



Collegiate Girls' High School

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END OF TERM THREE NEWSLETTER – 29 SEPTEMBER 2023



Dear Collegiate Community

As Term Three ends, we celebrate the activities and people of our Collegiate Community and feel a deep sense of gratitude for the many beautiful experiences of this term. World Gratitude Day is in September and, on this day, we took to counting our blessings and we are still counting! I mentioned to the staff how grateful I am to work with such dedicated and compassionate educators.

We started practicing for Carols and each morning we have heard the harmonising and incredible voices from the hall. Visitors to the school in the early mornings all comment, and we tell them with great pride of the history behind the Carols Service and the charities that benefit from this. While this is happening, some of learners are in another venue creating items to sell to contribute to the monetary donations we will make. The faith of these learners may be different to the ones in the hall singing, yet

all our learners share in the joy of giving and of contributing.

On Heritage Day, we also reflected on our diversity and unity. Ms Lee Duru of Algoa FM, and a proud Collegiate mom, gave us a heartwarming talk on her heritage and reminded us to be authentic. This made us feel grateful that we have more that unites us than what divides us.

I had the privilege of joining our Water Polo Team in Cape Town. What was even more rewarding than the wins was the gratitude of the team members for the support. There was a thank you from each team member at the end of each game. I was so touched.

Will Arnett wrote, "I am happy because I'm grateful. I choose to be grateful. That gratitude allows me to be happy." It gives me great joy to report on the happy moments of this term.

Mrs L Erasmus, Principal

PREFECTS-ELECT 2024

This term, the Grade Elevens were given the opportunity to apply to serve on various leadership portfolios. This allowed them to develop and demonstrate leadership skills and work with the outgoing prefect and staff who headed the respective portfolios. They also underwent a rigorous interview process. Today, we announced the Prefects-elect and the Prefect Induction Ceremony will take place on the first day of next term. At this ceremony, we will announce the office bearers as well as the portfolio of each prefect. The committee system led by elected prefects will continue. Learners who excel on these committees could be considered for prefectship at a later stage

SCHOOL PREFECTS 2024

Hannah Griffin, Jaime Loëst, Tanya McNamara, Gemma Ferreira, Mia Jack, Lihle Mthi, Blessing Melariri, Jessica Smith, Yolani Oliphant, Gabriela Yiannaros, Mignonne Coley, Mykaela Moorhouse, Beth Burley, Anovuyo Mabutho, Lindokuhle Matiwana, Libhongo Mdani, Alexa Koumbarakis, Tyra Naidoo, Victoria Aluko and Tiara Finnis

HOSTEL PREFECTS 2024

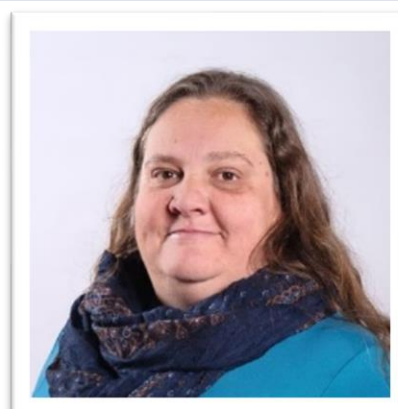
Tanya McNamara, Jeanne Steyn, Asake Thomas, Danni Barrow, Catherine Heukelman, Zané Mostert
Absent from photograph: Beth Burley; Anovuyo Mabutho; Gabriela Yiannaros, Lindokuhle Matiwane



STAFF MATTERS

We welcomed Ms Bernice Mellet, who joined us from the Western Cape where she was teaching at Oudtshoorn High School. Ms Mellet has a Masters in Science degree and is teaching Physical and Natural Sciences. We were most grateful to Mr Scholtz who stepped out of retirement to teach the Science and Physical Sciences classes after Dr Radue left and until Ms Mellet could join us. Ms

Mellet took on her new role with ease and has a wealth of knowledge and expertise to share with our learners.



