



# Graeme College

*To strive for excellence by developing all to their full potential*



## WEEKLY NEWSLETTER Friday 25 June 2021

“Prepare the CHILD for the path, not the path for the child”.  
-Thomas P. Johnson

### Message from the Headmaster

In one of Victoria Prooday's (Occupational Therapist and Psychotherapist) blogs ('The silent tragedy affecting today's children') she discusses the silent tragedy unfolding in our homes that concern our most precious jewels - our children. Victoria, through her work with hundreds of children and families, has noticed a steady increase in children's mental illness.

Victoria Prooday attributes this decline in mental health to the following lack of the fundamentals of a healthy childhood:

- Emotionally available parents;
- Clearly defined limits and guidance;
- Responsibilities;
- Balanced nutrition and adequate sleep;
- Movement and outdoor activities;
- Creative play, social interaction, opportunities for unstructured times and boredom.

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Instead, children are being served with:

- Digitally distracted parents;
- Indulgent parents who let kids “Rule the world”;
- A sense of entitlement rather than responsibility;
- Inadequate sleep and unbalanced nutrition;
- Sedentary indoor lifestyle;
- Endless stimulation, technological babysitters, instant gratification, and absence of dull moments.

Victoria suggests that if we want our children to grow into happy and healthy individuals, we have to wake up and go back to the basics and try to implement some of these recommendations:

- Set limits and remember that you are your child’s PARENT, not a friend;
- Offer your child a well-balanced lifestyle filled with what they NEED, not just what they WANT. Don’t be afraid to say “No!” to your child if what they want is not what they need;
- Where possible, provide nutritious food and limit snacks;
- Have a daily technology-free family dinner;
- Play board games;
- Involve your child in one chore a day (folding laundry, tidying up toys, hanging clothes, unpacking groceries, setting the table, etc.);
- Implement consistent sleep routine to ensure that your child gets lots of sleep in a technology-free bedroom;
- Teach responsibility and independence. Don’t over-protect them from small failures. It trains them the skills needed to overcome life’s greater challenges;
- Teach delayed gratification and provide opportunities for “boredom” as boredom is the time when creativity awakens;
- Don’t feel responsible for being your child’s entertainment crew;
- Avoid using technology during meals, in cars, restaurants, malls. Use these moments as opportunities to train their brains to function under “boredom”.

Be emotionally available to connect with your children and teach them self-regulation and social skills:

- Become your child’s emotional coach. Teach them to recognize and deal with frustration and anger;
- Teach greeting, turn taking, sharing, empathy, table manners, conversation skills;
- Connect emotionally - Smile, hug, kiss, tickle, read, dance, sing, or crawl with your child.

Let us start, or continue to help our children, with all the skills needed to connect, share, give, encourage and assist others. This alone will contribute to cultivating better children, better parents, better friends, better humans and ultimately change the world and make it a better place for all.

Kevin Watson  
Headmaster

Next week marks the last week for formal assessments in the high school. This process continues to be worthwhile as it will give parents a measure of how their sons might fare at the end of the year. Boys must continue to make adequate revision over the next week. Please be advised that normal classes will continue on Monday 5 July. This week's teaching is hugely important because of the time missed earlier in the year.

