



## WEEKLY NEWSLETTER 10 November 2023

**“Education is the passport to the future, for tomorrow belongs to those who prepare for it today.”  
—Malcolm X.**

### Message from the Deputy Headmaster

Next week our examinations start and it's quite normal for children to feel rather anxious and stressed. Children also can be distracted from studying from time to time and therefore want to avoid studying, especially during stressful exam periods or when they're struggling to understand the work. Plus, the transition to digital school work and having the internet/social media right at our fingertips means that it's never been easier to be distracted.

Creating a balance between self care and studying is an important balance to achieve. In the article from [parents.au.reachout.com](https://parents.au.reachout.com), there are a few tips on how to manage distractions and try to achieve that sense of balance.

- “Set time aside for fun

After spending hours studying and working, it's to be expected that your teen might be feeling exhausted or stressed. While they may already have a study plan, encourage them to have a fun plan, too. If they have a specific time set aside for relaxing, social media or gaming, they'll have less desire to distract themselves while working.

- Take regular minibreaks

Suggest that they work in chunks of time – say, 20 minutes – then take a few minutes to get a drink, stretch and walk around. This will keep up their energy, maintain their concentration and make study feel more manageable. You might keep an eye on how they're going by having a cup of tea and a quick chat with them during one of these scheduled mini-breaks.

- **Block screen alerts**

If they're working on a tablet or computer that is linked to their messages or social media, encourage them to block the alerts. When they're concentrating, a message alert pinging up will distract them and break their train of thought. In their non-study time, they can go for it and catch up on social media.

- **Agree on 'phone free' zones**

Have a conversation about areas of the house that can become temporary phone-free zones, such as where they study and where everyone eats together. Encourage the whole family to play a role in making it happen.

- **Create a space they can concentrate in**

This is especially important if your teen has to study in a common area with plenty of distractions, like the living room or kitchen. Being around a lot of noise and activity can significantly disrupt their study routine. Creating a space that is primarily dedicated to their study hours (if possible) will help them to focus and concentrate. If you're unable to create a dedicated space, try to create a quiet environment where they're studying. Keep the TV turned down or off and avoid having lengthy conversations around them. If you have other kids, ask them to keep the noise down, so their sibling doesn't get distracted. Some people work best with silence, others with a hum of background noise or music. See what works for them.

- **Minimise interruptions**

While they're studying, don't let anyone disturb them; leave it until they're having a break. Did you know that it takes most people around 20 minutes to get back on track with study after an interruption?

**Monitor their sleep**

- **Monitor sleep**

Lack of sleep makes you lose focus, so it's easier to procrastinate or get distracted when you're tired. On the flipside, if your teen is studying from home, there may be a temptation to hit snooze on the alarm and lay around all day. Explain to them the importance of maintaining a routine at a time like this, including when they wake up and go to bed.

- **Eat healthy, regular meals and snacks**

Being hungry causes energy levels to drop and makes it hard to concentrate, so encourage your teen to eat proper meals and healthy energy snacks such as nuts. Sharing a meal with your teen is a good chance to check in on how their study is going. Even a break for a quick lunch before heading back to the books gives you a chance to ask how they're feeling and support their wellbeing."

We hope these tips will help support you and your son during the upcoming examinations.

Mr G van Molendorff

## English Olympiad

### English Olympiad 2024: Call for Entries

The English Olympiad will be written on Tuesday, 5 March 2024. Entries for this Olympiad are now open. Boys (currently in Grades 8 to 11) who are interested need to pay Ms Stamper R115 by Thursday 28 September 2023. The cost includes the anthology which is to be studied. The theme for next year is "Resilience" and the anthology will feature prose excerpts from various memoirs. More details are available to interested boys from Miss Kenyon.



**Daniel Hanlon is our sportsman of the week for his man of the match performance vs Lillyfontein for the u13A cricket team.**



**Well done to Connor Holder, James Muir, Tyler Bouwer and Caleb Jattiem for receiving cricket achiever certificates!**

The entrepreneurship and innovation club visited Makana Brick this last week for their club excursion. Thank you to Mr Gregg Haakonsen and Hamish de Klerk for wonderfully hosting our boys.





