

College News

Upcoming Events:

20 March
School closes

8 April
Boarders return

9 April
School starts
Extra Murals start

12 April
Mass at
Cathedral

15 – 19 April
IQAA Internal
Evaluation

16 April
High School
Parents Evening

17 April
Grade 4 – 7
Parents Evening

19 April
High School
Academic tea

18:00 Matric
Fashion Show

25 April
Primary School
Inter-House
Speech
Competition

17:00 – 20:00
Open day



**St Conrad's
College**

**School of
Excellence**

“Optimism is a strategy for making a better future. Because unless you believe that the future can be better, you are unlikely to step up and take responsibility for making it so.” — Noam Chomsky



From Executive Head's desk....

Dear parents, learners and staff

At the end of this term I wish to share the following with you:
Here follows a story on stress management:

A lecturer, when explaining stress management to an audience, raised a glass of water and asked 'How heavy is this glass of water?' Answers called out ranged from 20g to 500g.

The lecturer replied, 'The absolute weight doesn't matter. It depends on how long you try to hold it.

If I hold it for a minute, that's not a problem..
If I hold it for an hour, I'll have an ache in my right arm.
If I hold it for a day, you'll have to call an ambulance.

In each case, it's the same weight, but the longer I hold it, the heavier it becomes.

He continued,

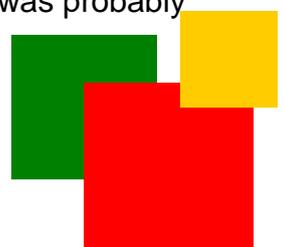
'And that's the way it is with stress management. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on. As with the glass of water, you have to put it down for a while and rest before holding it again. When we're refreshed, we can carry on with the burden.

So, before you return home tonight, put the burden of work down. Don't carry it home. You can pick it up tomorrow. Whatever burdens you're carrying now, let them down for a moment if you can.'

So put down anything that may be a burden to you right now. Don't pick it up again until after you've rested a while. Here are some great ways of dealing with the burdens of life:

Always keep your words soft and sweet, just in case you have to eat them.

If you can't be kind, at least have the decency to be vague.
If you lend someone R20 and never see that person again, it was probably worth it.



It may be that your sole purpose in life is simply to be kind to others.
Nobody cares if you can't dance well. Just get up and dance.
When everything's coming your way, you're in the wrong lane.
You may be only one person in the world, but you may also be the world to one person.

We could learn a lot from crayons... Some are sharp, some are pretty and some are dull. Some have weird names and all are different colours, but they all have to live in the same box.

A truly happy person is one who can enjoy the scenery on a detour.

I trust that the above will leave you with something to think about and that you will also share this with your child. May the upcoming holiday provide you with an opportunity to rest and to recharge.

STAFFING MATTERS

It is with regret that I have to inform you that Mr Oosthuizen, the Grade 10 – 12 English educator, will be leaving at the end of this term. We wish him well with his future endeavours. We have secured the services of a replacement (Ms van Loggerenberg) and trust that she will take our senior English to great heights.

I am also delighted to announce that we have decided to offer Mrs Jansen van Rensburg a permanent position at the school in the Accountancy department. Mrs Jansen van Rensburg has assisted us while Mrs Koen was on maternity leave. Mrs Koen will return at the start of the second term after the birth of her beautiful baby daughter and will teach junior Accounting and some EMS classes.

If you have any questions in this regard, please contact me at school.

EASTER

With Easter falling in the school holiday I would like to make use of the opportunity to wish our Christian parents a blessed Easter. May we all be sensitive to the true meaning of Easter and celebrate it accordingly. May God bless us during this period.

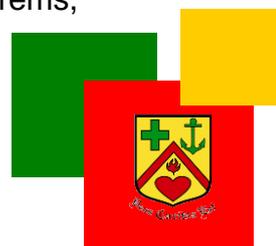
THANK YOU

I wish to thank you for the support and contributions made during Term 1. A special thank you to the parents who regularly give us feedback on school related issues. I also have to make mention of the parents who have given so much of their time to assist us in the Tuck Shop, the committee who planned and organised the Matric Dance, the parents who assisted us at the various Galas and the functions organised for the learners, such as the Valentines Dance and Movie Night. No school can function without the support and assistance of parents. I thank you for always being willing to help.