### REVISED JUNE 2021 FORMAL ASSESSMENT TIMETABLE

DATE	GRADE 12	GRADE 11	GRADE 10	GRADE 9	GRADE 8
19 June 2021	Visual Art/Design P1 Theory 08h00 – 11h00	Visual Art/Design P1 Theory 08h00 – 11h00	Visual Art/Design P1 Theory 08h00 – 10h00		
21 June 2021	Mathematics P2 08h00 – 11h00 Maths Lit P2 08h00 – 10h00	Physical Science/Business Studies P1 08h00 – 10h00	Mathematics P2 08h00 – 11h00	Afrikaans/isXhosa 08h00 – 10h00	Mathematics 08h00 – 10h00
22 June 2021	Life Sciences P1 08h00 – 09h30 Life Sciences P2 10h30 – 11h30	Life Sciences Paper 1 08h00 – 11h00	History P1 08h00 – 10h00	Natural Sciences 08h00 – 10h00	EMS 08h00 – 10h00
23 June 2021	English P1 (Language) 08h00 – 10h00 English P2 (Literature) 11h00 – 13h30	CAT P1 08h00 – 11h00 English P1 (Language) 12h00 – 14h00	Geography P1 08h00 – 11h00 Accounting P1 08h00 – 10h00	Geography 08h00 – 09h30	Creative Arts 08h00 – 10h00
24 June 2021	History P1 08h00 – 10h00	Physical Science/Business Studies P2 08h00 – 10h00	English P1 (Language) 08h00 – 10h00 English P2 (Literature) 11h00 – 13h30	History 08h00 – 09h30	Afrikaans/isXhosa 08h00 – 10h00
25 June 2021	Geography P1 08h00 – 11h00 Accounting P1 08h00 – 10h00 Music Theory 08h00 – 11h00	Mathematics P1 08h00 – 11h00 Maths Lit P1 08h00 – 09h30 Visual Art/Design Practical (at JCAC) 12h00 – 17h00	Physical Science/Business Studies P1 08h00 – 10h00	English 08h00 – 10h30	Natural Sciences 08h00 – 10h00
26 June 2021	Mathematics P1 08h00 – 11h00 Maths Lit P1 08h00 – 10h00				
28 June 2021	Afrikaans/isXhosa P1 (Language) 08h00 – 10h00 Afrikaans/isXhosa P2 (Literature) 11h00 – 13h00	Mathematics P2 08h00 – 11h00 Maths Lit P2 08h00 – 09h30	Visual Art/Design Practical (at JCAC) 08h00 – 13h00 Mathematics P1 14h00 – 17h00 Maths Lit P1 14h00 – 16h00	Mathematics 08h00 – 10h00	Geography 08h00 – 09h30
29 June 2021	Physical Science/Business Studies P1 08h00 – 10h00	Afrikaans/isXhosa P1 (Language) 08h00 – 10h00 Afrikaans/isXhosa P2 (Literature) 11h00 – 13h00	Life Sciences Paper 1 08h00 – 11h00	Technology 08h00 – 10h00	History 08h00 – 09h30
30 June 2021	CAT P1 08h00 – 11h00	Accounting P1 08h00 – 10h00 English P2 (Literature) 11h00 – 13h30	Physical Science/Business Studies P2 08h00 – 10h00	EMS 08h00 – 10h30	English 08h00 – 10h30
1 July 2021	Accounting P2 08h00 – 10h00 Visual Art/Design Practical (at JCAC) 08h00 – 13h00	History P1 08h00 – 10h00 Music Theory 11h00 – 14h00	Afrikaans/isXhosa P1 (Language) 08h00 – 10h00 Afrikaans/isXhosa P2 (Literature) 11h00 – 13h00	Creative Arts 08h00 – 10h00	Technology 08h00 – 09h30
2 July 2021	Physical Science/Business Studies P2 08h00 – 10h00	Geography P1 08h00 – 11h00 Accounting P2 08h00 – 10h00	CAT P1 08h00 – 11h00 Music Theory 12h00 – 15h00		

\* Please note that normal classes will resume on Monday 5 July 2021

## Community & Fundraising request



The Community Outreach Portfolio is looking for 200g coffee glass bottles with lids for our term 3 project.

Kindly wash your bottles and send to school for the attention of Ms White.

We thank the Graemian family for all their support and interest in our community projects.



2023

## Our Graeme College 2023 "Dream Project"



As Graeme College approaches its 150th birthday in 2023 we look to the past and celebrate numerous milestones of significant success and achievement. However as we look to the future we are determined to continue to inspire our boys toward future greatness. We do not want our boys to rest and rely on past glory, we want them to take a hold of their destinies and become the future leaders and champions we know they can be.

In order to do this we want to offer our boys the best possible facilities to assist them to achieve their dreams. We could think of no better way to do this than to open a multi-purpose indoor sports facility as Graeme College turns 150 in 2023. What better way to celebrate an incredible milestone of an incredible school? And what better way to open the way for another 150 years of growth, achievement and success?

Sport is an unbelievable banner of unity and togetherness at Graeme College. It has enormous power for good, both for the individual and the community. It has the ability to change the way Graeme boys think about themselves and the world that they live in. It can challenge their assumptions about their own ability, about what it means to work hard and the sacrifice required to achieve a standard of excellence.

The indoor sports facility would provide the space for world-class strength and conditioning equipment and training, indoor cricket nets and meeting/coaching rooms.

We are determined not to wait another century before producing our next international fly-half or cricket all-rounder.

