

NEWSLETTER

Date: 5 February 2018
From the Office of the Executive Head

MERIDIAN
Pinehurst

Dear Parents/ Guardians

Altruism – how Cape Town can avoid Day 0

Jazz legend Hugh Masakela was laid to rest last Tuesday, opposite struggle veteran, Ahmed Kathrada. He enjoyed international fame in his lifetime and worked closely against the apartheid regime. Interestingly, it was an act of **altruism** on the part of anti-apartheid activist, archbishop Trevor Huddleston who first gave the somewhat delinquent (at the time) adolescent Masakela his own trumpet and who later organised him a trumpet from the great Louis Armstrong.

That act by Huddleston at school, made the difference in young Hugh's life. In those days, the £15 it took to purchase the trumpet for the teenager was no small amount; yet Huddleston's act set Masakela on the path to stardom and his own journey of activism.

What does this have to do with the water crisis in Cape Town you may ask? It's about sacrifice and how small acts of selflessness have long term positive effects on both individuals and society at large.

The key message gained from our principals' meeting on Wednesday with the premier was this: we **CAN AVOID DAY 0** if we all co-operate and save water. If we can stick to our 50l a day per person, for about 150 days into mid-Winter, the other water supply augmentation operations will have come online and we can avert a crisis of monumental proportions. But it will take acts of altruism, putting the collective first and not our individual desires for comfort and convenience. I **CAN** go without washing my hair every day, no matter how much I hate it. You **CAN** wash your clothes in the shower and then use the water again to flush the toilets. We ALL **CAN** drive dirty cars with the pride of Capetonians banding together in our time of need.

Then the sound of water running from our taps will be as sweet as the strains of Bra Hugh's trumpet.



Save Water!

Water Saving Ideas

These are some ideas put out by my neighbourhood watch street committee. Perhaps a few will resonate with you: some may not be completely eco-friendly – be mindful of the environment however.

1. Stock up on bottled water exclusively for drinking while the water stations figure themselves out. Recycle the plastic.
2. Stock up on baby wipes – or use a facecloth
3. Use Dry shampoo or baby powder to prolong the time between washes
4. Wee Pong (a flush alternative)
5. Make a solution of vinegar and water or stay soft and water to spray clothes and hang up to air .
6. Paper plates are not eco-friendly. However if you are braaing use the used paper plates in the fire. As an alternative, make up a spray bottle with rinse free dish soap and water, and wipe down lightly dirtied dishes with that. As for heavier loads, a load of dishes is going to be inevitable
7. Water purification tablets for the rain water we are able to catch
8. Milton to add to water to wash veges. With the listeriosis outbreak we can't afford not to wash our fresh produce.
9. Good suggestion to stock up on non-perishables! Actually do as much meal prep as possible while we can still wash our dishes – responsibly.
10. Hand sanitizer (and hand cream because that stuff gets pretty harsh after a while!)
11. Bicarb and vinegar, as amazing cleaning supplies that don't destroy water for grey use
12. Dodgy tummy prep: Rehydrat, Medizine, Immodium, Buscopan, probiotics and extra toilet paper.
13. Have a sponge bath with a small bucket and sponge.
14. Use wet wipes to wash yourself
15. Get a fire extinguisher for obvious reasons
16. If using toilet for urinating, throw toilet paper away and not in toilet (in a separate lined bin that's cleaned daily). This will cut down on backing up of toilet paper in the toilet allowing you to extend time between flushes with grey water.
17. Baking soda can control toilet paper odours if throwing toilet paper away.
18. Fill toilet cistern with water rather than pour into toilet, use grey water for this. Use vinegar in the toilet and drains to help with any odours and bacteria.
19. Clean with microfibre cloths or rags as sponges become unsanitary. Easier to clean cloths and hanging up immediately can delay them smelling.
20. Eat straight from the braai! No pots or pans to wash.
21. Use apple cider vinegar to naturally deodorize your armpits and go without showering.
22. Wear breathable fabrics like cotton to avoid odours developing from sweat and bacteria.
23. Ladies, extend underwear life by wearing panty liners.
24. If you do have to wash plates, pans, cutlery, etc, wipe mess and dirt off with paper towel, to make water less dirty.
25. Instead of pouring water into sink, pour into plastic tub. You can re-use dirty water in toilet.
26. Vinegar can also be used for wiping and cleaning, with paper towels, without having to rinse down counters.
27. Where possible, use organic or biodegradable materials to minimise environmental waste. Please also be mindful of your plastic usage.

