



# Penryn College Preparatory School



Dear Parents,

Included in this newsletter please find:

- Interhouse Athletics trophy winners.
- Grade R pizza faces.
- Swazi Mile.
- Penryn second hand clothes shop.
- Traffic safety.
- Grade 7 Servant Leaders Programme.
- Staff news.
- News from the Foundation Phase.
- Report on last week's sports events.
- PE lessons.
- Activities offered at Penryn by private coaches.
- Information on upcoming sporting events.
- Steve Haupt Football Development.
- Makro and My School Card fundraisers.

### From the Headmaster:

Too late for last week's newsletter were the photos of **trophy winners** at the **Annual Interhouse Athletics**. Congratulations to all of the following:

Winning House: Bateleur; Spirit Trophy: Peregrine; Junior Victor Ludorum: James Steytler; Junior Victrix Ludorum: shared between Kayla Schefermann and Jessica Berry; Senior Victor Ludorum: Sello Mojapelo; Senior Victrix Ludorum: Bongive Mdhuli.



The **Grade R children** have been learning about their bodies this week and have participated in all sorts of activities, including making pizza faces which were then baked.



A number of our **swimmers** took part in the **Swazi Mile** over the weekend and many swam personal best times or came back with trophies. They even made the press!

**2012 KPMG event records highest participants**

**MBABANE -** Since the KPMG Swazi Mile was initiated about 10 years ago, the 2012 event recorded the highest number of participants.

The event was attended by 71 swimmers both from local and South Africa while in the past years, less than 60 swimmers took part. In the KPMG Swazi Mile, the swimmers are made to swim one mile (1.6km) in the Luphohlo Dam.

Swaziland National Swimming Association (SNSA) Maggie Hall said they were overwhelmed by the attendance as it was the best since the competition started about 10 years ago.

"This is great. It shows that the event was growing each year. The swimmers came in different ages. The youngest was nine years old and the oldest was above 40 years even though we cannot reveal the age," she said.

Also present was the Swaziland National Sports Council (SNSC) Chairman Menzi Dlamini and SOCGA Board Members Victor 'Mavikane' Dlamini and Celma Nienaber among others.

*Swimmers from Penryn College, Nelspruit smile after taking part in the KPMG Swazi Mile yesterday.*

Undoubtedly the star of the event was our own Heike Thormählen, who not only won her age group but won the whole race, beating all the adults as well. Congratulations Heike! This from the Times of Swaziland:

**NATIONAL SPORT** Times of Swaziland - Monday, January 30, 2012 **PAGE 49**

**FOCUS ON 2012 KPMG SWAZI MILE SWIMMING CONTEST** STORIES BY NTOKOZO MAGONGO (AT LUPHOHLO DAM)

# 12-year-old Heike wins Swazi Mile

...she beats over 70 participants

**MBABANE -** Twelve-year-old Heike Thormählen swam one mile (1.6km) 21:21 minutes and was crowned the champion of the 2012 KPMG Swazi Mile at Luphohlo Day yesterday.

The Penryn College student was competing in the Under-13 girls category but was first overall.

She was competing in the annual event for the first time.

She came first among the over 70 participants that attended the event. The swimmer said the competition was easy and she could have finished even two miles.

"It was a great competition but too easy for me. I was ready for any distance and I'm shocked because I never prepare myself for it. Despite that the weather was cold, the water was warm," said Thormählen.

Coming second was Tamaryn Hawley on time of 22:30 minutes.

1. The 2012 KPMG Swazi Mile champion Heike Thormählen swims towards the finishing point yesterday at Luphohlo Dam. 2. Thormählen comes out of the Luphohlo Dam first. 3. Thormählen smiles after she came first. (Pics: Ntokozo Magongo)

I have had a few queries recently regarding school clothes and the purchasing or selling of **second hand clothes**, so here is the information. The School Clothing Shop, which is located in the Junior Hall, will accept second hand clothing either as a donation or to be sold. It will then be sorted and sold, as long as still in a decent state. Payment for sold items is only made once the clothing is sold. 10% of the selling price is given to the PPA. Anything which is not suitable to be sold is sent to Northern Kwa Zulu Natal where it is distributed to needy children; we do not distribute it locally as we obviously do not want hordes of "Penryn" children running around.

While on the topic of clothing, PLEASE remember to **mark all clothing** with your child's name. The Lost Property box is already overflowing, and that after only a few weeks back at school.