This project seeks to celebrate and affirm our past, while embracing – with great passion – our shared future.

”

“

Bank: Standard Bank  
Branch: Grahamstown  
Branch code: 050917  
Account name: Graeme College  
Account number: 081996551  
Ref: Name & "Dream2023"

## School Events



**R5**  
Socks  
& civvies

FRIDAY  
**2nd of July**

Monies raised to go towards helping an under-privileged learner in need.

**PRIZES!!!**  
1st, 2nd & 3rd place winners  
PLUS  
Most CRAZeE socks in each grade  
ALSO  
Most CREATIVE CRAZeE sock teacher!

**CRAZEE SOCK DAY**



Dear Junior School Parents

## CAKE SALE

2 July  
Junior Quad

Please donate money or something sweet towards the the junior cake sale- it will be greatly appreciated. The monies raised will be donated to a child in need. Please contact Mr Bodenstein for more information.

CIVVIES MAY BE WORN, BUT ONLY IF ENTRY FEE HAS BEEN PAID

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# Music

Steelband Rehearsal Times:

Mondays: Grade 8 - 13h30-14h30

Tuesdays: Grade 9NH - 13h30-14h00  
Grade 9SA - 14h00-14h30

Wednesdays: Grade 11 and 10 - 13h30-14h30

Fridays: Grade 12 - 13h30-14h30

Marimba Band Rehearsal Times:

Due to clashes with sport the grade 4 and 5 marimba rehearsals are now on Thursdays. Please see the new times below:

Tuesdays: Grade 6 - 13h30-14h30

Wednesday: Grade 7 - 13h30-14h30

Thursday: Grade 4+5 - 13h30-14h30

The music centre has also started offering private individual and group lessons. These take place after school. If you would like your child to participate in these lessons please collect a form at the music centre. These lessons are private and are to be paid for. The lessons will be taken by our full time staff members as well as outside music specialists.

# Art

The Grade 11 boys getting creative with their self portraits at the Carinus Art Centre this week.



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- School Golf Plan

The Belmont Golf Club School plan is available for all boys at Graeme College that are interested in becoming scholar members. Please contact Mr Kilian if you would like further information on [s.kilian@graemecollege.co.za](mailto:s.kilian@graemecollege.co.za).

- Senior Tennis

Our Graeme boys recently participated in the Eastern Cape TSA Pro Kennex Eastern Cape Mini 3 tournament, which included ranking points for Tennis South Africa.

Kits McConnachie was the winner of the boys U/12 Silver section, winning all his matches in straight sets. He also made it to the quarterfinals of the doubles, with his partner from Cradock Primary.

Ryan Stobbs was the winner of the boys U/14 Gold section. He defeated the number one seed in the first round coming back in the second set from 5-1, and 40-15 down, to win the set 7-5 and the match 6-1, 7-5. In the finals he played against the second seed and also came back in the second set, to win the match, in 3 nail-biting sets.

Jesse McConnachie was the runner up in the back draw of the boys U/14 Gold section. He had to play the number 2 seed in the first round and unfortunately got knocked out to the back draw. He made it all the way to the final, where he played against the number 1 seed, where he narrowly lost in 3 sets.

Ethan Beyleveld, Steven du Preez and Murray Tyson all played in the boys U/16 Platinum section. It was a very tough section, which had players from across the country. Murray had to play the number 1 seed in the first round, which was a very tough match, and unfortunately lost. Steven also lost the first round to go into the back draw as well. Ethan however, won the first round against the number 4 seed, to advance into the main draw. The final results were as follows:

- Ethan 7th
- Steven 9th
- Murray 11th.

Steven and Murray also made it to the semi-finals of the doubles.

David Tyson played in the Mens' Platinum draw. He played the number 1 seed in the first round and got knocked out to the back draw, where he lost the second match in a three tight sets. He ended in eighth position.

There was great intensity shown by all the boys and the results are extremely impressive for their first event. The boys are looking forward to the next one in George during the holidays.

Good luck to the boys that will also be participating in the EP IPT Trials this coming weekend in PE.