- **STEELBAND REHEARSAL TIMES**

**Monday: 14h00 - 14h30 Beginner Steelband (Grade 8)**

**14h30 - 15h00 Intermediate Steelband (Grade 9)**

**Tuesday: 13h30 - 14h15 Senior A Steelband (Grade 12 and 11)**

**14h15 - 15h00 Senior B Steelband (Grade 10)**

**Friday: 14h00 - 15h00 Senior A Steelband (Grade 12 and 11)**

- **CHOIR REHEARSAL TIMES**

**Junior Choir: Tuesdays 13:30-14:30**

**Wednesday: 13h30 - 14h30 Leopard's Voice**

**Thursday: 13h30 - 14h30 Senior Choir**

- **Marimba Groups: \*New Times\***

**Mondays 14:00-14:30**

**Wednesdays 13:30-14:15**

**Jonathan Pretorius, a Grade 10 learner and cello student of Makhanda's Mr Themba Mashobane, has been selected for the Eastern Cape String Orchestra. This orchestra represents young, talented musicians between the ages of 14 and 24 from schools, universities and other institutions in the Eastern Cape province. An orchestra course will be held on 11 – 14 December in Gqeberha, during which the group will be conducted by maestro Grant Snyman. Jonathan will also be mentored by the doyen of cello in South Africa, Professor Anmari van der Westhuizen.**



**Grab your family and friends and head to the lush green lawns of Somerset Field on the 24 November at 5pm for a fantastically festive Christmas picnic. Find a special spot to watch the pre-school carols and give thanks for this beautiful moment to share good fortune, good food and watch the children enjoy the joys of Santa handing out gifts! Tickets available from the office or 10 Cross Street.**

We will be planting the time capsule on Tuesday 28 November at 9:30 am. Parents are welcome to come watch!

info@graemecollege.co.za • www.graemecollege.co.za • Tel: 046 622 7227 • Fax: 046 622 7491

# Community Engagement

## Junior School Community Outreach Portfolio 2024

Due to its growing popularity and success in the high school it was decided to make a Community Outreach Portfolio for the Junior School.

A committee of 10 learners have been selected for 2024. The committee will comprise of five Grade 6 learners and five Grade 7 learners.

These learners will work together with the high school learners to gain valuable experience and skills from them. The portfolio will then be opened for any learner in the Junior School to join.

Our aim is to grow the Community Outreach Portfolio in order for the school to promote community conscious young men!

The boys had to apply in writing to Ms White to motivate why they should be selected for the portfolio.

We congratulate the following boys:

**Grade 6 committee members for 2024:**

Maphelo Matyholweni, Leo Malamis, Eric Griffin, Iyanda Nodolwana, Uthman Motara.

**Grade 7 committee members for 2024:**

Jayden Isaacs, Imaan Nogoqo, Abakhe Luwaya, Matthew Lamont, Tseliso Matsoso.



# Community Events

**JOIN US FOR THE CHILD WELFARE GRAHAMSTOWN BURGER EVENING, IN PARTNERSHIP WITH REVELATIONS CAFE!**

We are so excited to partner with Revelations Cafe for a a stunning burger evening, in aid of Child Welfare SA Grahamstown.

A DELICIOUS BURGER & CHIPS OR SALAD, AS WELL AS A BROWNIE AND ICE CREAM PUDDING, FOR ONLY R99! A CASH BAR IS AVAILABLE FOR DRINKS.

ONE NIGHT ONLY! LIMITED SPACES SO BOOK YOUR PLACE IN ADVANCE TODAY VIA WHATSAPP ON 082 334 2698 OR 071 687 4531.

**DATE: 17 NOVEMBER '23**

**TIME: 18H00**



JOIN US AS WE CELEBRATE  
THE **ULTIMATE**  
**COMPENDIUM** OF  
WIZARDING LISTS, CHARTS, MAPS  
AND ALL THINGS MAGICAL!