In closing: We are looking forward to everything the second term has in store for us. I am of the opinion that we will once again experience a very successful term.

KUMON MATHS ACHIEVEMENT

The regular Maths Programme goes from Level 6A to Level O. However, in addition to these, there are a number of levels called X Levels which are available to students who want to do more. It is extension work and allows students to apply what they have learned on the regular levels to more complex and challenging problems. The X-Levels contain concepts such as Sine and Cosine Theorems, Permutations, Probabilities, Statistics, Vectors and Transformation. Only a very small percentage of students go on to these levels, but



Michael Harmse did. Michael did not only take on a few of the X Levels, he has become the first and only student in South Africa to complete the X Levels. We are very proud of Michael and his astonishing achievement. Well done!

Yours in education

Mr J Nel
Executive Head

Primary School News...

GOVERNING BODY ELECTIONS – 28 FEBRUARY 2013

I would like to thank our Primary School Parents for their support during that evening. It was great to have 61 parents attending the evening of which 96% were Primary School parents. I can't tell you how much I appreciate the support of our Primary School parents! Thank you once again.

We sent out a letter where we said if a class has a 60% plus attendance, we will take the class on an outing for the day. Unfortunately, no class qualified for this outing. We decided, however, to reward the learners whose parents made an effort to attend the elections.

We will treat the Intermediate Phase with a movie and a pizza at the City Mall and the Foundation Phase and Little Saints will go to Makadu.

We hope to see double the number of parents at the next GB Elections. The deal is still on. The class with the highest parents attendance will be taken to a venue like The Valley of Waves.

Thank you once again for your wonderful support.

RENOVATIONS – PRIMARY SCHOOL OFFICE

Thank you to all for your co-operation at the office. Renovations will continue during the next few weeks and we will inform you on the progress after the holidays.

EXCURSIONS/ FIELD TRIPS

We are in the process of planning field trips for the Primary School. Each grade will visit a different venue. Some of the grades have booked already. These excursions will all be age appropriate. This will correlate with what the learners are doing in the different grades. The learners are all looking forward to these trips.

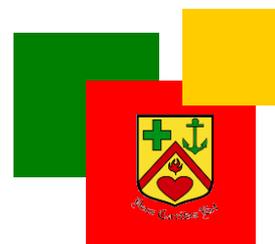
IN GENERAL

It's hard to believe that we are at the end of the 1st term already! But with that being said, I would like to thank our parents for their support throughout the term. I truly believe that we had a very successful term and I am very positive about the rest of the year!

From the Primary School's side we hope that you will all have a blessed holiday.

Take care and God Bless!

Mr R Marcus
Head of Primary School



Sport News...

PRIMARY SCHOOL

ATHLETICS

St Conrad's Primary School Athletics Team consisted out of 46 athletes and 7 officials for the 1st Branch Meeting in Hartbeesfontein.

Sihle Madondo [Boys U/12 – 1 silver and 2 bronze medals] and Omphile Ntsipe [Boys U/13 – 1 bronze medal] were the only athletes through to the Klerksdorp Athletics Championships at KHS. We had 6 officials on duty during this meeting.

Sihle Madondo was selected to go through to participate at the Matlosana APO Athletics Meeting at the Wesvalia track. He ended overall 5th in the Boys U/12 150m.

CRICKET

We had a friendly match against Aurora with our U/13 team. We lost the game but gained a lot of experience and built good team spirit. Mr Marcus acted as coach and Umpire for the whole game.

Mr Cedric Tselane has been appointed as cricket coach in the Primary School.

BIATHLON

We entered 4 athletes for the first round of the Biathlon. The following 2 athletes were invited to attend the North West Biathlon Championships: Aqil Variava and Riyaz Variava.

CHESS

We appointed a professional Chess coach Mr Tommie van der Linde for junior and senior Chess and also register in the NW Chess Association.

We were invited for a NW Chess Festival on Saturday, 23 February at KHS School Hall. The following 3 learners attended: Nomathamsanqa Goeieman, Kyra Kade and Danae Innes.

The next Tournament will be on Saturday, 16 March 2013 at the North West University in the Sports Complex, starting with registration at 07:00. Our players are entered in the Beginners group

HOUSE GALA

Results:

Best Cheerleaders: Jack House [Boipelo Serape, Boipelo Molete, Nthabeleng Motlhomli, Rowan Blair Hook and Dylan Frade.]