Finally, this past week I met with the chair of the Facilities and Development Committee and the architect who has designed most of the buildings around the campus, to look at ways of ensuring the **safety of children** when crossing the **road between the new Foundation Phase block and the rest of the school**. These recommendations will be presented to the FAD committee next week, after which they will be implemented. They will involve zebra crossings, a four way stop, early morning scholar patrol and other signage warning of children crossing. We will also be designating specific drop-off areas for the various grades in the school (including the

College), which we hope will go a long way to alleviate the early morning traffic frustrations and potential dangers of children crossing the road. In the meantime, please do be cautious when driving through the property.

Have a wonderful weekend!

Warm regards

**Neil Malherbe**

[prephm@penryn.co.za](mailto:prephm@penryn.co.za)

### **From the Deputy Head: Foundation Phase:**

It was a delight today to introduce Rev Michael Stone to the Grades One to Three Junior Chapel Service, which is held every Friday. The special service was held at the new Foundation Phase Buildings (instead of the chapel) where Rev Stone explained what baptism is. He blessed the new buildings and then asked the children all to assist him in blessing the new classrooms. It was a special time and we know that God's hand will rest on the place.



The Grade One and Two teachers are excited to be doing art weekly with their classes. It is always rewarding to see a different side of a child when creative work is being done and many children just blossom when not "working". Mrs Herring has been teaching her Grade One class about the face and its proportions and included in this newsletter are a few of their self-portraits.



Lebo, Kaden and Asanda's Portraits

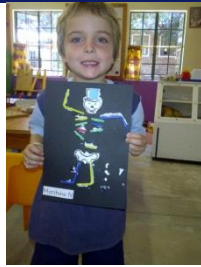
Please could I request cooperation from parents with regards to Healthy Lunchboxes? We request Low GI Healthy food so that learning can be maximised. Please do not send your child to school with foods like white bread, chips, biscuits and sweets. Fizzy drinks and sports type drinks are full of sugar and contribute to poor concentration and high energy levels. Please respect this request of the school so that teachers do not have to "police" the lunchboxes.

The tuck shop system has been working well and is fulfilling its function, which is to provide food and a drink to a child that does not have a packed lunch. It has purposely had fizzy drinks and sweets excluded due to the effects of these on children and their bodies. A Grade One mum had a brilliant idea of rewarding her child at the end of a day and took her shopping for her treat at the tuck shop.

Our little ones at the bottom of the school have also been talking about their bodies and made some pictures using drinking straws. When I walked into the classroom it was so quiet at the creative table as concentration was high to get all the ribs in the right places. Well done Grade R's! They also had to make a face for homework out of food and were so proud coming into school this morning with their unique creations.

The Gr 000 have been so busy using their hands and feet to make lobsters.

"Bakerman" happens on a Friday in the Grade 00 and Grade R classes, where once a week a child is nominated by the teacher to be the "bakerman". The child brings something from home to "sell" to each child for R5. The monies collected are used to fund all the baking activities that the children enjoy. This week Zoli van der Walt donned the special bakerman outfit to sell her wares!



There is a Child Welfare box at the entrance to the "old "Pre-school. Please feel free to place any unwanted clothes, toys or games in here to help those less privileged.

Have a fabulous weekend. Enjoy your special children!

**Sally Wakefield**  
sally@penryn.co.za

### **From the Academic desk:**

#### **The Grade 7 Servant Leaders Programme**

We recently held the Grade 7 Development Camp that was aimed at forging the Grade 7s as a team, to introduce them to the Servant Leaders programme and how promotion works, to teach them what leadership is, and to help us identify aspects of leadership in some of the grade 7s from the start of the year.

Our goal for the year is to give every Grade 7 the opportunity to be " leaders" through service, and to recognise them for maintaining a certain standard in service and character, and on making the effort to improve. With this in mind it is our hope that the Grade 7s will be promoted from their current Initiate level to the other levels of Junior Leader, Senior Leader, Monitor and Councillor as the year progresses.

On Camp it was explained that some students would be promoted to Junior Leader within the coming week, based on what the teachers, group leaders, and students themselves observed on the Camp. At this stage there would be no reason for the remaining students to be counseled.

We do commend the following students on being promoted to Junior Leaders:  
Daniel Cavaleri, Matthew De Canha, Nicole Jardim, Finn Scott, Jayde Clarke, Britney Gerber, Pippa Spies, Jarred Swanevelder, Heike Thormalen, Shannon De Araujo, Luke Harris, Ashleigh Pascoe and Oliver Ratnarajah

Within the next few weeks the remaining Grade 7s names will be put forward for promotion. All teachers who work with the Grade 7s will be involved in selecting who will be promoted to Junior Leader then. The teachers will have to provide reasons for non-promotion that I can then discuss with the students who are not promoted.

Thereafter we will continue to have promotions through the different levels. Those who continue not to be promoted from the first level will be counseled.