Ms Elizabeth Rampai joined Collegiate as an Educator-Intern in January 2022, to learn on the job, while completing a Post-graduate Certificate in Education. She completed her PGCE in June this year and has secured a teaching position in Gauteng from Term Four. Whilst we are sad to bid an early farewell to Ms Rampai, we celebrate her success. Ms Rampai has also been the Junior Hostel Tutor looking after the junior school boarders. She has played a significant role in the lives of our young ones, and we thank her for fulfilling this motherly role so well.



ACADEMIC MATTERS

Exam Anxiety Workshop

Dr Phillipa Fabri of Education Sense presented an enlightening workshop for learners and parents on exam anxiety. She reminded us of the anxiety cycle being broken by the three aspects of the mind and body connection: 1. Your thoughts: Turn negative thinking into realistic and positive thinking with affirming self-talk. 2. Your feelings: Notice, empathise and implement action without judgement. 3. Your body: Try to banish the bodily tension by adequate sleep, breathing and having downtime.

Physical Sciences and Natural Sciences Workshop

Our learners were thoroughly immersed in augmented reality and cellular biology in August when Professor Simpson and Professor Mangina from University College London visited us. This event served to heighten our excitement around our STEAM Week from 4 to 8 March 2024.

We are seeking interested exhibitors in the areas of Science, Technology, Engineering, Arts and Mathematics to join our exhibit during this week. Interested parties should contact Mrs Grobbelaar at zandrg@cghs.co.za

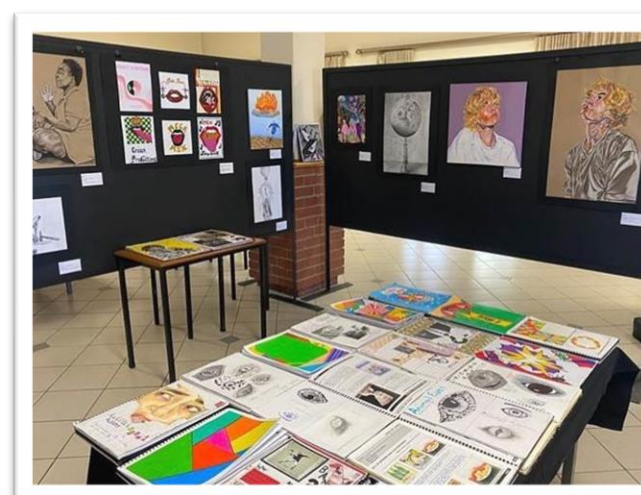
Jazz, Art and the Subject Choice Evening

We hosted an Art and Jazz exhibition on the evening of our Subject Choice Evening. It was an uplifting experience to hear the learners' performances and view the art. Congratulations, Mrs Hemingway and

Mrs Jones, on this exciting initiative. In the Stevenson Hall, guest speaker Mrs Kathy Balshaw spoke of the unique character of each child and how to choose subjects that compliments the child.



Artwork by Tyra Naidoo, Grade 11



Music

The Pearson Praeludium (Music Eisteddfod), hosted by Pearson High School, gave our learners the opportunity to put their hard work to the test. A number of our learners took part and we attained: eleven Diploma certificates, twenty-three Gold certificates, ten Silver certificates and two Bronze certificates. In conclusion to the very successful week, four of our learners were invited to participate in the Pearson Prestige Concert to showcase their talent. We congratulate Jessica Smith, Hayley Libbrecht, Maria Freercks and Beth Burley on being invited.

The School Choir took part in a National Choir competition from 10 to 13 August. The choristers travelled to George to form part of the *Cantamus* Choir Competition hosted by the South Cape Sport Tours and South Cape Music Academy. The Choir was placed third in their category with a result of 82,4%. We thank Mrs Agenbag, Mrs Range and Miss Ndovela for accompanying them.



