



Rand Park High School

Integrity and Commitment

Asgaai Avenue, Randpark Ridge • 011 793 1246 • www.randparkhigh.co.za

Newsletter 23/2016

25 August 2016

Dear Parents, Guardians and Learners

The important things in life...

A philosophy professor stood before his class with some items on the table in front of him. When the class began, wordlessly he picked up a very large and empty mayonnaise jar and proceeded to fill it with rocks, about 2 inches in diameter.

He then asked the students if the jar was full. They agreed that it was.

So the professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles, of course, rolled into the open areas between the rocks.

He then asked the students again if the jar was full. They agreed it was.

The professor picked up a box of sand and poured it into the jar. Of course, the sand filled up the remaining open areas of the jar.

He then asked once more if the jar was full. The students responded with a unanimous "yes".

"Now," said the professor, "I want you to recognise that this jar represents your life. The rocks are the important things – your family, your partner, your health, your children – things that if everything else was lost and only they remained, your life would still be full. The pebbles are the other things that matter – like your job, your house, your car. The sand is everything else; the small stuff."

"If you put the sand into the jar first," he continued, "there is no room for the pebbles or the rocks. The same goes for your life. If you spend all your time and energy on the small stuff, you will never have room for the things that are important to you. Pay attention to the things that are critical to your happiness. Play with your children. Take your partner out dancing. There will always be time to go to work, clean the house, give a dinner party, or fix the disposal".

"Take care of the rocks first – the things that really matter. Set your priorities. The rest is just sand".

Yours sincerely

MRS C RICHARDS

HOD: MATHEMATICAL LITERACY



Winners of the One Act Play Festival. See Page 5 for details.

*Congratulations to our
2016 Debs on their
outstanding fundraising.*

See page 4 for details.



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NEWS & ANNOUNCEMENTS

Life Orientation Maize Babies at School

Our annual Grade 10 Maize Baby project is running until Friday, 26 August. The aim of this project is to expose our learners to the responsibilities and realities associated with teen pregnancy. It forms part of the Life Orientation curriculum.

Our Grade 10s are required to dress a bag of maize meal or sugar so that it looks like a baby and spend the week taking care of their 'baby' by carrying it around the school. Once the project has concluded, learners are encouraged to donate their maize or sugar bags to charity.



IMPORTANT REMINDER!
Grade 9 Subject Choice
Forms must be returned to
Mrs Brocco in Reception by
Monday, 29 August 2016.

Inter-High Athletics Meeting - 29 August Transport Arrangements and Times

Parents are reminded that the A Team's Inter-High Athletics takes place at the Germiston Athletics Stadium on Monday, 29 August 2016.

Arrangements are as follows:

- The meeting starts at 13h00 and ends at 16h30.
- Wednesday's bell times will be run and school will close at 13h00.
- Athletes depart school at 10h30.
- Spectators and supporters who have registered to attend will depart school at 11h40.
- Athletes and spectators may leave their school bags in the Pavilion.
- The buses are expected to return to Rand Park by 17h30, traffic permitting.

Good luck to our athletes!

Grade 11 Matric Registration

All Grade 11s are required to bring their ID books/cards to school without delay, so that a photocopy can be made for 2017 matric registration. *Enquiries: Mrs Brocco or Mrs Stokoe - Front Office.*



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LEADERS 2016/7

The 2016/7 Leaders were appointed on Friday, 19 August at a formal assembly held at the school. This was followed by the official Tie Function held on 23 August for the new Leaders and their parents. The following Grade 11 learners were appointed for the forthcoming year of leadership service:

Boys:

Head Boy: Shane Botha
Deputies : Brandon Harris
Richard Kaldenberg

Craig Anderssen
Osasere Ayere
Cameron Brunner
Kai Davey
Ross Kruger
Timón Lamprey
Rifumo Mabasa
Thabang Machaba
Tebogo Mahopo
Bradley Mitchell
Lesedi Mokgobi
Ronan Morgans
Kayuran Naidoo
Arno Nieuwenhuizen
Yuresan Pather
Dylan Reabow
Sheraaz Snyman
Keagan Stark
Martin Trifonov
Michael van Vuuren
Ryan van Wyk
Nathan Williams

Girls:

Head Girl: Storme Johnson
Deputies: Bianca Brümmer
Lihle Dhlamini

Dominique Adolphe
Jennifer Anderssen
Chelsea Chitanda
Kira Courtaillac
Sarah-Kelly Houston
Thaakira Jabaar
Amy Joubert
Dayna Limbeek
Tshiamo Loate
Bodine Macartney
Thando Manyoni
Palesa Mphatsoe
Thokozile Mwamba
Unathi Ndlovu
Paula Rebelo
Nicole Riley
Morgan Salmon
Vanshikha Taparia
Amy Tebbit
Refilwe Tswai
Kirsty-Lee Walker
Caitlin West



