



6 May 2016

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Useful links

Our website: <http://www.stpeters.co.za/college>
 College Facebook Page: <https://www.facebook.com/Stpeterscoll/>
 Old Petrian’s Annual Water Polo Tournament: <https://www.facebook.com/OldPetriansWaterPoloTourn/>
 Annual Sports and Cultural Festival <https://www.facebook.com/StPetersSportsandCulturalFest/>
 Old Petrian’s Alumni Facebook: <https://www.facebook.com/groups/oldpetrians/>
www.stoogle.co.za Please check out this amazing website! It has lots of valuable information for students, parents and teachers about all things related to students. There is also information about universities, open days, APS scoring system, career choice etc.

Message from the Headmaster

Dear Parents, Students and Staff

Welcome back to the winter Trinity Term!

I want to welcome back our Deputy Headmistress of Academics, **Mrs Shelly Matthews** from her sabbatical where she undertook the El Camino pilgrimage in Northern Spain, as well as, our Director of Student Affairs, **Mrs Odelle Howard** from maternity leave.

Once again we had a busy holiday with the **hockey** boys and girls playing in the Oakhill Festival in a cold and windy George; the senior **rugby** boys on a week-long training camp at Konka close to Rustenburg; our **soccer** boys playing in the Waterstone Tournament and our **Debating Teams** progressing to the provincial finals in the SACEE Debating competition.

Congratulations must go to **Matthew Webster** and **Nandipa Madikizela** who were both selected 'Goal Keepers of the Festival' at Oakhill, and **Yuvish Premllal** who was selected to represent South Africa at the **CANA Swimming Championships** where he obtained a bronze medal in the 200m butterfly.

I also had the opportunity to attend the **Class of 2006's 10th year reunion** at the College; it is always wonderful to catch up with the alumni and to see how they are all achieving in a number of fields. It is wonderful to see the pride that they all still have in their College.



Some Old Pets at the St Peter's College Class of 2006 10 Year Reunion

During the Trinity Term, the first set of major **examinations** will be written by the entire school in July. The Matrics write Prelims, and the Grade 8s their first examinations in high school. It is essential that all students are aware of this and start their exam preparations early. Parents please note that the week-long half-term is just prior to the commence of prelim exams, hence it is strongly advised that the Matrics do not view this time as a holiday, but rather as a study break and a wonderful opportunity to prepare for prelims. Mrs Matthews and the academic faculty will be organising a '**Winter School**' during the half-term, to prepare the Matrics for their prelims.

In my welcome address to the students this term, I took the opportunity to chat to them about a book I read during the Easter break, entitled '**Legacy**' by James Kerr. It describes how the All Blacks rugby team went from an unparalleled 75% winning record to an almost unbelievable 86% between 2004 and 2011 and thus becoming the most successful sports team of all time.

There were 15 Lessons in the book, however I focused on the following ones, drawing comparisons to their experiences at St Peter's College:

Sweep the Sheds

The All Blacks get ready to leave after playing a test against Wales. Before they do, two of their most senior players, Richie McCaw and Dan Carter, stand up, grab a broom and begin to 'sweep the sheds' - their change room.

Tidying up after themselves so that no one else has to.

"It's an example of personal discipline and humility", says former All Black, Andrew Mehrtens. In fact, humility is a value at the very core of this team. The All Blacks focus on developing "a high-performing, vision and values-based culture" says RWC winning assistant coach Wayne Smith, because "exceptional success requires exceptional circumstances."

Leave a Legacy

What do you leave behind after you are gone?

Champions Do Extra

Former All Black Brad Thorn's mantra, "Champions Do Extra", helped him become one of the single most successful players in rugby history.

The philosophy simply means finding incremental ways to do more – in the gym, on the field, or for the team. It is much like the philosophy of marginal gains used by Team Sky. A focus on continual improvement, the creation of a continual learning environment, and a willingness to spill blood for the jersey was at the core of Graham Henry's All Black culture.

Leave the jersey in a better place

The All Blacks have long had a saying: "leave the jersey in a better place". Their task is to represent all those who have come before them – from George Nepia to Colin Meads, Michael Jones to Jonah Lomu, and all those who follow suit. An All Black is, by definition, a role model to schoolchildren across New Zealand.