**VENUE:**  
Bargain Books Grahamstown

**DATE:**  
17 November 2023

**TIME:**  
16:00

**RSVP TO:**  
grahamstown@bargainbooks.co.za  
or call 046 622 2421



JonathanBallPublishers

## Horseriding

**Well done to Aaron Heidtke who came 2nd in the Port Elizabeth Riding Club annual Show jumping (Derby Cape Classics).**



## Audio Visual Club

**Bernard Frost will be leading the Audio Visual Service club in 2024. Bernard has received colours this year for the consistent and selfless manner in which he has served Graeme College.**



# Awards assembly

**Congratulations to the various recipients of awards at the last awards assembly of the year. Aphiwe Mnyanda received an Honours re-award, while there were numerous Colours Awards.**

**Ethan Beyleveld, Kevin Geldenhuys, Onosizo Ntinga, Murray Tyson and Christiano Jasson received Cricket Colours. Cameron Doyle received Colours for Sports Achievement.**



# Tennis

**The following boys have been selected for various Eastern Cape Tennis teams. Well done on such a wonderful achievement!**

## **Eastern Cape Tennis Representatives - Junior School**

**From left to right: Eric Griffin (u12B reserve); Josh Potts (u11B), Joshua Beckmann (u11B) and Jed van der Merwe (u13B reserve).**



## **Senior Tennis:**

**The following boys have been selected for various Eastern Cape Tennis teams. Well done on such a wonderful achievement.**

**Pictured left: Kits McConnachie - Eastern Cape u15A Tennis team**

**Well done Kits on making the A side- what an achievement this is! Kits will be traveling to Pretoria in 2024 to play in the national interprovincial tournament. Good luck!**

**Pictured middle: Ryan Stobbs - Eastern Cape u19B Tennis team**

**Pictured far right: Jesse McConnachie - Eastern Cape u/19B reserve.**



## Tennis

**Well done Graeme- winners of the annual Bailey Tennis Cup!**  
**(Josh Potts absent from photo)**



**The u11s finished off a great year of tennis with a fun, crazy dress practice. The boys looked awesome and had a blast.**

**Below: Winners of the best dressed partners (shared) were Buyolo Mhasele, Tafara Afonso, Alupheli Dondashe and Marc Riddin.**

**Winning partners with the most points were Gustav Jordaan and Josh Potts.**



# Tennis



**Below: A fun last 2023 tennis practice for the U13 tennis boys. The boys had to dress up and the boys did not disappoint. Well done to the prize winners!**  
**Gino O'Brien and Joshwin Burger won the best dressed U13.**  
**Anesipho Mraji and Caleb Jattiem had the most wins on the day.**



This last week saw another tough cricket battle against St Andrews College. The 1st XI went down by 111 runs, after having SAC in early trouble at 52/ 5. A great recovery got them up to 239, but unfortunately Graeme lost their way in the chase. Upfront Aphiwe Mnyanda (3 for 21) and Marcus Williams 3 for 41) were outstanding. Graeme got good wins in the 3rds, u15A, and u14B. There was also a win for our u15B side against a combined St Andrews/ Graeme invitation side.

The Junior School were outstanding as usual, losing only one fixture. There were some tense battles on the fields and the players must have loved the close games. Well done to all involved.

**1st XI vs SAC**

**SAC 239/ 9 after 50 overs**

**Aphiwe Mnyanda 3 for 21**

**Marcus Williams 3 for 13**

**GC 128 all out.**

**Ethan Beyleveld 33**

**SAC won by 111 runs.**

**GC 2nd XI vs SAC**

**SAC 256 all out**

**Ethan Bokbaard 3 - 33 (10)**

**Cameron Doyle 3-26 (5)**

**GC 158 all out**

**Steven du Preez 37**

**Mu-eed Fritz 25**

**GC 2nd XI lost by 98 runs.**

**SAC 3rds 157 for 4 after 20**

**GC 3rds 158-7 after 19.3**

**Ayola Mali 40**

**Alden Walters 28**

**Graeme won by 3 Wkts.**

**GC U15A vs SAC**

**GC 156 all out (45 overs)**

**Iviwe Mshubeki 24**

**Rhys Wiblin 24**

**Chris Zimmermann 20**

**Erin Nelson 22**

**Cairis Apolis 22\***

**SAC 129 all out**

**Liseko Nzinyane 3/ 23**

**Enrique Strydom 3/ 26**

**GC won by 27 runs**

**U15B vs SAC/ GC Invitation XI**

**GC 146/6**

**SAC/ GC 83 all out.**

**Graeme won by 63 runs.**

# Cricket

**U14A vs SAC**  
**GC 140 all out**  
**Zukho Pontshi 51**  
**SAC 140/ 5**  
**Edwin Geldenhuys 2 for 23.**  
**SAC won by 5 wkts.**

