



## Penryn College Preparatory School



**SMS** your comments, concerns, suggestions to 0739268215  
(please note that this is for sms' **only** – phone calls will not be responded to)

Dear Parents,

Included in this newsletter please find:

- ❖ Haiti Outreach
- ❖ Parent/Teacher meeting
- ❖ Inter-house prize-winners
- ❖ My School Card
- ❖ PPA AGM
- ❖ Hats and prevention of skin cancer
- ❖ Prep sporting activities
- ❖ Junior Eagle Awards
- ❖ General Knowledge questions
- ❖ Art Club
- ❖ Arbor Day thanks

### From the Headmaster

I must start with a heart-warming story, which I hope is indicative of the concern our children have for others. In chapel on Tuesday, Rev Fred spoke about the tragedy in **Haiti** and encouraged the children to bring some money for a collection which would be taken after chapel on Thursday and Friday. When it came to the time to bring donations forward and place them in the box, I was struck by how many children took part of what was obviously their tuck money and used this as their contribution. This unselfish sacrifice is, I believe, such a valuable life lesson. I was even more astounded when I heard from Rev Fred that their donations had amounted to the incredible amount of **R3510.00**. What a wonderful outreach to those who have suffered so much!

My thanks to the huge number of parents who attended the **Parent/Teacher meeting** on Monday. I do hope that you found the evening beneficial. Below please find a list of **teachers' email addresses**, which I trust will make communication between staff and parents that much easier.

**Prize-winners** at last week's Inter-House Athletics. Congratulations!



From left to right:  
Carl Hoffman, Kelsey Mc Ilrath, Joshua Gatton, Vuvu Mthembu  
Diana da Silva, Daniel van Heerden

**My School Card** – your son/daughter will be given a registration form early next week for the My School Card scheme. Could I encourage you to register for this most worthwhile scheme, as the benefits are considerable. You will note that the covering letter suggests that the funds raised will be used towards various projects around the school – however, it was decided yesterday that all funds raised will only go to the **library**. Having had previous experience of the My School Card, all I can say is that several thousand Rand can be raised every

month at no cost to you or the school, simply by swiping the card at the listed retailers. I would really appreciate your support of this initiative.

The **Penryn Parents Association AGM** takes place in the Community Centre this coming Monday 1 February at 18h00. I would encourage your attendance at this important evening.



Above is some lovely art done by Carla Swanepoel (5V), Jody Vos (4J), Waronga Maseko (6M) and James Drummond (4J). This is only a taste of some of the art I have had visiting my office this past week, which I have thoroughly enjoyed seeing.

Have a great weekend!

**Neil Malherbe**

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**From the Deputy Head:**

I must say the heat of the last few days has really not been that pleasant. It is so nice to see the rain which is cooling things off a little.

It still amazes me to see how few children wear hats outdoors here in the Lowveld. One of the School rules, which you will find in the Code of Conduct, is that pupils should wear a Penryn hat or cap when they are outside i.e. for break and extra mural activities. Listed below you will find some information I have downloaded regarding skin cancer. It is rather frightening and I encourage you all to read the articles and to take the warnings seriously. Please make sure that your child packs a hat in their suitcase everyday and that you tell them why it is important to wear a hat.

### **summary of articles on skin cancer:**

\* South Africa has the highest rate of skin cancer in the world after Australia.

\* Cover your skin with a broad-spectrum Sun Protection Factor of 15 or higher. Apply it liberally to all exposed skin i.e. back of neck, tips of ears, arms, feet, and hands. Re-apply at least every two hours.

\* There are two kinds of UV rays that damage our skin. The broader UVB rays cause the browning reaction that we call "tanning". UVA rays penetrate deeper into the skin and can damage the structure of the cells, causing ageing, as well as increasing the risk of cancer. Due to the hole in the ozone layer, South Africa receives increased amounts of UVA and UVB rays.

\* Limit your time in the sun. Stay in the shade as much as possible. Remember you can get over-exposed even in cool weather.

\* UV radiation can penetrate fabric.