On 30 July, the Collegiate Girls' High School String Ensemble participated at the annual Grey High School Strings festival alongside the ensembles of Grey Junior School, Grey High School, Pearson High School, Summerwood Primary School, Curro Westbrook, St George's Preparatory and Muzukids Gqeberha. The highlight of the festival was the participation in two mass items. The orchestra featured the musicians and conductors of all the ensembles and a 360° video recording was made of the event.

The annual *Musical moments* concert was the highlight for our learners. The String ensemble,

Vocal ensemble, Choir and Concert band had the opportunity to perform their best programmes and we said our final farewells to our Matric learners.

The Music department visited the Laubscher Park West Retirement Village where they presented a well-rounded programme of singing and instrumental playing. The variety was thoroughly enjoyed by the residents and learners alike. Our newest group to the Music department, the "*C of saxes*", is the Saxophone ensemble that was initiated by our Woodwind specialist, Miss van Vledder. They made their debut at this special event with their rendition of "*Bohemian Rhapsody*".

We thank our staff for their hard work and commitment. The Music department had a very busy and successful term. They have excelled across the board, and we are very proud of their achievements.

Subject Fair



In August, the Subject Fair was organised by Grade Eleven learners for the future Grade Tens of 2024. The aim of this fair was to provide our Grade Nine students with the tools and resources they needed to make informed decisions about their subject choice for the upcoming academic year. The turnout was remarkable, with enthusiastic participation from both current Grade Nines eager to explore their options and the Grade Elevens who created an engaging and informative event. Through interactive displays, informative presentations, and one-on-one guidance, the Grade

Elevens ensured that our Grade Nines had access to all the information they needed to select the subjects that align with their interests and career aspirations. Well done to Jessica Smith and her team!



St James Tutoring

The St James Secondary School tutoring initiative, which takes place every Tuesday, has experienced a seamless transition as our dedicated Grade Elevens stepped up to the plate while the Matrics were absorbed in their trial examinations. The Grade Elevens have taken on the task of teaching subjects like Physical Science, Maths and Life Science to their peers at St James. It's heartening to report that not only is the tutoring progressing smoothly, but it's also become a source of enjoyment for our learners and those from St James. The Grade Elevens look forward to fully taking over this initiative next year and they are determined to maintain the high standard set by the Grade Twelve Tutors. We're excited to witness the positive impact this initiative will continue to have.

Why are teenagers experiencing extreme emotions?

Recent research speaks of increased levels of anxiety, stress, anger and sadness among teenagers. Teenagers are still growing and learning and might not yet have the strategies to manage the anger and other emotions that come along with

day-to-day interactions. Puberty and hormonal changes affect emotions and result in mood swings, while the developing brain is still working out how to react in various situations. Intense emotions can be all-consuming and teenagers might not have techniques and strategies to express emotions in a healthy way.

Anger often masks a deeper problem and can be driven by a situation that is making them feel anxious or fearful, embarrassed, guilty, sad, lacking control, misunderstood or stressed. Peer pressure, low self-esteem and conflict in relationships can escalate the experience of these intense emotions. A leading moral psychologist, Jonathan Haidt (author of The Coddling of the American Mind), traces the political anger and anxiety of Generation Z to political instability and feeling threatening, and the rise of social media. Over-protection of teenagers has created *Generation Z as the most medicated and depressed generation in history, and the most looked after*. The reality is they are the most sensitive generation. They get hurt easily, to the point they find certain speech or words profoundly threatening. They were weaned on intervention and arbitration by authority. So when it comes to defending a position against an opposing point of view, they feel threatened, unsafe, and want to 'shun' the offender. It is important to recognise they genuinely feel alarmed and want a protective shell to function. Haidt notes that, "As soon as you get very heavy social media penetration into teens, that's when the depression rates go up for girls overwhelmingly. Because the girls are caught in constant social comparison."

Haidt has a few recommendations. He believes reducing device time on social media is the starting point. Then consciously finding ways to listen to one another, even when we disagree, without feeling the need to be right and finding common cause in the areas where we agree. Finally, to future parents, he offers the words of a baby doctor who cautioned against over-protective parenting, "don't just do something, stand there."