By the end of the third term it is hoped that most Grade 7s will have reached Monitor level or at the least have been promoted twice.

At Penryn we feel that this is a far better system than the commonly used prefect system where a handful share the glory for a year, and sometimes don't deliver.

If you have any questions about the programme please feel free to email me at [shane@penryn.co.za](mailto:shane@penryn.co.za)

#### **Congratulations to the Writer in Our Midst**

Many teachers and most parents will be amazed to know that we have a potential literary prizewinner in our midst. It was a number of years ago that Neil Malherbe was asked to proofread a book that was due to be published. Upon reading the manuscript, the idea entered his mind, " I can do that!" So that is exactly what he set out to do, and sometime later had his first manuscript, **The Magyar Conspiracy** in hand, ready to place on a publishers desk.

He sought a company to publish his novel. However, the wing of the company that was due to publish the book was dissolved. It was back to the job of seeking a publisher.

Well, it seems that Neil's dream of having his book published may soon be realised.

He recently received the exciting news that **The Magyar Conspiracy** has just been shortlisted for the Sanlam Prize for Youth Literature.

This literary competition takes place every two years and this year received 109 entries from around Southern Africa. The shortlist of six writers has been announced, with writers from Cape Town, Johannesburg, Port Elizabeth, Gaborone, and another local one from White River – Jayne Bauling, who is College teacher Rowena Spratt's sister. The top two novels will be published by Tafelberg publishers but this will only be announced in October.

Together with Neil, the Penryn Family will be holding its breath until October anticipating that his novel will be one of the top two to be published.

We congratulate Neil on making it onto the Sanlam Prize shortlist, and will hopefully celebrate the publishing of his novel in the not-too-distant future.

### **Shane Andre**

shane@penryn.co.za

### **From the Sports Office:**

Congratulations to the swimmers who swam the Swazi Mile last Sunday. They outperformed themselves and made Penryn so proud! Special mention must go to Heike Thormahlen who not only won her age group but won the race as a whole! Well done Heike all your hard work and dedication is coming to fruition.

Our athletes also did themselves proud at the first round of trials hosted by White River Primary at Rob Ferreira this past Wednesday. Penryn is proud to boast that 21 of our athletes qualified for further rounds of trials. Good luck to you all.

I have had some questions regarding the two PE lessons per week, so once again here is the information to help clarify some of the questions. There are 2 different PE classes per week per grade. One class is the PE (ALL) class where all pupils in a grade are taught at the same time. This term they will be swimming during this time. The second is a PE (Extra) class where you as a parent can make arrangements with our preferred service providers for your child to receive private sport coaching during this time. Please could you ensure your child wears the appropriate uniform for the sport in which they are participating. Hats are compulsory during PE lessons and failure to wear them will result in non participation in the lesson for the day.

- The ALL PE period is a swimming lesson (for this term) and each child MUST have
  - Costume
  - Towel
  - Swimming cap – this is for boys and girls
- The EXTRA PE period is a land lesson and each child MUST have
  - Sports uniform (board shorts, white golf shirt/house shirt)
  - HAT
  - Takkies
  - Short white socks

The options that are available for the second lesson are extras and are payable directly to the service provider.

Tennis	Tombi Pappas	083 462 6708 (Grade 000 – 7)
Cricket	Eric Grimaldi	082 457 1921 (Grade 1-7)
Core Strengthening	Sandy Gatton	072 220 4651 (Grade 4-7)

There are some options open to the Pre-school during and after school time:

Swimming	Michelle Mandy	072 376 5620 (Grade 000 to R)
Playball	Geon Clark	083 253 8383 (Grade 000 to R) <a href="mailto:gclark@lantic.net">gclark@lantic.net</a>
Golf	Geon Clark	083 253 8383 (after school) <a href="mailto:gclark@lantic.net">gclark@lantic.net</a>
Monkeynastix	Marle Ormiston Nicola Moffett	0823049664 0829013377

Some information about the service providers:

The on-site swimming teacher is Michelle Mandy. It is important that the children coming to Grade 1 out of the pre-school are water safe, therefore provision is made during the school day for them to take lessons.

Monkeynastix is an extra mural activity offered at Penryn for the Gr000-Gr R's.

This is a "general fitness" programme, concentrating on fine/gross motor skills, co-ordination, balance, speed & agility and cardio vascular fitness as well as building self-confidence. Classes on Thursday afternoons from 1.10 - 1.40

Playgolf - Classes are presented **at Penryn on Mondays**. Golfers are coached in skill level. We supply the equipment needed for the lessons. We coach beginners through to advanced players.

Basics like stance, grip and alignment form the foundation of a good swing. We utilise our own portable Driving Range that we put up on the sports field.

