

GENERAL NEWS

A huge congratulations to Mrs Che Booysen and her team of budding thespians on their brilliant performance of *A Midsummer Night's Dream* at The Baxter Theatre on Friday 11th May. The acting ability, voice projection, super slick delivery of lines and flawless enactment of their roles would have made Mr Shakespeare very proud. We were also delighted to see a picture of the whole cast on the front page of the Tyger Burger on Wednesday 16th May. Well done and thank you to all the staff and parents involved in making the evening the success that it turned out to be. CBC Drama Department rocks!



The Shakespeare Schools Festival hails from the United Kingdom as an additional education programme aimed at improving language and social skills through the performing arts. SSF Southern Africa is Educape's flagship project, piloted in 2010 by Kseniya Filinova-Bruton with the objective of revealing the link between the arts and education. Each year the festival encourages schools to perform abridged '30 min' versions of Shakespearean plays in local professional theatres. The festival is non-competitive, providing a platform of equal opportunity where there are no boundaries to participation.

On Saturday 12th May, the PA hosted a Royal Breakfast in celebration of Mother's Day. 150 ladies were spoilt with fantastic goodie bags and lovely raffle prizes. We would like to thank all our sponsors for their generosity and support as we could not have had this enjoyable morning without their support.

STAFF/STUDENTS

Congratulations to Ms Franci Williamson who became Mrs Franci Ruygrok last Saturday. We wish her and her husband, Sven much happiness.

Our prayers are with the van Graan family as they wish farewell to a husband, father and grandfather.

DATES TO REMEMBER:

May

Tues 22- Grade 12 examinations start

Wed 23 - Grades 10 - 11 examinations start

Thurs 24 - Blood Drive

Fri 25 - Grades 8 and 9 examinations start

ACADEMICS:

Examinations are upon us. Please be reminded that if your son or daughter is absent for an exam you must phone the school before 8:30. A doctor's certificate must be presented upon his/her return in order to obtain a rewrite for the examination missed.

Some useful advice for our students:

Healthy eating during exams (advice for our students and their parents)

Did you know that making healthy food choices and taking care of your health can actually improve performance and concentration? Stress, lack of sleep, and being in a potential time crunch all work together to sabotage not only your test performance, but set up a domino effect that leads to poor nutrition. Compounding these factors can have negative effects on your final grade! If you think taking care of yourself is a waste of time that should be used for studying, think again!

Make time for exercise! Not only does exercise help to improve sleep patterns, just 20-30 minutes will reduce stress and allow you to go into your study session with more focus. It can be hard to overcome the inertia of a study break taken on the couch, but a quick exercise break will leave you energized.

Go for balance! Make your carbohydrates complex and add some protein to your meals and snacks. This will keep your blood sugar levels stable and will decrease hunger and cravings—two things you don't need when you may already be emotionally spent and stressed!

Eat at regular intervals. This will keep your energy level up and reduce the temptation to fill your body full of empty-calorie snacks. Empty calories fill you up on the calories, but lack nutrients your body needs. Also, they will usually leave you craving more in a very short time!

Consider eating smaller meals/snacks more often (which further supports the last point). Also, large meals can sit in your stomach and may even slow you down mentally and physically. Ever eat a big meal, and then the only thing you want to do is crash on the couch?

(www.health.msstate.edu/health)

Congratulations to all the Mathematics students who went through to the second round of the SAMF!

- Coral du Preez (Grade 11)
- Stefano Claasen (Grade 9)
- Jade Apsey (Grade 8)
- Jordan Laubscher (Grade 8)
- Kay-Lee Pilkington (Grade 8)

ARRANGEMENTS FOR END OF TERM:

Senior School will close at 12:00 until Friday 15 June, during examinations.

Teaching will resume over the last week as normal and closing time for the Senior School will be at 14:45.

WINTER SCHOOL FOR GRADE 12 STUDENTS DURING LAST WEEK OF TERM

NORMAL PERIODS UNTIL SECOND BREAK THEN EXTRA TEACHING IN THE FOLLOWING SUBJECTS:

MONDAY 18 JUNE	TUESDAY 19 JUNE	WEDNESDAY 20 JUNE	THURSDAY 21 JUNE
13:00- 16:00	13:00- 16:00	13:00- 16:00	13:00- 16:00
ACCOUNTING/CAT/ ART	ACCOUNTING/CAT/ ART	ACCOUNTING/ CAT/ART	ACCOUNTING/ CAT/ART

WINTER SCHOOL FOR GRADE 12 STUDENTS

MONDAY 25 JUNE	TUESDAY 26 JUNE	WEDNESDAY 27 JUNE	THURSDAY 28 JUNE	FRIDAY 29 JUNE
8:00- 13:00	8:00- 13:00	8:00- 13:00	8:00- 13:00	8:00- 13:00
MATHEMATICS	MATHEMATICS	MATHEMATICS	MATHEMATICS	MATHEMATICS
MONDAY 2 JULY	TUESDAY 3 JULY	WEDNESDAY 4 JULY	THURSDAY 5 JULY	FRIDAY 6 JULY
8:00- 13:00	8:00- 13:00	8:00- 13:00	8:00- 13:00	8:00- 13:00
PHYSICAL SCIENCES	PHYSICAL SCIENCES	PHYSICAL SCIENCES	PHYSICAL SCIENCES	PHYSICAL SCIENCES

SPORT:/CULTURE:

Sporting and culture activities end on Monday 21st May. Thank you to Mr Van der Merwe and Mr Dale for all their efforts to grow CBC sport. Both these staff members definitely go the extra mile and our sporting results bear testimony to this.