References: "Why is Generation Z so depressed?": <https://rb.gy/5mpvt>

“Anger and Teenagers”: <https://rb.gy/u13fv>

Tolerance in Education

It is said that your education has been a failure if it has failed to open your heart. With this mind, we must acknowledge that learners of today often call for a respect for human rights and for greater tolerance for themselves but fail to extend these thoughts to others. It is vital that we have difficult discussions with our learners about negativity, criticism and judgements of teachers and peers. Too often, we find that there is harsh treatment in person or on online that is not in line with our constitution or the values we hold dear. Our learners need to learn to accept what they cannot control, to participate positively in the classroom, to accept the various teaching styles and methods that teachers will have, to put aside peer pressure and to give others the benefit of the doubt. The most important lesson to learn about tolerance is that it's necessary for succeeding in today's workplace. Sara Rimm-Kaufman, PhD, and Lia Sandilos, PhD, University of Virginia write, “Improving students' relationships with teachers has important, positive and long-lasting implications for both students' academic and social development. Solely improving students' relationships with their teachers will not produce gains in achievement. However, those students who have close, positive and supportive relationships with their teachers will attain higher levels of achievement than those students with more conflict in their relationships. Positive teacher-student relationships draw students into the process of learning and promote their desire to learn.”

<https://www.apa.org/education-career/k12/relationships>

“There's no doubt teaching faces huge problems. But we won't be able to change anything unless we start shouting about how great the profession is.”

<https://www.theguardian.com/teacher-network/2016/apr/02/secret-teacher-refuse-negativity-teaching-bring-down>

English Alive

We are thrilled to announce that Rachel Taylor, Megan Kockott and Bronwyn Shone have all been published in the 2023 edition of “English Alive”. “English Alive” is a prestigious creative writing anthology for high school learners.

All the published poems are interesting and well written. Rachel Taylor's poem explores the wonder of spring, while Megan Kockott's poem was written in response to the famous poem, “Thought Fox” by Ted Hughes. Bronwyn Shone's poem explores, from a unique perspective, the concept of loving someone.

Congratulations to these published writers! We encourage anyone who loves writing to capture their thoughts on the page or screen and submit to “English Alive”.

English Olympiad

Congratulations to Zuzokuhle NdumNdum and Sienna Govind, who entered the 2023 English Olympiad and received Silver Certificates. The theme was ‘A Better World’. The competition requires self-study, deep reading and an ability to write in an original fashion.

Annual Poetry Evening

It was heart-warming for various learners, who have a special love of poetry and self-expression, to come together and enjoy the poetry evening held on 22 August in the Resource Centre. It was refreshing and endearing for learners to come together again to share writing that means a lot to them in front of a receptive audience. The guest speaker was Old Girl Megan Guest, who shared words of wisdom and sensitivity. She is a published poet and the power of her words rang true that evening. Summer Ross took on the role of Master of Ceremonies and made everyone feel welcome and connected.

South African Mathematics Team Competition

Olivia Freercks, Vedhya Jeena and Clarise Pieterse were selected to take part in the South African

Mathematics Team Competition on 9 September 2023. The learners were selected based on their performance in Round 2 of the South African Mathematics Olympiad that took place earlier in the year. There were two on-line training sessions offered before the competition. The junior team was placed 9th in the country out of 43 teams and each learner received a certificate of participation. Clarise Pieterse wrote, ““The morning of Saturday 9 September was extremely productive and brain-straining. Upon arrival, we dove right into the individual challenge to warm up our brains for the team section. After an hour of tackling fifteen mind-boggling questions, we recovered from the ‘after-math’ of round one with some delicious sandwiches, tea and coffee. From there, our entire team of eleven learners from all over the Eastern Cape put our brains together to solve ten strenuous problems in the team challenge. This second round taught us many valuable skills such as problem solving, communication, teamwork and time management. We placed ninth overall out of forty-three teams from across the country. it was a fruitful morning and a fantastic experience.” Well done to these learners and flying the flag of Collegiate.

