

# VG NEWS

2009, Volume 7 # 2

Our Vision: At VGHS we support and respect one another in a safe and happy environment. Our broad spectrum of activities and facilities enriches all, as we strive for excellence.

## GRAB 'n' OPPORTUNITY!

### CAMP RISING SUN

VGHS is privileged to be invited once again to send a learner to represent South Africa and VG at the international camp in Denmark – CAMP RISING SUN. Those girls wanting to be considered will need to write a letter to Mrs L'Ange and the interview committee and will have to be interviewed.

NOTE: To be considered -

- You must be 15yrs old in June – slightly more or less is OK
- Expenses – flights, taxes, visa and pocket money – about R15 000 - covered by you. The rest is sponsored.
- You will miss 4 weeks of school. You need to be able to catch up.
- Information pamphlets are available from Mrs L'Ange.
- Application: Write a page telling us why you want to go, why we should send you and how this will be beneficial to you, to the school and to SA. Application letters are to be given to Mrs L'Ange by Wednesday 11/02/2009.
- Interviews – Wednesday – 18/02/2009 in the boardroom.
- You will need a passport and VISA

### FSA YOUTH EXCHANGE

FSA exchange programmes give learners an opportunity to go to a foreign country where they will stay with a family, attend a school and see the sights in the area. You will be expected to carry your weight as a member of the host family.

The programme is an exchange programme, but learners can still participate if they are unable to host a learner here. There are two programmes – 4 weeks or three months.

- You must be 15yrs old or older. Grade 10 or 11.
- You will need to go through a selection process.
- Expenses – flights, taxes, visa and pocket money (about R15 000+) needed by you. The rest is sponsored.
- You will need a passport and VISA
- For more information, see Mrs L'Ange.
- Applications must be finalised by the end of February.

## OUR STAFF

Welcome back to Ms Goliath!

## CULTURAL AFFAIRS

### CURRENT AFFAIRS

Want to find out more about the world we live in: Wednesdays at 3:30.

### CHOIR

Well done to the VG Choir on their outstanding performance at the Ha!Man concert. Mr Mkhize and his choir girls are doing us proud.

The music department is already hard at work practising for Mozart's *Requiem* in May – not to be missed!

## SPORT MATTERS

### SPORTS DAYS

Results will only be available at the next Assembly, but suffice to say we all had a wonderful time. As always the VG staff were on the ball and gave their all – in fact, Mrs L'Ange managed to 'give' a few tendons to ensure the staff's victory over the Gr 12s in tug-of-war! (To the organizers a special thank you: Ms McCrindle, Mr Stoloff, Ms Zamani.

Thando Ngantu was in tears and wanted to swipe a credit card to buy a cool drink after Ruthville's rather abysmal performance. At least we can only improve, Ruthville. Right?

Mr Still's tearing his hair out at his tuckshop ladies' entrepreneurial abilities: apparently they were selling pop corn below cost...

### TENNIS

Our girls are enjoying the Grahamstown Tennis Championships with Hannah Godlonton in the quarter finals (singles). She and Cassie Lister are also in the semi-finals (doubles).

## WARNINGS!

### NEWSLETTER REPORTS

All sports captains and society chairpersons, etc must submit weekly newsletter reports on their matches, activities. To Mrs S, no later than Wednesday mornings, please.

### COMMITTEE RESPONSIBILITIES

We urge our committee members to take their responsibilities very seriously. That includes attending meetings.

## COMING UP

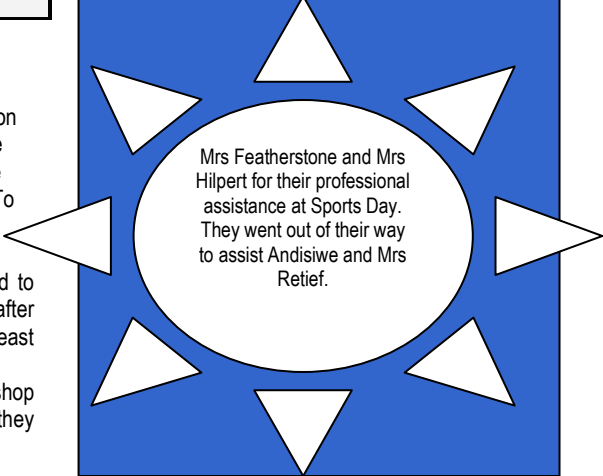
- 6/2 15:00 Gala at VG, followed by the Swimathon.
- 7/2 G/town Tennis Championships  
19:00 Gr 11/12 Formal Social
- 8/2 G/town Tennis Champs Final
- 9/2 Start of Counselling Course for Hostel Staff
- 10/2 17:30 PTPA Meeting to discuss catering over Founders' Weekend

## THINKING OF...

Aphiwe Dyani whose uncle passed away.