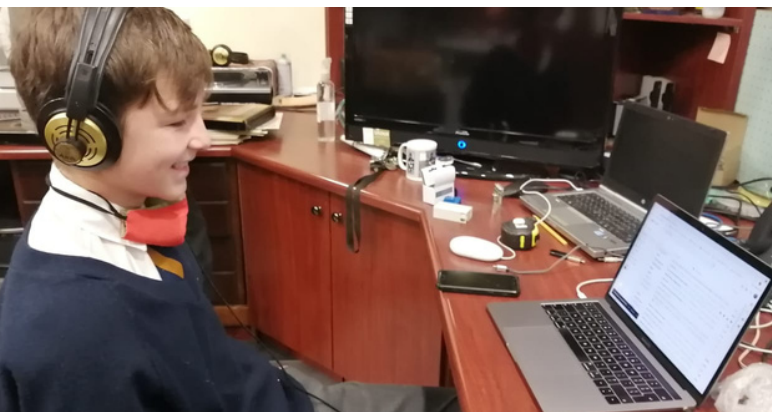


# Sports



# Achievements

Well done to Jesse McConnachie (Grade 8) who co-hosted the 5FM Breakfast Show with Dan Corder from 8.30 to 9:00 this morning. It is an initiative to get school learners around the country interested in broadcasting and has been happening every Friday this month. Jesse is the last and youngest student chosen!



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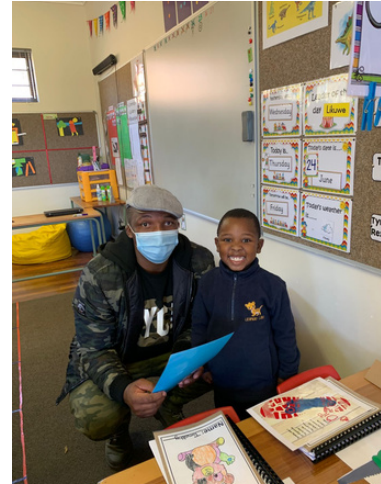
# Pre-Primary

The Pre-Primary hosted an incredibly special 'Donuts with Dad' morning today. The breakfast always guarantees to bring many smiles to dads, uncles, grandfathers or father figures, who come along to share in this special breakfast. The Pre-Primary children presented their songs they have been practicing and preparing in their music lessons. The boys also handed their dads an adorable gift they had been working on all week, and gave it to their dad with a great big hug. The sharing of their special cards and handmade gifts always stirs up some laughter and emotions! Then of course the dads enjoyed a cup of coffee, and with their sons, enjoyed delicious fresh doughnuts. The morning event was a time to enjoy some special, quality time with their little ones. Many dads and grandpas rearranged their work schedules so they could attend. You can tell from the photos below that it was a real treat for the children to have these father figures join them at school! Thank you our Grade 00 mother, Ms Louwna Coetzee, for capturing some of the photos below.





# Pre-Primary



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# Graemian Centre as Covid-19 Vaccination centre

It was exciting to see the ball rolling re: vaccinations being made available for educators and support staff this week. Graeme College, gladly, played host to the Health Department for three days as they efficiently started the process within Grahamstown/Makhanda. We cannot praise the Health Department enough for their professionalism and dedication. Everybody involved in the process was blown away with how streamlined the process was. Sadly, the lists that were provided to the Health Department were incomplete. As a result Graeme still has about 50 educators and support staff that still need their vaccination. This will be completed during a second vaccination process. Approximately 550 staff were vaccinated over the three days. It was also amazing to see that six of the health workers were directly linked to Graeme, as their sons had attended the College. Below: photos of the Department of Health vaccinating Makhanda teachers.



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# Community & Fundraising

The Community Outreach Portfolio committee chose the SPCA as their project for Term 2.

They spent the term collecting various items that the SPCA could use directly at the SPCA premises or items that could be sold at the SPCA Charity Shop.

The winning class who donated the most was the Grade 00 Pre-Primary class.

As a reward the Community Outreach Portfolio Committee invited the Grade 00 class to spend the morning with them at the SPCA.

The boys handed over the incredible donations with a smile and a full heart. The SPCA welcomed the boys in true SPCA style. The Grade 00 boys were allowed to play with the puppies and walked the older dogs with the Grade 12 boys. The boys even sneaked into the cat enclosure to stroke and play with the cats.

The staff at the SPCA were incredibly welcoming to our boys. They simply could not believe the generosity of the Graemian family. A tear or two was shed in gratitude and we were humbled and thrilled that we could make such a difference to our local SPCA.

The morning ended off with cupcakes and suckers being given to the Grade 00 boys and the Community Outreach Committee by Mrs Benita Tarr on behalf of the SPCA. Food is always welcomed happily by any true Graemian.