Subject Changes Grade Ten and Eleven

On the day that the reports are handed out, we are required to submit subject changes to the Department of Education. We therefore request that parents and learners carefully consider subject changes and make contact regarding this so that the paperwork can be completed. Grade Elevens may make ONE subject change at the end of this year for their Grade Twelve year. Grade Tens may make TWO changes for the Grade Eleven year and have until the end of Term One of 2024 to do so. However, the timetable may not be able to accommodate the subject selections of the learner if the decision is only made within the first term.

Heritage Day and Community Outreach

On Friday 22 September 2023, we held our Heritage Day Assembly, an assembly in which we celebrate the diversity in our school and beautiful country.

The late former President Nelson Mandela said in an address marking Heritage Day in 1996:

“When our first democratically-elected government decided to make Heritage Day one of our national days, we did so because we knew that our rich and varied cultural heritage has a profound power to help build our new nation.”

South Africa ranks among the 10 most culturally diverse countries in the world and National



Heritage Day is dedicated to recognizing the cultural wealth of our nation in its entirety. By acknowledging, embracing, and celebrating our various cultures, traditions, and heritage against the background of our unique diversity, we build pride in ourselves, our fellow South Africans, and our nation as we remember the difficulties and hardships of the past, share in the victories of the present, and raise hope for the future.

This assembly is living heritage in practice. In essence, living heritage is the foundation of all communities and an essential source of identity and continuity. The various aspects of living heritage include cultural tradition; rituals; oral history; performing arts; indigenous knowledge systems; social practices; and the holistic approach to nature, society, and social relationships.

The Grade Eleven Diversity, Inclusivity and Transformation Committee and the Cultural Committee worked hard to bring living heritage alive on stage and ran the assembly. Lwahluma Kuboni, Yathanda Peter and Anam Bomvana led us in the singing of “Phindukhulume moya oyincwele”. We then experienced the reading of religious verses in French, Arabic and Hindu, with an explanation of

the meaning of each verse, followed by an Afrikaans prayer. Four learners shared a dramatic rendition of the "I am an African" speech by Thabo Mbeki on the occasion of the passing of the new Constitution in 1996. The Xhosa Society presented a dance and Indian customs were discussed by a group who showcased Indian attire and the associated traditions. Achuma Kelemana introduced our guest speaker, Ms Lee Duru of Algoa FM. Her speech was a gift to us all as she spoke of her own rich heritage and that heritage is your inheritance and the link between your past and your future. She reminded us of the value of knowing yourself with the mantra of "Zazi Zamkele Zithande"

Mrs Erasmus thanked the Grade Elevens for sharing their living heritage on stage, and thanked them for making and selling heritage badges, and we all thanked our superb guest speaker.

Part of Collegiate's heritage is that of service and community outreach, grounded in our motto, "Facta non Verba". Once again this year all our grades participated in planning and executing the annual Charity Bazaar and we're thrilled to announce that the class that truly brought the most energy and creativity to the Charity Bazaar was none other than the A1s, named Mama Mia! We want to extend our heartfelt gratitude to Ms Monaghan along with Otha Makhuluma, their dedicated Representative Council of Learners representative, for the meticulous planning and tireless efforts.

Community Outreach



The Charity Bazaar was held on 18 August 2023, with the theme "Through the Ages." Our dedicated RCLs worked tirelessly on preparations, ensuring the event's success.

We were delighted to announce that this year our donation of R56 133.55 for our Christmas Cheer initiative was handed over to none other than Catherine Richards, our esteemed Christmas Cheer representative. Ms Richards currently holds the distinguished position of production editor of The Herald and Weekend Post, showcasing her commitment to the field of journalism. What makes this moment even more special is the fact that Ms Richards is not only a professional of high regard but also a proud Old Girl of Collegiate. She matriculated in 2000, and her connection to our school remains strong. She holds dear memories of events like Carols, cherishing them as if they happened just yesterday.

