

XHOSA BEST SPEAKERS

On 5 August the isiXhosa Department had a their Best Speakers Competition. The results are as follows:

Juniors

1st **U. Klaas**

2nd **S. Roxo**

3rd **Y. Nonyukela**

Seniors

1st **N. Ntondini**

2nd **L. Luthuli**

3rd **L. Hlatshaneni**

Well done to the winners as the standard was very high.

GR 12 SCHOOLS FESTIVAL

During the last week of the July holidays two of our Matrics were fortunate enough to attend the Standard Bank National Schools' Arts Festival. The five days consisted of a very tight schedule filled with various workshops, lectures and plays from some of the top performing artists in the country. This proved to be an opportunity of a lifetime and the exposure that they gained made this a very worthwhile experience. All grade 11s are encouraged to participate next year.

DERBY DAY

Thank you to all the parents who helped at the Derby Day of Friday!



Mrs Virginia Bennett
Mrs Kate Hodge
Mrs Sandy Smailes
Mrs Ronel Mostert
Mrs Lara Coetzee
Mrs Doreen van der Merwe
Mrs Heather Lister

Thinking of Stephanie Whitehorn and her family.

SWINE FLU

SWINE FLU

- Is an influenza A H1N1 virus
- Can be transmitted from pigs to humans and human to human
- Is transmitted by droplets e.g. breathing, sneezing and coughing in close proximity
- Is more likely to be contracted from people who have travelled overseas or been in contact with people who have travelled
- Cannot be contracted from pork products

SYMPTOMS OF SWINE FLU

The symptoms of Swine Flu are identical to human influenza and include:

- Fever
- Cough
- Body aches
- Fatigue

THEY MAY ALSO INCLUDE:

- A runny nose
- Sore throat
- Vomiting
- Diarrhoea

TREATMENT

A H1N1 or Swine Flu is treatable though there is not yet a vaccine available. The seasonal influenza vaccine does not protect humans against Swine Flu. The WHO has confirmed that preparation for an A H1N1 virus vaccination is underway and availability is anticipated shortly. The Organisation still recommends the usual seasonal flu vaccination be continued as it is very successful in combating an entirely different strain of influenza. Antivirals are available for treatment of the A H1N1 virus. The WHO recommends the following treatment: inhibitors of influenza neuraminidase (oseltamivir and zanamivir).

WHAT SHOULD YOU DO IF YOU SUSPECT YOU HAVE SWINE FLU

The WHO strongly advises anybody with flue-like symptoms to immediately seek medical attention and explain to your doctor why you suspect you have Swine Flu.

If you feel unwell, have a fever, a cough and/or a sore throat:

1. Stay at home
2. Rest and take plenty of fluids
3. Cover your mouth and nose with disposable tissues when coughing and sneezing. Use tissues only once and dispose of the used tissues into a waste disposal bin
4. Wash your hands with soap and water frequently and thoroughly, especially after coughing or sneezing
5. Inform family and friends about your illness and seek help for household chores that require contact with other people, such as shopping.

HOW CAN YOU PROTECT YOURSELF FROM CONTRACTING SWINE FLU

1. Cover your nose and mouth while travelling
2. enough sleep, exercise and nutrients
3. Wash your hands frequently and thoroughly with soap and water
4. Try to avoid contact with people who have a fever or cough
5. If you suspect you have Swine Flu, have yourself tested by a GP

Taken out of a CLICKS brochure

VGHS caution: Graeme College has confirmed its first case of Swine Flu. We caution our girls not to overreact, but please stay at home if you are not well.

ART TOUR 2010 JOHAN CARINUS ART CENTRE

Dear Parent / Guardian

An 11-Day Art Tour for scholars is planned for September 2010. I, in collaboration with Travel and Sport Tours, a well known and experienced tour agency, have an itinerary which includes three countries. I am extending this invitation to all local and Port Alfred Schools. Depending on the size of the group, I and one or more educators will be accompanying the group.

This Art tour is open to learners from Grade 7 in 2010 to Grade 12s. We plan to visit Egypt, Spain and France on an 11 day tour, with the costs not exceeding R25000, airport taxes inclusive. This also includes the costs for the two meals other than the breakfasts and one dinner which are part of the tour.

Excursions include:

Cairo: Memphis, The Sphinx, Giza Pyramids, Egyptian Museum, Perfumery, Khan el Khalili Bazaars and a Papyrus museum.

Barcelona: 2 full days sightseeing tour; Gothic quarter, Sagrada Familia, Barri Gotic and Ras Rambas.

Paris: Louvre, Eiffel Tower, Arc de Triompf, Champs Elysees, Notre Dame cathedral, Euro Disney, Sacra Couer, Musee D'Orsay, Montmatre and Centre du Pompidou.

All transfers to and from airports are included, as is a luxury, air conditioned coach.

If you are interested for your child to be part of a varied and exciting group tour experience, we invite you to an information meeting on 1 September at the Graemian Centre, Graeme College, at 18.00 hours. Stacey from Travel and Sport, Johannesburg, will be there to inform us of all details, and answer other queries you might have.

My contact details are 082 4666 598 and 046 6224543. I am excited to embark on this art education project, realizing that nearly one whole year to invest into the costs for the tour, gives you good opportunity to make it possible for your child to expand horizons in such a creative way.

Yours faithfully

Mrs Virginia Reed
Principal – Johan Carinus Art School

Ladies, please be vigilant at all times. Human trafficking is a reality.