Every man must decide whether he will walk in the light of creative altruism or in the darkness of destructive selfishness.

(Martin Luther King, Jr.)



Boot Camp



Congratulations

Clayton Peters, Grade 8, has been selected to represent WP at the NBC (National Baseball Cup) 2018 in Durban from 30 March - 4 April for the under 15 age group. Here he is in action, sliding into home base:



Calling men and women of all ages, sizes and fitness levels to join us on Monday at 17:30 for boot camp.

The programme will run for 6 weeks with 2 sessions offered weekly on Mondays and Wednesdays at a cost R150 per month.

Registration will take place on Monday at 17:15 at the hall.

Bring along a towel and water and let's get in shape!

Our own **Mr Jason Rhoo**de will take you through your paces:



Mathematics Fun

Mr James from Casio visited Meridian Pinehurst's Grade 8, 9 and 10 learners during Mathematics. During this very interesting workshop the learners learned more about the uses of their Casio calculators. A few learners also won Casio Mathematics sets and Casio skins for the back of their calculators.

This is just one of many ways we offer Mathematical support to our learners.

Donte Barkhuis was 8E2's winner

Anoyolo Majola 9E1 and **Lizwilenkosi Ganta** 9E2 won Casio calculator skins.



Bridging Programmes

The high school is involved in assisting Curro's curriculum research and development arm, the Curro Research, Development and Innovation Unit, with the implementation of a high school bridging campaign which will highlight literacy skills across the curriculum. The programme aims to address the language gaps of Grade 8 learners, and ultimately their academic achievement.

Likewise the Foundation Phase will participate in research into software to assist with learners in Grade 1 who have not been to grade R as well as at-risk learners who have been promoted to Grade 2.

It is tremendously exciting to a part of a group of schools committed to ongoing pedagogical research and development.



Springbok Cycling Reunion

Well done and thank you to our learners who represented Meridian Pinehurst, as assistants at the recent reunion of Springbok cyclists. Ms Lynette Slabbert's husband, **Nardo Slabbert** is a former SA cyclist and invited our learners to assist on the day. Thanks for flying the Meridian flag so high.



Update of Facilities:

Road Repairs:

The road between the Nursery and Olive Hall will continue to be closed until repairs to the road and block wall have been effected. The engineers have assured us that the structural integrity of both is sound, however we shall keep the road closed until the repairs have been done – which should be completed this term. Ironically in this time of drought, it appears that the damage was caused by water creating an air pocket beneath the road surface in one place. We apologise for the inconvenience, but between the builders holiday and the wait for a works programme on the repair, the operation has taken quite a while. Be assured that we are insisting on an urgent and effective strategy going forward.

Shelter:

We are more than aware of the need for shelter around the school and have approached the PAC with ideas for addressing this and they have agreed to direct fundraising towards these goals. Among the proposed plans are umbrellas in stands all around the school which will create a cheerful atmosphere as well as shelter, fitted awnings to cover corridors as well as a permanent shelter where the old tuckshop used to be for children waiting for lifts. Please attend and assist in all fundraising this year because this is where your hard-earned cash will be going.

The other capital project we are hoping to initiate this year (it will take some time to achieve) is the laying of artificial lawn in the Foundation Phase. This will be a huge expense of course so anyone who is able to obtain sponsorship or funding for this is welcome to approach us. We are very conscious of the need to make that quad a more welcoming space.

Traffic at Meridian Pinehurst

Once more I must request that you are particularly mindful when driving in and around the campus that there are children here and that they can be unpredictable at times.

The speed limit in our grounds is: **DEAD SLOW**. Please do not endanger children in your rush to get to work. Stop at the pedestrian crossings and watch out for little ones who may dash out unexpectedly. Be mindful around the Nursery particularly of parents battling with babies and luggage.

Please do not frustrate other drivers by stopping or parking illegally anywhere.

No one wants to live with the aftermath of a tragedy on our property.

Food allergies

Note that we do have learners who suffer from severe food allergies. The tuckshop will not sell peanuts as a result of this. Please communicate with the teacher if your child has any such serious allergy so we are sure that our lists are up to date.