In this season of giving, we were honoured to have Ms Catherine Richards as the receiver of our donation for Christmas Cheer. Her presence at the assembly is a testament to the enduring spirit of our Collegiate community and motto of Facta non Verba.

Interact

On Mandela Day, we channeled the essence of Nelson Mandela's legacy by making as many sandwiches as possible in just 67 minutes. These sandwiches were then donated to 'Love Story' in honour of the great leader.

We bid farewell to our Grade 12 members and committee during a heartwarming Interact Induction Breakfast on August 16, 2023. We warmly welcomed Chelsea Duri as the new president of Interact. She will be supported by a dedicated team comprising Danielle Erasmus, Nazia Moosa and Aishah Daniels.

We thank all our members and their families for their unwavering support of our endeavours. Your contributions make our mission of service above self-possible.

Our dedicated members have been hard at work. They have been busy crafting playdough, making dog toys and fashioning teddy bears from

facecloths. Additionally, our club members have shown their compassion by collecting sanitary pads for the EP Children's Home, a cause close to our hearts.

Dance Festivals and Drama Productions

We congratulate all our learners who have graced our local and national stages as performances, actresses and dancers. The skills learnt from this participation and the excellence attained are admirable. We are proud!

Creative writing

We are grateful to Old Girl Simran Juglal for spending the afternoon with a few of Collegiate's budding writers. Simran is a Researcher at the Centre for Women and Gender Studies at NMU. An avid reader and writer in her own right, Ms Juglal was able to give our budding writers valuable advice on developing their ideas for the annual Collegiate creative Writing competition. It is pleasing to note her comment that the learners' writing exceeded her expectations. Her obvious appreciation for the beauty of the renovated Resource Centre was also lovely to see.

Choir

We are always proud of our learners who excel and are selected for provincial teams. The Choir equivalents to provincial teams are the Eastern Cape Choirs: The Eastern Cape Junior Children's Choir (Gr 1-3), the Eastern Cape Children's Choir (Gr 4-7) and the Eastern Cape Youth Choir (Gr 8-12). Seven of our learners are members of the ECYC choir and our own Mrs Agenbag is the Conductor. The learners are: Petra Coltman, Hannah Nel, Hannah Stiglingh, Tristin Marais, Liphawu Mama, Iminathi Tiso and Motheo Chengwe.

Ballroom

On 4 and 5 August our Collegiate Ballroom Dancers completed the South African Dance Teachers' Association Bar Tests: Jemima Gibson, Taylia White, Kyra Butler, Elizma Ferreira, Morgan Guest, Isabella Klatte, Isabella Hendricks, Jordan Pierpoint, Mihlali Mangqengwana, Lindokuhle Matiwana, Okuhle Ngxangane, Kaylee Villet, Liyema Mazwane. We congratulate our learners on their fine achievements.

SPORT

Chess

This has been a busy term for our chess teams. The A and B teams completed their league matches this term, with the A team winning a total of thirty-four out of 49 matches. Our top four players also competed in both the Oranje Derby and the Clarendon Derby. Great fun and excitement was had by all during the Inter-house Chess, with Queen Victoria coming out tops, Queen Alexandra in second place and Queen Mary in third.

Cricket

Queen Alexandra House were the novice team at Inter-house Cricket, but victorious none the less.



Collegiate played in the Framesby six-a-side Tournament during this month and did



exceptionally well, winning three of the four pool games. As the Summer season begins again for a short three-week period, the cricket nets will be once again busy with the cricketers as they prepare for the last few league matches.

Cross Country

During Term Three there were two league meetings. Collegiate hosted the first league meeting in the Third Term. The Collegiate team did very well this year, being amongst the top girls' teams in the high school league. The inter-house Cross Country was won by Queen Alexandra House.

Hockey

It has been an extremely busy end to the hockey season. The school participated in derbies against



York, Framesby and Clarendon. These are always highlights on the calendar. Eunice Girls' High School

was included as an additional school for our Oranje Derby weekend. Congratulations to the First team and u16A side who qualified for the prestigious Top 12 school events. The events took place in Bloemfontein and Paarl respectively and the learners can be very proud of their efforts.