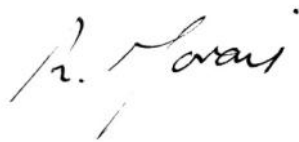
Understanding this responsibility creates a compelling sense of higher purpose. It's a good lesson for us all: if we play a bigger game, we play a more effective game.

Better people make better All Blacks – but they also make better doctors and lawyers, bankers and businessmen, fathers, brothers, and friends.

From the book 'Legacy' by James Kerr

In Futurum Fortiter

Kind regards



Mr Rui Morais
Headmaster

School Shop News

Passion of St Peter's Roses

Once again we are offering our very own rose for purchase, the Passion of St Peter's. We have a limited number at a special price of R110 per bush. Please contact the School Shop to reserve your rose bush.

Textbook Collection

There are still a number of books that have not been collected by the students. Please can you check to see that your child has all his/her textbooks that were outstanding and ensure that these are collected as soon as possible.



Winter Uniform Price List

ITEM	SIZE/COLOUR	PRICE
LONG-SLEEVED JERSEYS	NAVY 30 - 34	R 220
	NAVY 36 - 38	R 240
	NAVY 40 - 48	R 260
	WHITE 30 - 34	R 240
	WHITE 36 - 38	R 260
	WHITE 40 - 48	R 280
HIPSTER PANTS FOR GIRLS	60 - 88	R 240
	90 - 98	R 260
	100 - 108	R 290
GREY PANTS FOR BOYS	26 - 29	R 185
	30 - 38	R 215
	40 - 50	R 250
BLAZERS	30 - 38L	R 790
	40 - 50L	R 825
TIES	COLLEGE or MATRIC	R 140
TIGHTS	NAVY - ALL SIZES	R 35
THICK TIGHTS	NAVY - ALL SIZES	R 50
LONG WHITE SOCKS	MATRIC GIRLS ONLY	R 35
GREY SOCKS	ALL SIZES	R 30
SCARVES	NAVY – COLLEGE	R 100
	RED – 1ST TEAM	
	WHITE - MATRIC	
GLOVES	NAVY	R 40
<i>Prices are subject to change without prior notice.</i>		

School Shop Accounts

Statements have been sent out to those who for some reason have a debit balance. Please check the statement and contact Mrs Wheeler on Extension 209 on a Monday, Wednesday or Friday if you have any queries or concerns regarding the statement or by email at wheelerc@stpeterscollege.co.za.

EFT Payments

Please note that the School Shop account number is different to the School Fees Account. Please always use the following account for payments to the School Shop for uniform, textbooks or stationery:

St Peter's College PA

Standard Bank Rivonia, Branch Code 001255

A/C # 420095144

All EFT payment confirmations must be emailed to Nerina Deeb at deebn@stpeterscollege.co.za.

School Shop Hours

Please note that the School Shop hours are as follows:

Mon, Tue and Thu 07:00 to 15:00

Wed and Fri 07:00 to 13:00

Students may only shop before school, during break, lunch and after school and not during their lesson or prep periods. Parents and students are requested not to disturb the staff once the shop is closed as this time is used for admin purposes should the staff still be in the shop.

The Dale Carnegie Course Reflection

"Your comfort zone is nothing but a belief. A mere reflection of your thoughts. You desire something better, yet you fear change. Self-doubt will bind you there. Belief is all you need."

-Isaac Marano

The Dale Carnegie course is an eight week training programme that helps you to strengthen interpersonal relationships, increase your confidence, manage stress, and more. Even though we had a relatively small class this year, the enthusiasm and passion for the course within each member made it seem like we had a class full of people.

We were taught how to start a conversation with a person we have just met which increased our people-skills and improved our fundamental understanding of how to be more approachable and friendly. We were also taught how to memorise specific things using a rhyme-scheme and imaginary pictures. This has helped to improve the way I remember things and the way I study.

There have been so many benefits from this course; from my aggregate improving to my confidence increasing. I am now able to speak in front of larger crowds, am able to approach new people and start a conversation with them and I have all-round become a happier, more enthusiastic person. I can now see the brighter things in life and embrace them.

I started out a bit hesitant and shy, but by the end of the course, I was more confident and comfortable around my peers. This course has been remarkably beneficial and I recommend it to everyone.

So do what's best and sign up for the Dale Carnegie course. It's a life-changing opportunity.