RELIGIOUS EDUCATION AND ETHOS:

Part of our ethos at CBC is to bring justice, peace, equality, acceptance, unity, truth and God's endearing love to all His people. In order to do this we all need to practise humility.

Humility - the quality of having a modest or meek view of one's own importance. Synonyms = modesty, unpretentiousness

The opposite of humility is pride and being humble means that we are free from pride and arrogance.

A humble person does not think that he or she is better than anyone else, does not suffer from a superiority complex and is therefore a tolerant and loving person.

Examples of Humility:

1. Mother Teresa
2. Being a parent
3. Letting someone ahead of you in line
4. An athlete who credits his/her success to the team
5. Practising patience
6. Being kind and considerate to other motorists on the road
7. Not being a racist or acting in a manner which tells others that you think yourself to be superior over others.

fwilliamson@cbcstjohns.co.za

Franci Williamson
Senior School RE Co-ordinator

Prayer for Rain

Dear Lord

Thank you for answering our prayers!

Amen

CHARITY:

Our CBC Junior City Council representatives, Paije Flood and Mikayla van Wyk have initiated a charity drive. Please see letter below:

REQUEST FOR DONATIONS OF DOG AND CAT FOOD

As part of the Junior City Council of Cape Town, we have chosen Fallen Angels Pet Rescue as our charity for this month. In order to assist them, we will be collecting dog and cat food as well as blankets, bowls and toys. Please send in donations with your child up until the 25th of May. This is not limited to CBC children and CBC has kindly offered to be a drop off point for any people wishing to donate to this worthy cause. Please help us to keep our animals warm and fed this winter.

Thanking you in advance for your contributions.

Yours sincerely

Mikayla van Wyk and

Paije Flood

(Youth Educates WC

Sub Council 13)

We continue to raise funds for four water tanks that St Joseph's Children Hospital need. We were just over 10% of the way at the end of last term with R13 64.10 - remember to keep that generosity coming!

The Sandwich Drive continues to move in exciting directions and thanks to a very dedicated team we are improving our output each week. If you would like to be involved, any donations of: bread, peanut butter, jam, spreads, and of course hands are most welcome.

(<http://stjosephshome.org.za/> check out their website to see the amazing work they are doing!)

DRESS CODE

Please make sure that your child is correctly dressed for school. Blazers must be worn to and from school as well as in public. Tracksuits with the CBC sports shirt and running shoes may be worn on PT days. **(No jersey with PT/Sports uniform)**. There will be a weekly grooming check which will take place on Tuesdays.

PLEASE NOTE:

LEVEL 6B WATER RESTRICTIONS

The City of Cape Town implemented level 6B water restrictions from the 1 February 2018.

The following measures continue to be in effect:

- One uniform policy

Students taking part in sport activities will be allowed to come to school dressed in their sports uniform.

Drinking water

Students are requested to bring their own drinking water to school.

Water dispensers will be placed in each classroom should students wish to fill drinking bottles.

No potable tap water will be allowed to be used in the bathrooms for the purpose of washing hands.

Students will have to make use of hand sanitizer that has been placed in each classroom.

- Catchment of water

Basins will be placed in sinks where water may be used. This grey water will be used to clean floors etc.

- Irrigation of fields

The City of Cape Town has given the College permission to continue using grey water for the irrigation of the sports fields. This will be carefully monitored and done during the early hours of the morning.

Homework Classes are run from Monday to Thursdays from 15:00 -16:00. Our students are encouraged to attend these classes should they not be involved in sport, cultural activities or extra lessons on any of those designated days.

Homework Classes are run from Monday to Thursdays from 15:00 -16:00. Our students are encouraged to attend these classes should they not be involved in sport, cultural activities or extra lessons on any of those designated days.

COMMUNICATION

If at any time you have questions or concerns, please note the following communication channels:

Contact your child's Register Teacher FIRST by writing a note in your child's homework diary or by sending a letter or an email. If necessary, make an appointment to see the relevant teacher. If you feel that your communication has not been addressed to your satisfaction, please bring your concerns to the Grade Head. From there, please contact Ms Marisa Fox via email, or make an appointment to see her. Your very last port of call should be Mrs Sharon van Vuren. We will make every effort to address your concerns / queries to the best of our ability. Please could we request that you follow the correct channels of communication to prevent a delay in the resolution of your inquiry?

Please feel free to email your child's Grade Head on one of the following addresses:

- Grade 8: Mr Patrick Boltler (HOD: GET) (patrickb@cbbstjohns.co.za)
- Grade 9: Mrs Carin van Graan (cvangraan@cbbstjohns.co.za)
- Grade 10: Mrs Maryke Booysen (mbooyesen@cbbstjohns.co.za)
- Grade 11: Mrs Sonja van Staden (svanstad@cbbstjohns.co.za)
- Grade 12: Ms Annelde Raats (araats@cbbstjohns.co.za)
(Matric events)
- Grade 12: Mr Ryk Brink (HOD: FET) (rbrink@cbbstjohns.co.za)
(Academics)

Alternatively, you may contact Reception to make an appointment to see the relevant teacher(s), Grade Head or Head of the Senior School.

(021) 556 5969

If you have not done so already please go onto the new College website for information pertaining to the school. Go to www.cbbstjohns.co.za

If your children are absent from school for any reason please could you let the Front Office know as early in the day as possible. (021) 556 5969

Please be reminded that if your son or daughter is sick for an examination, the College, under the direction of the WCED, does require a doctor's certificate. (See above)

We are looking for ways to improve communication between the College and our parent community. Our Communicator is an effective way in which parents can stay in touch with the College. For those of you who are not on the Communicator the link is: <http://www.school-communicator.com/download.php> You can download this application onto your cell phone.