**Graeme u14b vs SAC**  
**Graeme 172 all out (41.4)**  
**Okuhle Tuswa 24**  
**Callin de Vos 24**  
**SAC u14b 107 all out (20.1)**  
**Duane Oosthuizen 3/11**  
**Okuhle Tuswa 2/11**  
**Graeme won by 65**

**Junior School results vs St Andrew's Prep**  
**Graeme u9A vs St Andrews Prep u9A**  
**Graeme 140/6**  
**Matthew Weber 49 not out**  
**St Andrews Prep 122 all out**  
**Joshua Potts 5/14**  
**Graeme won by 18 runs**

**Graeme u11A vs St Andrew's Prep u11A**  
**St Andrew's Prep 148 all out**  
**Jayden Smith 5/26**  
**Graeme 149/6**  
**Julian Boy 51**  
**Josh Banfield 26**  
**Graeme won by 4 wickets**

**Graeme u13C vs St Andrew's Prep u13C**  
**Graeme 96 all out**  
**Mawande Mayalo 20**  
**St Andrew's Prep 85 all out**  
**Emihle Lombo 4/23**  
**Revanio Williams 2/24**  
**Abakhe Luwaya 2/12**  
**Graeme won by 11 runs**

# Cricket

**Graeme u13B vs St Andrew's Prep 168/7**

**Bukho Munyadzwe 2/5**

**Nathan Gongqa 3/30**

**Avuyile Mnandi 2/32**

**Graeme 150 all out**

**Nathan Gongqa 26**

**Bukho Munyadzwe 22**

**Graeme lost by 18 runs**

**Graeme u13a vs St Andrews Prep u13A**

**Graeme 93 all out**

**Connor Holder 27**

**St Andrews Prep**

**40 all out**

**James Muir 4/6**

**Caleb Jattiem 3/7**

**Iyazi Zwedala 2/4**

**Graeme won by 53 runs.**

**Below are some photos of the Leopards cricket matches that also took place last Saturday.**



# Campus

Welcome to the Graemian family little peachicks!



## Miscellaneous

Our 2024 diaries are now available to purchase for Grade 4-7s. They are R45 each and available from reception. The purpose of a school diary is to document your tasks and events so that they can be remembered. It is an excellent way to record homework and your son can easily access it and take a look at your reminders whenever necessary.

- Learner diaries available for 2024
- R45 each
- Available from Lady Busi
- A great way to keep organised and up to date in the new year.

**2024 DIARY**

**GRAEME COLLEGE**  
**LEARNER DIARY**  
**2024**

NAME: \_\_\_\_\_  
GRADE: \_\_\_\_\_

# Teen App

We are delighted to announce that Graeme College has purchased a full membership of the VIVE TEEN WELLNESS application, which will enable ALL our learners to have full access to the app. It is something that we have thoroughly investigated, and feel that this is a massive step in the right direction for the wellbeing of our all learners. We are excited that every learner will have safe space to learn more about mental wellness, and reach out for help if needed, in a number of ways.

VIVE TEEN WELLNESS is an Artificial Intelligence enabled digital platform and smartphone application that was built in South Africa. The first version was launched earlier in 2023, with several schools presently using the full suite of functionality. The schools and learners that have been using the platform in recent months have provided us with very valuable feedback that assisted us in planning the next phase of the roll-out.

During 2022 VIVE TEENS has been selected as a winner in the UpLink - World Economic Forum (WEF) Youth Mental Health Challenge where it has competed with over 120 other mental health companies from across the globe.

The platform is expected to launch internationally early in 2024, and as part of that process we are awarding South African schools the opportunity to gain from a locally built application and support the mental wellness of our children.

The Graeme College subscription starts from 1 September 2023, but we would like our learners to download the application in the meantime, and familiarize themselves with it by referring to the various videos and guides.