Lara McDonald

Grade 10

Sports and Cultural News

Climbing

Well done to Tristan Young and Lauren Mukheibir who were selected to represent Gauteng for the NBL (National Boulder League) in Cape Town on 17 April during the school holidays.

Lauren Mukheibir made it to the Semi Finals and Tristan Young came in 5th in SA - over all in the U15 category.

They did really well and we are very proud of these two. We also wish them well as they head into the Gauteng Lead

League with the end goal of hopefully making the SA team selections.

Here are some pics of Lauren and Tristan in Cape Town competing. The Bouldering series is very different to Lead climbing as in lead climbing they follow marked routes and in bouldering there are puzzles / challenges set and they have 4 minutes to solve the puzzle and successfully complete the challenge. Some are mind numbingly difficult and defy the odds of gravity so very exciting to watch and huge endurance, patience, concentration and strength required of the climber.



Drumline

Drumline went on camp at the end of the First Term to Kloofwaters near Mountain Sanctuary Park. The boys worked hard learning new repertoire and drill and discipline techniques. They have the privilege of having **Anthony Evans** and **Thapelo Monyek** from the **Code Red Drum Corps** tutor them on the Friday afternoon, fine tweaking the current repertoire and learning new warm-up routines.

Stephen Wagner from **Pietermaritzburg Callies** flew up the following day to spend both Saturday and Sunday helping the boys learn rudiments and new

material. It was an intensive weekend, but an enjoyable one! Thank you to the various coaches for giving up their time, and for the boys who worked diligently over the course of the weekend. Exciting things can be expected from Drumline soon. Watch this space!

Ms Jenette Reitsma
Drumline Coach



Eco-Pets

The Eco-Pets are this term continuing with their recycling programme of coffee pods, bottle caps and bread tags. We would like to let you know that we are also starting to recycle empty printer cartridges. Please send any of these items to SCU1. Thank you.

Mr Claudio Marangoni
Environment

Hockey - Girls

Oakhill Independent Schools Co-Ed Hockey Festival

1st Team Girls Report

On Friday 29 April, the 1st Team Boys and Girls Hockey teams departed early from OR Tambo International Airport to head down to the prestigious Hockey Festival hosted by Oakhill School in Knysna. We touched down in George only to be confronted with rather cold and wet conditions.

Despite the weather conditions, chattering teeth and shivering limbs, the girls put on brave faces and stepped out into the rain and onto the astro to play our first game against Collegiate. We then faced Chester House with still no sun in sight. The girls held their own, however, were narrowly defeated by both teams. The following day we faced off against Woodridge and Reddam and ended the festival on Sunday with games against Oakhill and Bridge House. Unfortunately victory was not on the cards for us over the weekend.

The level of hockey at the festival was of an unbelievably high standard and despite not winning any of our games, we learnt so much and bonded as a team. The girls never gave up and the improvement seen over the weekend will stand us in good stead for the upcoming league fixtures.

Special mention must be made of **Emi Jozela** who was voted as '**Most Valuable Player**' for St Peter's College and to **Nandipa Madikizela** who was chosen as the '**Top Girl Goalkeeper**' for the festival.

We would like to thank Miss Hudson, Miss Braatvedt and Miss Balzer for giving up their weekend and being with us in Knysna. The coaching and mentoring we received was invaluable. We would also like to thank each member of the team for playing their hearts out and making Hockey and St Peter's College proud.

Yours in Hockey

Joslyn Lategan (Captain) and Emma Hill (Vice-Captain)

Hockey – Boys

Knysna Oakhill Hockey Tour

On Friday, 29 April, the 1st team hockey boys and girls travelled to the beautiful town of Knysna. Much to our dismay, we arrived on an extremely rainy and freezing morning. The 1st team hockey boys played our first game against Dale College in challenging weather conditions. We managed to hold them off for most of the game but unfortunately were narrowly defeated by one goal. Our next games were against Reddam, Woodridge, Oakhill, Bridge House and then Chester House who we managed to beat 2-1.

The highlight of the tour was our match against the hosts and favourites of the tournament, Oakhill College. Although we lost 3-0, the team put in an extremely good effort considering that Oakhill will be competing for a position as one of the top 5 hockey schools in South Africa.

In between our games we explored the Knysna Waterfront, met many different people at the social, relaxed with the warm heaters in our hotel rooms on which we tried to dry our clothes and even found time for a swim in the sea!

Well done to **Matthew Webster** for winning the **Best Goal Keeper** of the tournament award.