Spirit Cup:

1st Place - Jack House 361
2nd Place - Patrick House 342
3rd Place - Conrad House 328
4th Place - Michael House 313

Jnr Victrix Ludorum:

Dudzile Dodovu [Patrick House]

Jnr Victor Ludorum:

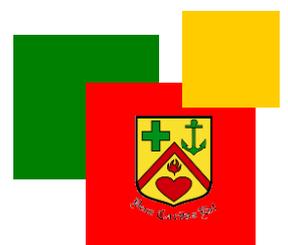
Declan Erasmus [Michael House]

Snr Victrix Ludorum:

Jenna-Marie Lee [Conrad House]

Snr Victor Ludorum:

Daniel Chedrawi [Conrad House]



<u>House Results:</u>	1 st Place – Patrick House	681
	2 nd Place - Conrad House	664
	3 rd Place - Michael House	586
	4 th Place - Jack House	388

A huge thank you to our sponsors, Mr Ryan Diesel and Mrs Bridget Diesel from Weava Cell for sponsoring all the medals for 1st, 2nd and 3rd in every event.

Camping foldup chair was left at the House gala anyone who is missing one please go to Mrs Engelbrecht.

SWIMMING

We hosted 3 galas this year: The ISSA Gala, Prestige Gala [St Andrew's, St Dominic, KPS, CPS, ISSA, Mooirivier, Lebene 11, St Conrad's] and the Tri-Angular Gala [KPS, CPS and St Conrad's]. We also attended Mooirivier's Gala in Potchefstroom.

Thank you to our coaches, Mrs Margie Beeton, Mrs Angela Erasmus and Mrs Franca Pinto for long hours and hard work next to the pool and for the passion you have for our swimmers.

To our school team, thank you for your team commitment for a long season and for good behavior in and outside the pool. We all looked so smart with our new yellow caps.

Nine of our swimmers entered for the NW Schools Swimming Championships in Rustenburg on Friday and Saturday 15 and 16 February 2013].

Jenna-Marie Lee received 2 gold, 1 silver and 3 bronze medal at NW School Championships.

CYCLING

Some of our grade 7 learners entered in the last cycling race and ended 2nd and 3rd in Primary School section. [Aqil Variava 2nd and Enrique Gomes 3rd]

SOCCER

St Andrew's School from Welkom is visiting us on Saturday, 16 March 2013 for Soccer matches – U/9 at 09:00 on the A field, U/11 at 10:00 on the A Field and U/13 at 11:00 on the A Field.

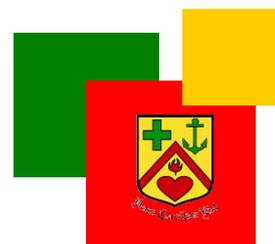
HOCKEY

There was a hockey umpire's course held in Potchefstroom. There were 67 people who wrote the Umpires Exam, only 7 passed – Well done to our two first team coaches, Mr M La Grange Lombard and Miss K Cohen who passed the exam and they will be graded in the near future.

Mr M la Grange Lombard was selected as NW Boys U/13A Coach and Mr A Kgokong as the manager of the Boys NW U/13A going to Cape Town.

Practice matches:

- Boys against KPS on Thursday, 14 March from 14:30 at KPS.
- Girls against KPS on Monday, 18 March from 14:30 at St Conrad's College.



HOLIDAY HOCKEY CLINIC

There will be a Primary School Hockey Clinic at school during the holiday. The programme will include skill practices, team discussions, match preparations and game plans.

- Wednesday, 20 March from 14:00 – 17:00
- Thursday, 21 March and Friday, 22 March from 09:00 – 17:00.
- Coaches: Miss C Cohen, Mr M La Grange Lombard and Mr J Hammond.

EQUESTRIAN

The following learners represented St Conrad's at the first leg of the North West Schools Equestrian Qualifiers:

- Elena de Abreu
- Saudah Bhaima
- Teegan Ann Speropoulos

There are 4 legs to the qualifier, and the top 4 riders in each division will represent North West at the Nationals at the end of the year.