We wish to take this opportunity to thank our families at Graeme College who so generously opened their hearts to this cause. It truly is a humbling portfolio to work for when we are able to directly make a difference to the lives of our local community. To see the happy faces of the Grade 00 boys was the cherry on the cake. Knowing that we are educating the youth about something as important as animal welfare is part of the balanced education offered at Graeme College. A big thank you to Mr Kilian and Mr Mali for being the bus drivers to the SPCA.



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# Community and Fundraising



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## Stay Connected

Do you follow Graeme College on the following platforms?

- Instagram:

@graemecollege

@graemeboys

- Facebook:

Graeme College

- Link to online Covid Questionnaire - must be completed by all visitors and sports teams visiting Graeme College. It must be completed on the day that you visit. Click on this link: <http://bit.ly/GCccovidQ>

- Awsum App:

<https://www.awsum.co.za/download-the-awsum-app-for-schools>

## Library

Library times

The library will be open at first break only, every day. If you would like your son to study in the library in the afternoons, you need to write a letter to the school (Mrs Strutt) to get permission. Thank you for your cooperation.

## 2nd Hand Clothing Shop

The Graeme College second-hand clothing shop will be open between 13h00 and 14h00 every Monday, Wednesday and Friday (excluding public holidays and school holidays). Please contact Mrs Mary Siebritz should you have any queries.

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# The Karri App

You would have received a notification regarding the use of the Karri payment app. There are some new parents to Graeme College, so let us explain what it is briefly.

We are trying to slowly move away from learners carrying cash to school for a number of reasons. Obviously it is safer, but even just for accounting purposes - we prefer to use the app. The app itself is backed by Nedbank and you can find more information at:

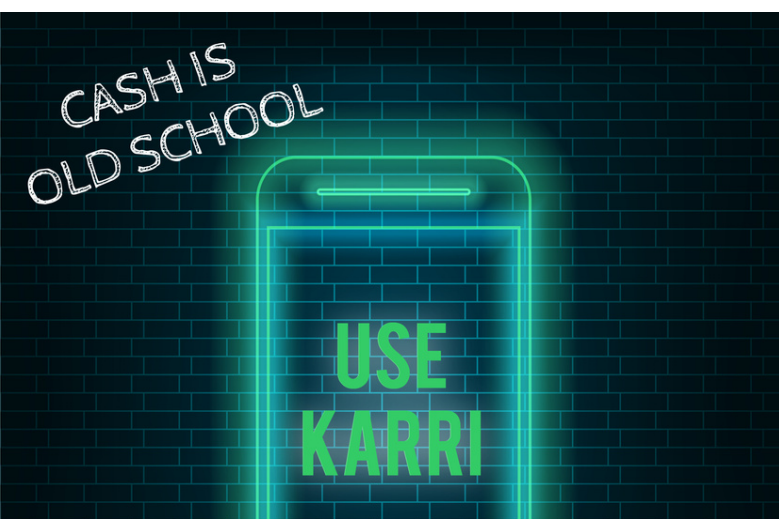
Click here to read more on their website: <https://www.karripay.com/za/>

The app is free and the school has supported using it in many capacities like tours, fundraisers, events etc.

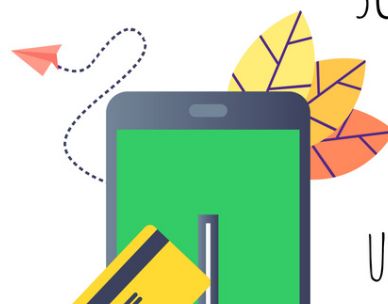
The school's database is linked to the Karri system - hence the notification that you received.

We have not had many events over the last 12 months obviously - so we thought we would send out this reminder of how the app works. This Friday we are hosting a Burger Night as a fundraiser for the 1st XI cricket team, and burgers can be purchased using the app. Of course, you can pay with cash or via card at the Graemeian Centre as well. Take away burgers will be available from 17h00 onwards this Friday. There is also a T20 cricket match against the Stanley CC starting at 14h00. The OGU has their AGM at 5pm. Please pop in and support the event, or just maybe order take-away supper for your family.

THANK YOU for your support. If you need any help accessing the app - please don not hesitate to contact the school.



REMOVE CASH ON OUR  
SCHOOL GROUNDS



USE KARRI TO PAY!

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