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DEBS BALL 2016

The Debs Ball took place last weekend at Mount Usambara, where the 2016 Debs and their parents were acknowledged for the incredible fundraising work that was done during the course of the year. The target set by the Debs was to raise a record R1 million in funds for the school, a percentage of which will be donated to the Oasis Haven which cares for abandoned children and facilitates the adoption process. We congratulate and thank every Deb on their contribution toward exceeding this target. The top 25 Debs are listed below:

- 1 Dominique Adolphe
- 2 Kayla Govender
- 3 Kaylee Berriman
- 4 Jennifer Anderssen
- 5 Jordan Eustice
- 6 Bianca Brümmer
- 7 Cailla Bester
- 8 Tamara Govender
- 9 Dayna Limbeek
- 10 Keri Adcock
- 11 Jade Lundin
- 12 Jordan Wilson
- 13 Paula Rebello
- 14 Shanéce van Deventer
- 15 Nicole Riley
- 16 Khanyi Ntshingila
- 17 Erin Eadie
- 18 Ashleigh Tosh
- 19 Storme Johnson
- 20 Cailyn Lewis
- 21 Taneal Taylor
- 22 Reece Leggo
- 23 Melissa Matthysen
- 24 Micah Forsythe
- 25 Kelli-Shai Hughes

Top Debs' Group:

- Dominique Adolphe
- Erin Brett
- Chelsea Chitanda
- Margot Dickey
- Bodine Macartney
- Khanyi Ntshingila
- Morgan Salmon



Top 3 Debs: Dominique Adolphe; Kayla Govender; Kaylee Berriman



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ONE ACT PLAY FESTIVAL

Rand Park hosted its annual One Act Play Festival, formerly known as House Plays, on Friday, 19 August in the School Hall. The audience was treated to four plays which were directed by some of our talented senior learners and performed by our actors and actresses who displayed their own unique talents. The adjudicators, Nicole Haskins and Jonathan Williams, provided valuable feedback at the conclusion of the event and presented individual and House awards, as follows:

INDIVIDUAL AWARDS:

Most promising performer in a leading role	Robyn Erwee
Most promising performer in a supporting role	Dean Eatwell
Best Cameo	Sachin Ajodhya
Best supporting performer	Tshiamo Loate
Best performer in a leading role	Cheylin Blore
Best director	Jordan Macfie

HOUSE AWARDS:

Most appropriate set/props	'Masked' - Martin House
Most appropriate costumes	'What does peace mean?' - Loerie House
Most appropriate use of lights and sound effects	'What does peace mean?' - Loerie House
Best choice of script	'Acting Lesson' - Shrike House
Best play	'Acting Lesson' - Shrike House



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SPORTS RESULTS & FIXTURES

Clover Cup Rugby

Tuesday, 16 August
U15 vs Fochville
Lost 5-38

Thursday, 18 August
U18 vs Jan Viljoen
Lost 5-62

Athletics

Wednesday, 17 August

A Team

Rand Park	255
Fourways	235
Glenvista	134
Trinity Little Falls	38

B Team

Krugersdorp	238
Rand Park B	202
The Hill	106
Edenvale B	101

Cycling - St Stithians

Saturday, 20 August

Youth:

Ryan Curtis - 91st out of 121 cyclists
Gavin Young - 36th out of 118 cyclists

Junior Men:

Kai Davey (Captain) - 117th out of 193 cyclists



The following **sports fixtures** have been scheduled for the week ahead:

Athletics

Monday, 29 August
A Team Inter-High
@ [Germiston Stadium](#)

Tuesday, 30 August
B Team Inter-High
@ [Edenglen High](#)

Indoor Hockey

Saturday, 27 August
@ [Fourways High](#) - Game at 18h00

Saturday, 3 September
@ [Fourways High](#)
Games at 15h00, 16h00 and 18h00

Sports-related enquiries: Mr Steve Adelaine Email: steve.adelaine@randparkhigh.co.za

Note that the **Water Polo Pre-Season Training** for First Team Boys and Girls has started. Please refer to the D6 Communicator for details.



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Grade 4 - 12



Grade 10 - 12

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Water Polo Coach Vacancy

A qualified Water Polo coach is required to join Rand Park High School's extra-curricular coaching team. Please submit your CV to Mr Coertzen before 1 September 2016, via email: reynier.coertzen@randparkhigh.co.za.

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