\* Everyone is at risk of getting skin cancer, although people with darker skins are less susceptible due to the fact that their skin contains more natural melanin.

\* 80% of sun-induced skin damage occurs before the age of 18 and only manifests later in life.

\* There are three major kinds of skin cancer

1. Basal cell carcinoma – common skin cancer
2. Squamous cell carcinoma – common skin cancer
3. Malignant melanoma – the most dangerous

To read more go to the following website [www.cancer.org.za](http://www.cancer.org.za)

### Grant Nel

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### From the Sports Office:

I am planning a one night tennis tour to the SA Open being played at Montecasino in Johannesburg on Friday 5 February to Saturday 6 February. The approximate cost is R350. The tour is open to pupils in Grade 5, 6 & 7. Please let Tombie Pappas or me know should your child be interesting in taking part.

Announcement of the Athletics team was posted on the notice boards on Monday. The first athletics practices have been completed. A letter has been given to those who have qualified for the team with further information on athletics meets etc.

The first athletics meeting is on Wednesday 3 February at Laerskool Sabie. Athletes are permitted to leave school at 12pm on this day in order to be on time for a 2pm start. The organizers are planning for a 4pm finish. Transport is being provided by the school, if required. The bus is due back at school between 5 and 5:30pm.

There is another gala next week. This is a B team gala being held at Riverview. Your child will receive a letter on Monday should they be participating. The first gala of the season was held at Penryn yesterday. Our swimmers were very excited and performed well. The nature of the gala is friendly so no final winners were calculated. Our results were:

Total races participated in	42
1 <sup>st</sup>	12
2 <sup>nd</sup>	9
3 <sup>rd</sup>	9
4 <sup>th</sup>	6
5 <sup>th</sup>	6

We are introducing team tennis practice on a Monday afternoon from 1:45 – 3pm. This is free coaching for the top 6 girls and boys on the tennis ladder. Please ensure your child checks their position on the ladder and if they are not in the top 6 they are welcome to challenge the person above in order to qualify for a place in this squad.

Finally, we have many pupils participating at high levels in their respective sports this coming weekend:

Mpumalanga Swimming Trials	Vidhaan Singh	Heike Thormahlen
	Evan Hulett	Michelle Kasa
	Jamie Myhill	Georgie Bowen
	Gyula Kasa	

Mpumalanga Squash Champs and Trials:	Leila Christensen	Monica Hogg
	Sammy de Araujo	Jamie Myhill
	Celine du Plessis	Ryan Kennett
	Ryan Begg	Joshua Gatton

A team of swimmers will also be traveling to Swaziland on Saturday in order to participate in the KPMG Swazi Mile in Mbabane on Sunday.

**Allison Williams**

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**Junior Eagle Awards presented this week for service to the School:**

Ryan Osborn, Jessica Chandler, Kelly Thorpe, Monique Potgieter, James Drummond and Maru Attwood.  
Well done!

**General Knowledge**

This week's questions:

"Gnash" is a word that begins with a silent g followed by an n. What are other "gn" words for these definitions?

1. To bite or chew.
2. A tiny dipterous insect.
3. A type of African antelope.
4. A mythical Scandinavian race of diminutive, underground beings.
5. A protruding knot on a tree.

Answers from questions 22 January:

1. 146m
2. By the sun's rays
3. Roger Bannister
4. Oktas or eights of the sky
5. Continental and Oceanic

**Art Club times for the term for both Junior and Senior pupils:**

Monday 13h45 to 14h30

Tuesday 13h45 to 14h30

**Arbor Day Trees:**

The LEAF Committee would like to say thank you to all the parents who supported the Arbor Day initiative at the end of last year. In December we did the final tallies and the following were donated: 28 trees to Penreach and 74 trees to Penryn. A big thank you to Estra Strydom who supplied the beautiful trees and who donated fifteen trees, adding to the total bought by parents, which means 117 trees will go into the ground because of your support. As part of their community service week, last year's grade sevens, under the guidance of Sylvaine Robertson, planted out about half of the trees. You can see them on the edges of the new sports fields and Penryn ground staff is busy planting out the rest.

Tamar Mason

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