Thank you to the teachers and coaches for their support. The determination and team spirit of the players has made this tour an enjoyable and memorable one.

Adrian Diepeveen

Grade 11



Netball

Congratulations to **Chesnay Havenga** and **Mbali Dhlomo** for making the 2016 GSS Squads after the trials held this past Wednesday, 27 April. We wish them all the best for the last leg of trials this coming Saturday, 7 May at EG Jansen.

Ms Christelle van Schalkwyk

MIC: Netball

Rugby

During the holiday, the senior Rugby players attended a Rugby camp at Konka. The camp was very successful with the boys having two training sessions per day.

I would like to thank all the staff involved for sharing their passion for Rugby.

We started the season on a very positive note.

The results **VS Greenside High School**, played on 4 May is as follow:

U14 32 - 3 (win)

U15 17 - 12 (lose)

2nd 31 - 0 (win)

1st 14 - 10 (win)

We look forward to hosting the Junior Rugby Festival as well as the Derby day against Edenvale High on Saturday, 7 May.

Mr Charl Bloomberg

MIC: Rugby

Senior Rugby Camp 2016

On 18 April 2016, the senior rugby boys and school coaches headed off to the annual rugby camp at **Konka Camp in Magaliesburg**. A few of the players had never been on a rugby camp before, so had no idea what to expect. As a result, there was much trepidation and anxiety around initially. The overall majority though, were very excited to see what the week ahead had in store.

We arrived at the camp with over thirty-five players. We were split up into three separate dormitories, a Grade 12 dorm, a Grade 11 dorm and finally a Grade 10 dorm. This was slightly unfortunate in my opinion as being together in one dorm stimulates a bond being formed between players. This said though, we did manage to develop a substantially strong bond on the field during the week of concentrated training. The training was intense, with no less than five hours a day being dedicated to the learning of new skills, perfecting our game plan and laughing at the unfit players who could barely walk.

Our days began with our waking up at 07:30 in order to be at breakfast by 08:00. Breakfast certainly was one of the highlights of the camp for many boys as we all know how growing teenage boys can eat! Once breakfast was complete, we began training at 09:00. Stretching in order to prevent injuries was the daily starting point. We would then immerse ourselves into a concentrated two and a half hours of training, where we practised a host of defensive drills to ensure that competitor teams would not get through us. We also worked on and perfected our new game plan that we call running rugby. This was the first time for our team, coaches included, that such a game plan has been attempted. There was a tremendous amount of frustration at first. The technique began to work eventually, and it worked well.

As we approached the end of the morning session, the heat began to impact heavily on us all. It was sweltering to say the least and so we swam during our short free time before lunch. The camp hosts an enormous pool. Lunch was delicious and varied daily. The boys, myself included, raved about how good the food was.

We were permitted to entertain ourselves as we pleased after lunch. The clichéd saying "what goes on at camp stays on camp" is applicable for these 'free' sessions – moments where great fun and mischievousness occurred. It is an understatement to say that we thoroughly enjoyed these times in our day.

Again our training sessions began with stretching to prepare for another few good hours of training. The afternoon sessions involved looking at a variety of tactics to improve our overall game strength. These included skills like tackling, passing in the tackle, tactical kicking for the back line and scrumming, finally line-outs for the forwards. At the end of each day, many of the players were exhausted, so one would assume that we would go straight to bed after dinner. This was not to be. We had bonfires, video analyses and running around a field in a bus formation, singing 'The wheels on the bus go round and round'. There is simply no explanation for this bizarre behaviour other than the fact that it generated exhilarating laughter.

Finally, when the night was done and the gents, coaches included, were tired, we attempted to go to bed. Despite this daily exhaustion, we awoke each morning, eager to get back on to the field to train hard and to share the laughter and stupidity amongst the boys. The camaraderie and brotherhood we formed certainly made the camp worthwhile, and we are excited to see the effects of this in action as we begin the season off as ONE.

We left Konka Camp after five adrenaline-charged days with valuable rugby skills, a firm bond and extraordinary life skills, difficult to quantify.

Ross Bruce

Captain First Team

Swimming



Well done to **Yuvish Premllal** who represented SA in the 2016 CANA Championship that took place during the holidays in Mauritius. Yuvish took 3rd place in the 200m fly in the 15-17 age group. **Nabil and Fadil Saleh** represented Uganda in the 13-14 age group taking Gold, Silver and 2 bronze medals.