Collegiate hosted an Inter-school Hockey Day on 8 August which involved Westering and VP and comprised of matches for our C and D teams which was a huge success.

Well done to Queen Elizabeth house on taking the Inter-house honours this year.

It has been a very successful year for hockey at Collegiate and we look forward to the next season. Onwards and upwards.

Netball

Collegiate hosted the Annual Collegiate Netball Festival over the weekend before school re-opened for Term Three. Once again, the festival delivered wonderful netball and our First Team placed third. We kicked off our third term derbies with matches versus Framesby, followed by a new triangular derby weekend that included Eunice along with our rivals from Oranje.

Next up was our Inter-House Netball prior to our last derby. This got the girls in high spirits for what was to come during the Inter-Schools matches. Queen Alexandra House were victorious in the Inter-House matches.

Our final Winter Derby against Clarendon Girls' High School in East London was one to remember with



the all-present cheerleaders and their drum in full support.

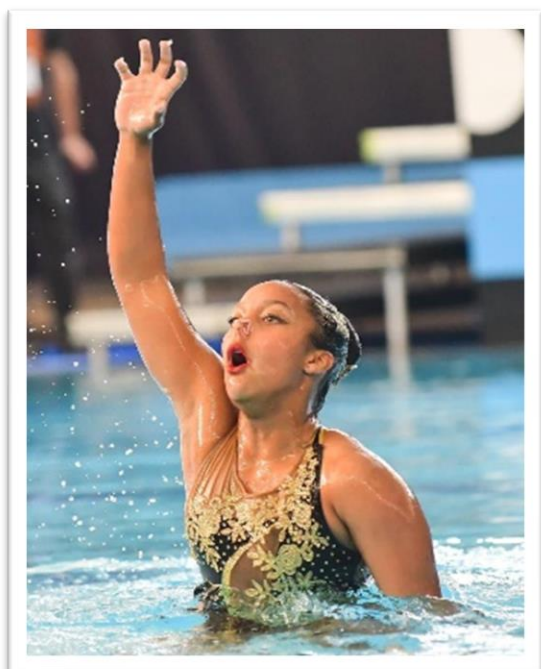
We hosted a Collegiate End of Season Tournament for our lower teams before the season came to an official end.

It has been a very busy season Collegiate Netball is looking forward to what 2024 has in store for us.

Squash

The term has been a very busy season for Squash. The First, Second and Third teams played numerous school league matches, mostly on Friday afternoons. These matches are played against Co-Ed and All Boys' schools and can be quite challenging for the players. Nonetheless, what they do not gain in points, they gain in experience. The Top Six players also went to East London to play a Derby Match against Clarendon, the toughest All Girls' Squash team in the Eastern Cape. The inter-house squash challenges were won by Queen Victoria. Although squash fixtures have come to an end, squash practices and challenge matches for the school ladder continue in Term Four.

Synchro/Artistic Swimming



In August, Aneesah Lindoor jetted off to Athens, Greece with the South African Team to compete at the World Aquatics Youth Championships for

Artistic Swimming. We are proud of her for all the many hours of practice and all the effort.

Tennis

This term the Collegiate tennis teams took part in Derby matches and some local matches as well. We also held our Inter-House tennis tournament with the Boarders are victors. School Championships was also completed during the third term. We look forward to the upcoming Sun City Tournament in the October holidays and hosting our u15 Tennis Festival in Term Four.

Water Polo

The Water Polo athletes have been hard at work in the month of September in what is always a tough pre-season period.

The First team participated in the Reddam House Tournament this term and ended in a very positive eleventh position.

The Collegiate u15 Water Polo Tournament took place from 21 to 24 September. We are proud to announce that the Tournament was powered by Old Mutual Wealth and so we thank Old Mutual for their support of Collegiate and, in particular, girls' schools sport.