Mr Niewoudt and his family as his wife is undergoing explorative surgery.

Jaydene Shelton and her family as her mother is receiving chemotherapy for breast cancer.



Mrs Featherstone and Mrs Hilpert for their professional assistance at Sports Day. They went out of their way to assist Andisiwe and Mrs Retief.

## THE FINAL WORD

This time more of a warning: VGHS will uphold the law regarding under-aged drinking. Moreover, our Code of Conduct is very clear on the consequences.

My question: do we know what our children get up to over weekends? If not, why not?

Please contact the school if you are concerned so that we can work, together with you, towards helping the child.

Regards

*Madeline Schoeman*

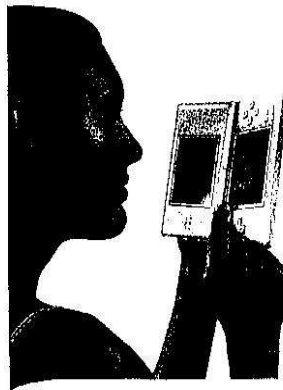


### Hone your listening skills

Becoming a careful listener will help you get along better with everyone, from your best friend to your boss. "People often zone out during conversations because they're planning what to say next," says David Burns, author of *Feeling Good Together* (Broadway). This can send a signal that you don't care and it undermines relationships. Burns recommends this trick: imagine you're going to have to repeat what the other person is saying back to her. This will help keep your focus on her words, not your own thoughts.

**Q** Is it true that you shouldn't take medication with fruit juice?

**A** Researchers from Canada's University of Western Ontario found that orange, grapefruit and apple juices can decrease the effectiveness of certain medicines, such as those for allergies (antihistamines), high blood pressure (beta-blockers) and infections (antibiotics). According to study author, David Bailey, these juices contain compounds that prevent the transport of drugs into the bloodstream. Grapefruit juice may also prevent enzymes from metabolising the medication, increasing the risk of side-effects. Your best bet's to take all medication with water and wait a couple of hours before having fruit juice.



### Train your brain

Ever found yourself standing in a room not remembering what you were doing there? You're not alone. Brain function starts slowing down from age 40 if not regularly stimulated. Like any muscle, your brain needs to be trained to stay fit. Using Nintendo's DS Lite console loaded with the Brain Training programme, playing for a few minutes a day helps train mental awareness and long-term memory. While answering simple maths problems or counting word syllables in a phrase might not be mind-bending for most people, it's a challenge for players to beat their best time. Available at major retailers from R1799.

### Plan your year

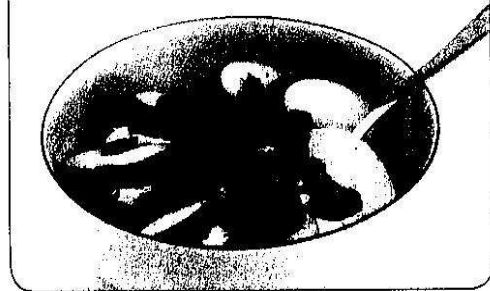
Help make a difference in the life of a cancer survivor. The Iconic Moments in Time project, which produces an array of calendars, diaries and greeting cards portraying South African cancer patients and their different life experiences, has chosen "the will to conquer" as its theme for 2009. Each of the 13 cancer survivors featured in the project has said "yes" to life in spite of their pain. Some of the country's best known photographers have contributed to the project, and the calendar is a visual representation of the human spirit in the face of adversity. To order or for more info, call 086-166-6600 or go to [www.momentsintime.co.za](http://www.momentsintime.co.za)

### Cure stress in a second

New research says that simply looking at nature has the same effect as taking a hike in fresh air. Studies at the University of Washington (US), found that gazing at trees helped slow the heart rates of those who'd just completed a stressful task. Next time you feel your stress levels rise, find a view to admire.

### The big breakfast theory

If you've banished carbohydrates in an effort to lose weight, you may want to reconsider your slim-down strategy. Not only is it unhealthy to cut out any particular food group in your diet, but research suggests that women who eat large, protein- and carbohydrate-rich breakfasts – then limit carbs for the rest of the day – lose more weight and have fewer cravings than those who avoid the nutrient completely. Pair an egg with wholegrain toast or cereal and fruit or veggies for an energy-packed, nutritious breakfast to get your day started off nutritionally.







**Fort Beaufort, Adelaide, Mthatha. ??????????**