Outreach at Meridian Pinehurst

Just as this school focuses on academics and also has goals for culture and sport, we also direct our attention to outreach issues. This year's **Outreach Goals** are as follows:

1. Establish and maintain a consistent outreach activity: Fruity Friday (more about this will be communicated soon).
2. Expand the recycling programme to the whole school community
3. Water saving
4. In-reach is outreach (a focus on needs within our community)

We are always conscious of the need to nurture our young leaders to be aware that they are part of something bigger than themselves – and of the need to **build the nation.**

So far our planned activities include the following:



Term 1	Term 2	Term 3	Term 4	Year Round
Shaveathon	Tekkie Tax	Mandela Day	Choir	Matric Library Legacy
Campus Walk	Matric Finery	Matric Finery	Matric Shoes	Birthday Book Club
Lenten Drive		Choir	Stationery	
		NID Change for Change		
		Casual Day		

Curro Create

The High School has been chosen out of all the Western Cape Curro schools to have professionals Hennie van Greunen and Pedro Kruger (of the acclaimed Theatre Factory) coach our drama learners in the putting on of a top quality stage production in the latter part of 2018. We are enormously excited about this, not just for the spectacular outcome we envisage onstage, but in the upskilling of our learners (and staff) in all things theatre.

Curro is also launching a unique 21st Century eisteddfod competition this year which will feature among others, exciting new categories such as blogging, vlogging, photography. So watch this space...



Photograph credit: Sterre op kykNET se blou tapyt by Fiestas



We have a Meridian song which we are going to be singing in the arts.

Sports Report

After a really busy sport week of athletics, the previous week, last week was relatively quiet with only practices kicking off. This week, we have a busy Athletics week with the High School participating in the annual Inter-Curro Athletics Day as well as the Intermediate Phase athletes making it through to compete in the MNED Circuit Meetings. We wish all these athletes and their coaches the best of luck!

Below are a list of the Foundation Phase winners after their Sports Day:

U/7 Girls:

1. Kiera-Lee Osman
2. Jenna Lee Craddock
3. Jaydah Adams and Zoe Adams (together in 3rd place)
4. Zoe Spactor

U/7 Boys:

1. Vuyo Ngobeni
2. Qale Schuller
3. Christian Adams
4. Liam Shaw

U/8 Girls:

1. Joyce Bambi
2. Skyla Koning
3. Skylar Bronkhorst
4. Madison Louw

U/8 Boys:

1. Mizaël Pemba
2. Jesse Masimila
3. Albert Butler
4. Griffin Smith

U/9 Girls:

1. Chloe Steenkamp
2. Mischa Hendricks
3. Juanita Savel
4. Sarah Fur

U/9 Boys:

1. Roger Johnson
2. Phuluso Dlabane
3. Alakhe Arosi
4. Kaydin Palm



Special congratulations also to the following Intermediate Phase Interhouse winners:

Victrix Ludorum – **Cleo Dayce**

Victor Ludorum – **Joshua Thomas**

Winning house – Red house

The High School will be announcing their various winners in assembly this week.

Note: that all league cricket fixtures have been cancelled by the Cricket Association because of the water crisis.

SPORT @ MERIDIAN PINEHURST

MONDAY 5 FEBRUARY – SATURDAY 10 FEBRUARY 2018			
	Foundation Phase Gr R - 3:	Primary School Gr 4 - 7:	High School Gr 8 – 12:
Monday 5	<ul style="list-style-type: none"> ▪ Athletics: U/7 & U/8 @ 13:45 – 14:30 ▪ Mini Cricket: U/7 & U/8 @ 13:45–14:30 U/9 @ 14:30 – 15:15 ▪ Tennis: U/7 @13:45 – 14:30 U/9 @ 14:30 – 15:15 	<ul style="list-style-type: none"> ▪ Athletics: U/11 & U/13 (High jump, long jump, shot put ONLY) DISTRICT MEETING @ 14:15 -18:30 (Welgemoed PS) ▪ Cricket: U/11 & U/13 @ 14:45-15:30 	<ul style="list-style-type: none"> ▪ Athletics: Field events @ 15:00 - 16:00 ▪ Chess: @ 15:00 - 16:00 ▪ Cricket: U/15 @ 15:00 - 16:00 ▪ Girls Soccer MATCH: St Cyprians (Hellenic FC) @ 15:00 - 17:00
Tuesday 6	<ul style="list-style-type: none"> ▪ Athletics: U/9 @ 14:30 – 15:15 	<ul style="list-style-type: none"> ▪ Athletics: Track @ 14:45 - 15:30 ▪ Tennis: U/10 & U/11 @ 14:45-15:30 	STAFF MEETING
Wednesday 7	<ul style="list-style-type: none"> ▪ Athletics: U/7 & U/8 @ 13:45 – 14:30 ▪ Mini Cricket: U/7 & U/8 @ 13:45–14:30 U/9 @ 14:30 – 15:15 ▪ Tennis: U/8 @ 13:45 – 14:30 U/9 @ 14:30 – 15:15 	<ul style="list-style-type: none"> ▪ Athletics: U/10 & U/12 (High jump, long jump, shot put ONLY) DISTRICT MEETING @ 14:15 -18:30 (Welgemoed PS) ▪ Cricket: U/11 @ 14:45-15:30 	INTER-CURRO ATHLETICS (DAL JOSAFAT, PAARL)
Thursday 8	<ul style="list-style-type: none"> ▪ Athletics: U/9 @ 14:30 – 15:15 	<ul style="list-style-type: none"> ▪ Athletics: U/12 (Discus & Javelin ONLY) DISTRICT MEETING @ 14:15 - 18:30 (Eversdal PS) ▪ Athletics: Track @ 14:45 - 15:30 ▪ Cricket: U/13 @ 14:45-15:30 ▪ Tennis: U/12 & U/13 @ 14:45-15:30 	<ul style="list-style-type: none"> ▪ Cricket: U/15 @ 15:00 - 16:00 ▪ Tennis: @ 15:00 - 16:00
Friday 9		<ul style="list-style-type: none"> ▪ Athletics: U/13 (Discus & Javelin ONLY) DISTRICT MEETING @ 14:15 - 18:30 (Eversdal PS) 	
Saturday 10		<ul style="list-style-type: none"> ▪ Athletics: U/10 – U/13 (Track events ONLY) DISTRICT MEETING @ 07:30 (Gene Louw PS) 	