Here is a link to the video to understand what Vive is all about: <https://fb.watch/mcK3MzNNrn/>

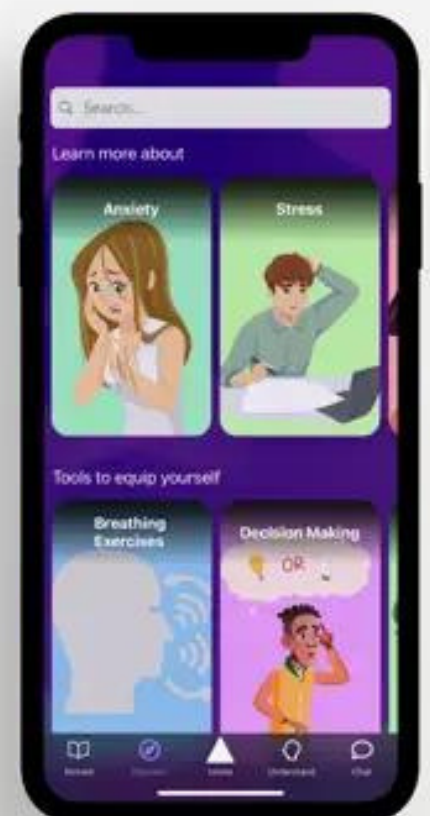


**Browse uplifting stories**

**Vive Teens**  
Your always-there  
personal wellness  
companion



**Discover content  
that is AI-curated  
for you**



# Plaques for Indoor Sports Centre

Our commemorative plaques allow you to celebrate and appreciate the memories of your loved ones, honour someone special or distinguish your family.

Our granite plaques are enduring and timeless. They are a fitting tribute on our beautiful new Indoor Sports Centre and a valuable contribution to our school.

**ADD YOUR NAME INTO THE HISTORY OF THE GRAEME COLLEGE CAMPUS FOREVER:**

We are selling plaques to add to the new indoor centre... where you can add your name or family name into the history of the building. The idea is to sell 150 plaques only; with regards to our 2023 celebrations.

Email your request to [z.wille@graemecollege.co.za](mailto:z.wille@graemecollege.co.za) - we will send you more information re payment etc.

The plaques will be R5000 each and will be 270mm x 130mm. They are Rustenburg Granite - black/grey.

Lettering is 15mm in height. All funds raised will go into the extra building costs as well as equipping the facility with sports and gym equipment.

**“**

**#GC150Plaques**

**150**  
GRAEME COLLEGE  
1873 - 2023

Would you like to honour someone special/loved ones or your family through our commemorative plaques? Our plaques at the new Indoor Sports Centre will be the mainstay for putting the finishing touch on a beautiful and historical great buildings at our school, thereby adding your name to the history of Graeme forever. Our commemorative plaques are a dignified and formal means of honouring someone truly special/or your family.

**”**

**“**

**#GC150Plaques**

**150**  
GRAEME COLLEGE  
1873 - 2023

Our first few plaques are up!



**”**

**“**

**#GC150Plaques**

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GRAEME COLLEGE  
1873 - 2023

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**”**

# 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 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 the school should you have any queries.

# Google Calendar

Please click on the link below to be directed to the school Google Calendar. The link helps you subscribe to the school calendar which you can add to your phone, tablet or computer. Just click on the ‘plus sign’ at the bottom right hand corner of the calendar.

Click here for a link: <https://calendar.google.com/calendar/u/0/r?cid=public.calendar@graemecollege.co.za>

# Stay connected

Do you follow Graeme College on the following platforms?

Instagram:

@graemecollege

@graameboys

Awsum App

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

Facebook:

Graeme College

If you aren't on the GC Community WhatsApp group - you can join by following the QR Code below or communicate with your Class Register Teacher or Mentor Teacher.

Thank you.



Right: Journey through more than 150 years in our Graeme College history. Our book is still available to buy and will be treasured by everyone who buys it- we promise!

This book is a culmination of years of work by Peter Breetzke & Ernie van Hille.

Order Information: Contact Zoe Wille: [z.wille@graemecollege.co.za](mailto:z.wille@graemecollege.co.za)

