimming and hockey kit. Majority of items are hardly worn. Excellent condition. Emigrating early July so ready to go from 1 July. Contact Frances on 082-623-2373 or [hughesfrances444@gmail.com](mailto:hughesfrances444@gmail.com). CASH ONLY.

**FOR SALE - HYUNDAI GRAND i10 2016:** Car purchased brand new in September 2016. 9238km plus an additional maintenance plan and 200 000km warranty. Cheap to run and good starter car for matric leaver. Looking for someone to take over finance or purchase car outright. R177 000. I am emigrating early July and car needs to sell ASAP. Contact Frances on 082-623-2373 or send an email to [hughesfrances444@gmail.com](mailto:hughesfrances444@gmail.com)

**PERSONALISED CAREER GUIDANCE:** I provide individualised assessments to assist your child when choosing school subjects or a career path. For more information please contact Welma Platten-Steyn on 082-902-1607 or email [PlattSAssess@gmail.com](mailto:PlattSAssess@gmail.com)

**SCHOLASTIC, SUBJECT CHOICE & CAREER ASSESSMENTS:** Samantha Furniss, Clinical Psychologist, Randpark Ridge. Psycho-Educational Assessments for general academic/learning difficulties, subject choice and career assessments. Psychotherapy for children and adolescents. Contracted to most medical schemes. Contact Sam for further information on 072-597-7125 or email: [sam@furniss.co.za](mailto:sam@furniss.co.za)

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**Too much  
admin?**

**Not enough  
time?**

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The rate per hour is negotiable.

Cara Woollacott  
082-493-4886

[CaraWoollacott@outlook.com](mailto:CaraWoollacott@outlook.com)

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