HIGH SCHOOL

SWIMMING:

- **INTER-HOUSE GALA.**

This event took place on the 5th February. Eighty three swimmers participated, as well as four Triest swimmers. Only one relay record was broken this year – U/16 Mixed Medley Relay by Jack House.

Our best in age group winners are:

- U/14: Megan Bailey; Tumelo Moagi
- U/16: Stacy Gossayn; Keanu Silent
- U/18: Karli vd Merwe; Alexio dos Santos

Stacy Gossayn and Alexio dos Santos were announced as the Victrix and Victor Ludorum.

Congratulations to Jack House who was crowned overall winners and Michael House was awarded the spirit trophy.

- **INTER-SCHOOL GALA:**

On Tuesday 26th February we hosted a very successful gala. The visiting schools were Gimnasium Hoërskool, Potch Girls, Potch Boys and Selly Park.

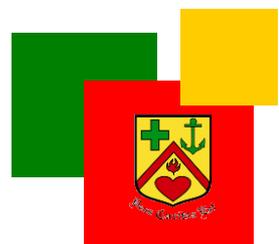
Results:

GIRLS:

- 1st Gimnasium 236
- 2nd Potch Girls 159
- 3rd St Conrad's 142
- 4th Selly Park 34

BOYS:

- 1st St Conrad's 219
- 2nd Gimnasium 170
- 3rd Potch Boys 110
- 4th Selly Park 66



COMBINED:

- 1st Gimnasium 406
- 2nd St Conrad's 361
- 3rd Potch Girls/Boys 269
- 4th Selly Park 100

New Records:

Keanu Silent broke 2 records and Alexio dos Santos broke 1 record.

Best in Age Group:

Megan Bailey, Keanu Silent and Alexio dos Santos received medals for best in age group.

Keanu Silent received the trophy for the Best Boy Swimmer of this gala.

Well done to all the swimmers and congratulations to our medal winners

- **NORTH WEST SCHOOLS SWIMMING CHAMPIONSHIPS:**

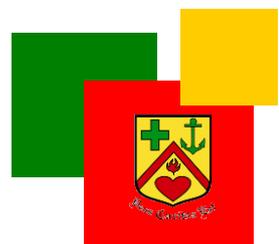
The Championships were held in Rustenburg on 15 & 16 February 2013. The following swimmers received participation certificates:

- Tumelo Moagi U/14 Boy
- Onthatile Selomane U/14 Boy
- Megan Bailey U/14 Girl
- Lemuel Challens U/16 Boy
- Keanu Silent U/16 Boy
- Ryan Bailey U/16 Boy
- Carlin Geel U/16 Girl
- Alexio dos Santos U/18 Boy
- Sergio Jardim U/18 Boy

St Conrad's College combined boys and girls scores place them 5th out of 25 schools.

Congratulations to the following swimmers who won medals:

- Alexio dos Santos: 1st 200m Individual Medley
1st 200m Breaststroke
1st 100m Butterfly
2nd 50m Butterfly
2nd 100m Freestyle
3rd 100m Breaststroke
- Sergio Jardim: 3rd 200m Breaststroke
- Lemuel Challens: 2nd 50m Butterfly
3rd 100m Butterfly
3rd 100m Backstroke
- Keanu Silent : 1st 100m Freestyle
2nd 50m Freestyle
- Ryan Bailey 1st 50m Breaststroke
2nd 100m Breaststroke



BIATHLON:

The following learners completed the required two biathlon leagues and were eligible to participate at the North West Championships that took place on 25 February 2013 in Potchefstroom. They have been awarded a medal for participating in the Klerksdorp league:

- Megan Bailey U/15
- Dylan Kruger U/17
- Keanu Silent U/17
- Carlin Geel U/15

At the championships Dylan Kruger was selected for the North West Biathlon Team and will be participating in the National Championships to be held in Oudtshoorn from 22 to 24 March 2013. Congratulations Dylan.

CRICKET:

The following six cricketers have been nominated by North West to undergo strenuous tests and skills during the following few weeks in order to be selected to represent North West at the U/16 Black African Camp in Fort Hare from 21st – 24th March 2013. Only eight players throughout North West were nominated. We wish these players well with the upcoming tests and skills:

- Lesego Senokwane
- Tshepo Seroalo
- Tshepang Motjale
- Mbulelo Matunda
- Bokamoso Tlhape
- Jason van Schalkwyk

TENNIS:

Congratulations to Michael Harmse who will be representing North West at the High Schools Inter-Provincial Tennis Tournament from 20 - 24 March 2013 in Pretoria.

