

vg news

6 March 2009, Volume 7 # 6

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.

CONGRATULATIONS!

Congratulations to the all the Merit Stars...

Grade 10:

F. Du Plessis 280

Grade 8:

K. Mfecane 325
M. Hlangani 320
K. Gillam 310
A. Cekiso 305
L. Bodlani 305
S. Namba 290

WELCOME

IT SOLUTIONS AND VG

A warm welcome to our new IT specialist **Mr Prinesh Govender**. We really look forward to having you and your expertise at our finger tips!

THE DEPARTMENT OF EDUCATION

THE GOOD

It's official! After many, many months we finally have written proof that **Mrs McConnachie** has been appointed in a temporary capacity by the department!

Ms Haywood, our new secretary, has also received her letter of appointment by the department.

THE TAXING

I reported last year that the District Office appointed many more staff, with a resulting increase in meetings and workshops. This is still the case. While there have been many positive changes at the District Office for which we are very grateful, the staff are being bombarded by compulsory workshops. This week saw **Mr Schmidt** away for most of Monday, **Ms Hastie**, **Ms Haarhoff**, **Ms Siga**, **Mr Mhize** and **Mrs Babu** on Wednesday afternoon and myself at the matric award presentations and an education summit most of Thursday (clashing with Founders on Friday). And I've just heard of yet another Principals' meeting on Monday afternoon! The bottom line: please bear with us if a co-curricular activity is cancelled or postponed at short notice.

ACADEMIC ACTION

AARP TESTS

This refers to Alternative Admissions Research Project Test, and Gr 12s are urged to write it as many scholarships, etc appear to require it. The test comprises of the following modules

- Placement test in English for Educational Purposes (PTEEP) – 2,4 hours
- Mathematics Achievement Test (MACH) – 1,5 hours
- Mathematics Comprehension Test (MCOM) – 1,5 hours

Closing date for AARP registration: 3 April.

Test date: 18 April 2009.

Details from **Mrs Retief**.

CULTURAL AFFAIRS

LIBRARY STORY TELLING

Jennifer Upfold, Gemma-Mae Hartley, Kelly Ocks, Vivienne Dames, Carla Wilby and Blessings Chinganga were so excited at the prospect of participating in the story telling competition, only to be told they were too late. On behalf of the Children's Library we apologise to them, but trust that they had much fun along the way.

FILM SOCIETY

by *Mr Stoloff*

"The Kite Runner" was shown to an enthusiastic group of movie buffs last week by the VG Film Society. A wonderfully made and acted film was enjoyed by all, despite many a tear being shed. Mr Stoloff assures a more light hearted film is next up.

LIBRARY WORKSHOP

by *Dr Hanton*

A very successful AGM and workshop was held on Saturday. Zintle Hoho and Bongo Mtshabe have been elected as Head and Deputy Librarian respectively. The Library opening times will now be Monday-Thursday afternoons from 2:30-4:30 and Friday afternoons from 2:00-2:30.

BRAND NEW BOOKS AVAILABLE:

Harvesting the Heart – Jodi Picoult
A New Earth – Eckhart Tolle
Decorative Mosaics – Elaine Goodwin

COMING UP

This weekend: Founders; RCL Workshop; Debating at Rhodes, Hockey in Uitenhage and Athletics in PE.

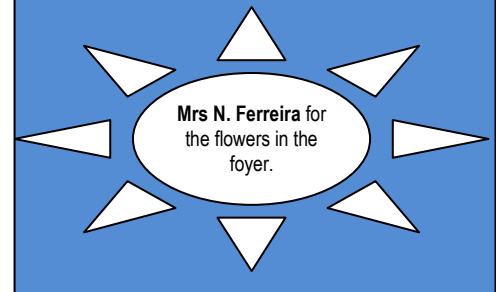
- 9/3 Open evening for VP parents and Gr 6s and 7s – 18:00
- 10/3 VGHS PTPA AGM: please join us as we continue to build relationships to the benefit of all – 17:30
- 12/3 Mrs Schoeman in Fort Beaufort District and East London, and meeting 2 octogenarians + Old Girls for tea!
- 13/3 Mrs Schoeman meeting with Mthatha parents. Kindly contact Mrs Nkinti on 083 513 9830 for more details.

THINKING OF...

Mrs Heathcote and her family as her father is very ill in hospital.

Mr Goliath whose nephew has passed away.

Mr Balana and Mr Nanto, our grounds and hostel staff workers, who have both been ill.



GRAEME HOUSE FUNCTION: SHOWER SINGING...

by *Carla Mostert*

Well done to the 'Platinum Babes' (**Blessings Chinganga, Sive Sotashe and Yondela Mankuntsu**) who were the overall winners on Friday night. Runners up were the S.K.S. grade 11's (Kutala Dyibishe, Nobathembu Koliti, Siya Titi) and Best Dressed was ON² (Olwethu Lungile, Nomsa Maneli and Nkabakazi Matikinca). Remember that the spirit of Graeme House will take you to great places!

A **MASSIVE** thank you must go to the Graeme House teachers **Ms Farquahar** and **Ms Haarhof**, **Mr Mkhize** as the guest judge, **Chantelle May** for her technical help and all the girls who helped to tidy up at the end of the function.

SPORT MATTERS

ATHLETICS

Good luck to the following girls competing in the Cacadu Athletics Meeting in P.E. this weekend: **Olwethu Tom, Onyeka Osode, Asisipho Moyake, Vuyokazi Gosani** and **Kirby Daniels**.