Dates to Diarise:

Monday, 5 February: Umalusi Site Visit Meeting

Ms Sorentia Antonio's birthday

Ms Jade Strydom's birthday

Tuesday, 6 February: MERC Meeting: 15:00

High School: Big Brag – pre-athletics

Wednesday, 7 February: High School Inter-Curro Athletics at Dal Joosephat Stadium in Paarl

Ms Niole Brown's birthday

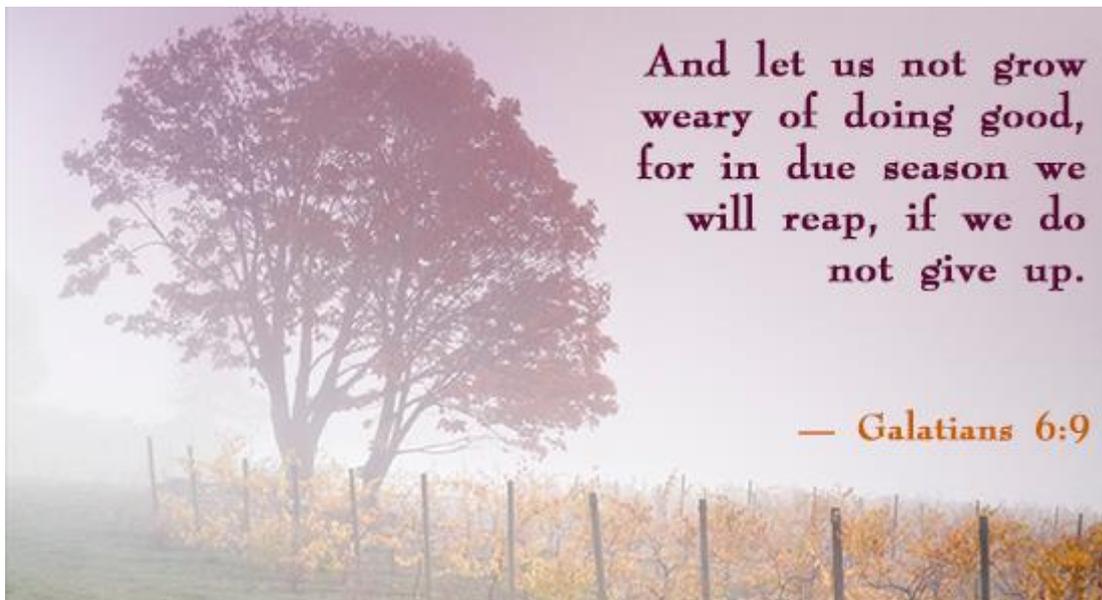
Thursday, 8 February: Water Management Meeting: 15:00

Nursery Staff training

Friday, 9 February:

Saturday, 10 February: OPEN DAY – bring your friends

Monday, 12 February: **Ms Ansa Cronje's** birthday



Yours in education

Colleen Bentley

Executive Head

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