MOUNTAIN BIKING

Five learners competed in the Tour de Mielie which was the 1st round of the North West League. This event took place on Saturday 9 February at the Westelikes Club in Klerksdorp.

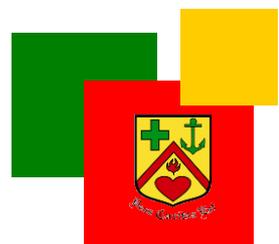
Hazel Magill obtained a gold medal finishing 1st in her age group. Congratulations Hazel.

ATHLETICS

Eight athletes competed at the Klerksdorp Inter High on Saturday 16 February at the Oppenheimer Stadium. These athletes were selected based on the times from our sports day. This is the 1st time in over ten years that we entered athletes to participate and they certainly did us proud.

Congratulations to the following athletes who received medals:

- Michelle Harmse 2nd - girl's U/15 800m
- Tshepo Seroalo 3rd - boy's U/16 400m
- Dylan Kruger 3rd - boy's U/16 1500m



HOCKEY

On Saturday 23 February our boys and girls 1st Teams participated in Wesvalia's Astro Hockey Festival and performed exceptionally well.

The girls beat Klerksdorp Technical High 4 – 0 and in their 2nd game they beat their arch rivals Klerksdorp Hoërskool 3 – 0. They lost 0 – 2 to Wesvalia in their third game.

The boys played Northern Cape School from Kimberley and beat them 6 – 1 in a very exciting match. They also beat Klerksdorp Hoërskool 3 – 0 and Wesvalia 10 – 0.

Tuesday 5 March the girls 1st team participated in the Schoonspruit Sports Day. The games were 25 minutes one way. They played Bothaville and won 2 – 1 but unfortunately lost to Rooies from Kroonstad 0 – 1.

On Saturday 9 March our 1st teams played Lebone College at home. The results are:

- Girls 1st: won 7 – 0
- Boys 1st: won 5 – 0

The U/16 girls' team made up of players from U/14 – U/16, played against Potch Girls High U/16 team and won convincingly 5 – 0.

Congratulations to all the teams and coaches on their recent performances.

REGIONAL TRIALS:

Good luck to the U/16 & U/18 players who are going to be participating in the regional trials this week. Details regarding the trials will be forwarded to the players as soon as we receive the relevant information.

EQUESTRIAN:

Over the weekend of 2 and 3 March 2013, Adrienne Tavener participated in the 1st leg of the North West Schools qualifier for the South African National Equestrian Championships. The competition took place in Hartbeespoort and her results are as follows:

- Tie 4th out of eighteen riders in Preliminary 1 dressage division
- 10th out of eighteen riders for Preliminary 2 dressage division
- 7th out of twelve riders in Level 1 Performance Riding division

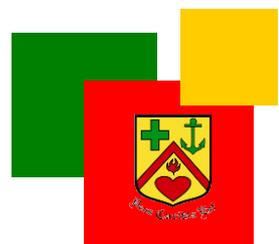
Well done Adrienne and good luck for the next qualifying round.

NETBALL:

The 1st squad participated in the Schoonspruit Sports Day. The team played four games of 20 minutes each. Even though they did not win their games, they lost most of the games by two or three goals.

On Saturday three teams travelled to Potchefstroom to play Potch Girls High. The results are:

- U/14 lost 4 – 24
- U/15 lost 2 – 11
- 1st lost 9 - 11



From the Finance Department...

REMINDER

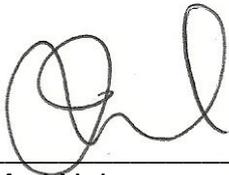
- Quarterly paying parents – School fees for the 2nd quarter are due by no later than 23 April 2013.

A big thank you to everyone who pays their account timeously, you are greatly appreciated by the finance department.

BOARDERS

Should your child be returning to the boarding house after 17:00 on the day of the quarterly boarding returns, please ensure that ALL school fee payments have been made, prior to the date of return, and that the accounts department has knowledge thereof before the date of return.

VALUE FOR MARCH: RESPONSIBILITY AND ACCOUNTABILITY



Mr J Nel
Executive Head