HOCKEY

by Mrs Cherry-Schmidt

Good Luck to the u/16's who are playing in the Riebeek Tournament this weekend. Travel safely and score many goals. After this weekend informal practice sessions will continue for the u/16's and **Ms Collings** has begun her practice sessions on a Friday from 2:30-3:30pm.

There has been a change of date for the Albany Hockey Trials – they have been moved to the 10th May, and will be held at DSG. To make selection as fair as possible one coach from each school has been asked to attend to help pick the best players. At a provincial level there will be more sides selected for tournaments this year, so there are more opportunities for our girls to demonstrate their talent. So... keep going to Mr Schmidt's gruelling fitness sessions, it will pay off!

SWIMMING

by Mrs Cherry-Schmidt

Confusion rules the pool side at the moment! The Departments of Sport and Education are no longer involved in school based swimming, leaving behind much chaos and no information being passed on to schools not in PE or EL. As a result the High School's Swimming Squad for the EC has already been selected. This has seriously affected all the schools in Grahamstown and Port Alfred, but formal complaints have been made to EP Aquatics by these schools and we hope that our new season will see this being remedied. To keep the competitive spirit alive in Grahamstown we have had local galas and our team swimmers are currently swimming to hopefully be selected as part of the Albany side. This side will be selected from the times collected over the course of this season, and will be announced at the end of the term.

Reminder that the Inter House Gala is on the 31st of March – see you all there!

JUST GO FOR IT!

Have a great time over Founders! You have the programme, you have the time, so why not?

RMR APPRENTICESHIPS

Congratulations to the following girls who have been selected to take part in a training course: **Noluvuyo Yantolo, Hannah Stevens, Sihle Jack and Nanamhla Ceza.** Good Luck to the budding DJs and Talk Show Hosts!

STAR RELAY TROPHY SAGA

Well done to the Spirit Committee for building up such interest in the star relay with the daily photo sightings of our holidaying trophy! (And thank you to all the people who were so supportive when they thought it had been stolen!)

INTERESTING SNIPPETS

by Mrs Cherry-Schmidt

With all the tragic news in Grahamstown and the world this week I thought that we needed something to cheer us all up. Dr Philip E. Humbert, author, speaker and personal success coach has some super tips on being happy:

"One of my favourite songs is Bobby McFerrin's refrain, "Don't Worry, Be Happy". I recently had the opportunity to observe people's reactions when a highway was closed because of an accident ahead. As we waited, I watched as some listened to radios, a few began tossing a Frisbee, others seemed to be working or reading, and others opted for a quick nap. But, there were also a handful who were clearly agitated and angry. Pacing about, swearing, and upset, they decided that the best response to this event, which none of us could control, was to be very unhappy. I was reminded of Abraham Lincoln's comment that, "Most people are about as happy as they make up their minds to be.

The following are my Top 10 Tips to increase happiness in your life:

1. **Decide to be a happy person.** As Lincoln observed, most people, most of the time, can choose how stressed or happy, how troubled or relaxed they want to be. Choose to be happy.
2. **Watch and Read less news.** As a recovering news addict, I know this can be difficult because the stock market fluctuates, politicians politic, and sports teams compete. But, most of the time, you don't need the stress. So, just don't watch. I think it was Henry Thoreau who noted that if you've ever read about a train wreck, you understand the principle and don't need to know any more about it
3. **Practice the Attitude of Gratitude.** We all have so much to be grateful for. Just thanking the many people who assist us, encourage us, teach us and open doors for us could take all day!
4. **Take Time.** My dog has taught me much about loyalty, about noticing the sights, sounds, and smells in the yard, about being relaxed and about play. Eat when you're hungry, nap when you need it. Get your ears scratched whenever possible!
5. **Laugh everyday.** Hear a joke, tell a joke, laugh at yourself, laugh with your friends and family and co-workers. There are very few medicines as powerful as laughter, and I don't think you can over-dose, although it is addicting!
6. **Love well.** Express your affection, appreciation, friendship and warmth to those around you, and they will almost always respond in the most amazing ways! Be generous--it pays great dividends!

7. **Work hard.** This one comes as a bit of a surprise, but there is tremendous satisfaction in being competent, and joy in completing our assigned tasks. One of the great sources of happiness is to do work that is worthy of you, and to do it well.

8. **Learn something new, everyday.** To be happy, most of us must also be growing, expanding, learning and challenging ourselves. Read, listen, adapt and stretch to accommodate new ideas and new information.

9. **Use your body as it was designed.** Walk and run, stretch, throw things, and lift things. Dance! Exercise is good, but so is making love, mixing up a batch of cookies, or exchanging backrubs. You have a body and it can be either a source of joy, or a source of aches and pains.

10. **Avoid toxins.** I prefer writing positives (things to do) rather than negatives (things to fear), but reality says there are negative people and there are bad chemicals, stressful noises, and unsafe places. Don't go there! Avoid poisons whenever possible. It seems to work out better that way."

From : www.philiphumbert.com

FINALLY

APRIL LEAVE-OUT

Thank you to the parents and staff for the overwhelming response in favour of working on the 27th and closing on the 30th of April. I have written to the Department requesting permission, and will inform you a.s.a.p.

Looking forward to seeing you this weekend!

Madeline Schoeman