Ms Saranne Hudson
MIC: Swimming



Tennis

Gauteng Central U19 Team made history on 3 April 2016 by winning their 4th gold medal in a row in the SA Schools Inter Provincial Tournament. Well done to Michelle Ncube who has been part of this team for the last three years.

Tennis Dinner 2016

Our annual Tennis Dinner was held on 6 April. The cold weather made its first appearance that night but with the beautiful set up of the MADD Centre foyer, we quickly forgot about the dropping temperatures. The suitable colours of yellow and green, contributed to the warm tennis atmosphere. Mrs Lategan worked tirelessly to convert the foyer into a cosy restaurant. Everybody was welcomed and a few thank yous were said. The starter was served and Theunis gave his speech of thank you and honoured the players with suitable props. Joslyn as the leading lady, received lacy gloves while Alex as the boss, received a suitable Mafia hat. Alvaro's welcome was celebrated by a South African hat and Michelle, the star on the court, received a silver glitter hat. Alex and Joslyn, as the ex-captains, gave their speeches and thank yous and thereafter Jason and Jess gave their introductory speeches as the new tennis captains for the season 2016/2017.

It was a Tennis Dinner not to be forgotten as Joslyn also took us on a trip down memory lane with a video on the tours to Cape Town and KZN. Alex and Joslyn will be dearly missed and left a legacy of care, compassion and camaraderie behind in the St Peter's Tennis Circle.



Tennis Match - Staff vs Students

On Thursday, 7 April, on an icy cold afternoon, we had our official annual Staff vs Students Tennis Match. This challenge was instituted by the Hofman family who also sponsored the trophy for this match. The teachers were beyond excited to take up this challenge.

Mr Tudhope and Ms Braatvedt came dressed for the occasion ready with the necessary energy drinks. Ms Theron and Theunis (one of the coaches) was a formidable couple, hitting one ace after the other. Ms Meyer and Mike have shown some remarkable tennis tricks on court. Mr Thage and Mr Badenhorst surprised us all with their powerful serves and the speed at which they have managed to accumulate points! Mrs Jo Webb and Mr Marangoni showed the youngsters some tricks of the trade by pulling the almost-forgotten-about-tricks out of their tennis caps. The teams had ten minutes to accumulate as many games as possible. Each win was worth one point.

The students were stunned by the teachers' hidden talents and were caught totally off guard. Benjamin (the College's head coach) kept close tabs on the score board. In spite of an unfortunate injury incurred by Mr Tudhope, the trophy managed to find its way right back into the teachers' very capable hands. It has been a very close challenge and the teachers had game, set and match as the final score was: 53 to 52.

Thank you to all the students who participated enthusiastically and joined in the fun. We had an afternoon of unbelievable fun and excitement at the courts.

*Mrs Cornel Malan
MIC: Tennis*



Mr Tudhope and Ms Braatvedt



Mrs Jo Webb, Theunis, Mr Thage, Ms Braatvedt, Mr Badenhorst, Ms Theron, Mr Tudhope, Benjamin and Ms Meyer.

Water Polo

Senior National Water Polo Tournament (Currie Cup)

The Senior National Water Polo Tournament took place from 21-24 April. St. Peter's was proudly represented by four of our students. **Jessica Penney** was selected for the **Gauteng U19A Girls Team**. **Taylin Blues** and **Tasmin Waite** were selected for the **U19B Gauteng Girls Team** and helped the team progress to reach the Semi Finals. The Gauteng B side had great success, drawing in their game with their A Team during the pool stages.

Ethan Bainbridge was the only boy from the College to participate at Currie Cup, representing the **Gauteng U19 B Boys Team**. Ethan played some phenomenal Water Polo throughout the Tournament.

SA Achievements

- Jessica Penney was selected as part of the team representing SA at Tri-Nations Tournament in Zimbabwe in February 2016.
- Tasmin Waite was selected as Non-Travelling Reserve for the SA U16 Girls Team to participate in New Zealand in July this year.
- Taylin Blues U17 SA Non-Travelling Reserve for the SA U17 Girls Team who participated in the Tri-Nations Tournament in Durban in April 2016.

We are extremely proud of all our students for representing St. Peter's College at the highest level this country has to offer.

Mr Nardus Badenhorst
MIC: Water Polo