Players advance to playing on the Nelspruit Golf Club Course. Players who are ready will be advanced to the teaching professional at Nelspruit Golf Club.

Cost is R 600 per quarter (8 -10 Lessons).

Contact Geon on **082 783 4160** for more information or to book your child into a class.

"Tombi tennis" is synonymous with Penryn. For many years now Tombi has taught tennis at Penryn and is one of the most loved coaches we have.

Eric coaches cricket to nearly all the boys who play in the Penryn cricket teams. His insight into the game and discipline he instills into the children is extremely valuable.

The extra mural programme offered is compulsory for Grades 1 – 7 as we feel this is an essential and important part of the school day. We do understand that the children may have outside interests; however, we ask that these be factored in after the compulsory extra mural programme has been taken into account.

#### IMPORTANT UPCOMING DATES

Monday 6 February                      Mixed gender relay gala at White River Primary

Tuesday 7 February                      Next round of Athletics trials at Rob Ferreira

Wednesday 8 February                      Tennis vs Numbi

Thursday 9 February                      Mixed gender relay gala at Penryn

Friday 10 February                      Team leaves for Midmar

Saturday 11 February                      Athletics at Malelane

#### **Steve Haupt Football Development:**

Steve Haupt Football Development (SHFD), in association with Penryn College, will be commencing with soccer coaching for children from U6 – U16 at Penryn from March 2012. Coaching is open to children from any school. The cost will be R500 a month for two 70 minute sessions a week. The coach will hold a FIFA recognised qualification and will have been trained by Steve Haupt, Director of Steve Haupt Development.

SHFD has been developed by Steve Haupt over some 30 years from all his experiences at various levels in the football industry.

Some of Steve's coaching career highlights are as follows:

- He started with Florida Albion FC
- His first professional gig was Witbank Aces FC
- He saved Santos FC from relegation in 1998/99
- He won Ajax CT their first Rothmans cup in 2000 as well as being their Chief Scout
- He was instrumental in putting together Ajax CT's youth development and scouting structures

Steve has obtained the following qualifications:

- SAFA Level 3 Pro License with Distinction
- UEFA "A" and "B"
- UEFA Academy Directors License
- Brazilian "A" License
- Dutch Level 3 License

Players who have come through Steve Haupt's structures over the last 15 years include Steven Pienaar, Nassif Morris, Bryce Moon, Bongani Khumalo and many more.

Anyone interested in the programme must please contact Sarah Ratnarajah on 0824444748 or sarahr@mweb.co.za

**Allison Williams**

[allisonw@penryn.co.za](mailto:allisonw@penryn.co.za)

## MAKRO AND MY SCHOOL CARD

Please email Kirsty Gray at [marketing@penryn.co.za](mailto:marketing@penryn.co.za) if you would like a Macro or MySchool card. The relevant form will be emailed to you. You may then scan and email your filled in form back to the same email address or hand it in at reception.

### Firstly a bit of info on the Macro card:

Please note this card is free, it is NOT an account card, you merely swipe it when making a purchase at Makro.

You have to have a Makro card to buy anything at Makro, so in this way whenever you buy there you are supporting your school ☺

The more Penryn Makro cards issued and used, the more we will receive as a school with the Penryn College Makro Rebate Programme.

### Secondly the MySchool card:

By swiping your MySchool card, a percentage of your purchase amount goes directly to Penryn. This costs you nothing; you don't have to spend any more money – you're simply being rewarded for money you would spend anyway!

You can swipe your MySchool card at the following places:

#### NELSPRUIT:

- \* Woolworths : Crossings
- \* Woolworths : Riverside Mall
- \* Woolworths : Central Town
- \* Woolworths : Ilanga Mall
- \* WALTONS : Crossings
- \* Engen – Prime Corner, Old Pretoria Street, Filling station
- \* Engen Quikshop & Woolworths Food Market :R40 – On the way back from the Riverside Mall
- \* Toys R Us : The Grove
- \* SPUR : Arkansas Westend
- \* SPUR : Mountain Spring, Ilanga Mall
- \* MINUTE MAN PRESS
- \* Wimpy : The Grove
- \* Wimpy : Riverside Mall
- \* Wimpy : K.M.I.A (Airport)
- \* MILKYLANE – Riverside Mall
- \* Rivermall Pharmacy, Riverside Mall
- \* Spectacular Concrete Works : 114 Dickon Hall Road, Rocky's Drift

#### WHITE RIVER

- \* Big Bear SPUR
- \* ENGEN Quickshop Danie Joubert drive

#### MALELANE :

- \* Supa Quick
- \* ENGEN Quickshop
- \* Woolworths

Come on Penryn– get swiping and support your school!