



Cambridge Assessment  
International Education

Cambridge International School

*Rundle*

# REVELATIONS

MAY 2021

PROGRESSIVE EDUCATION; EXTRAORDINARY PEOPLE

PROGRESSIVE EDUCATION; EXTRAORDINARY PEOPLE

PROGRESSIVE EDUCATION; EXTRAORDINARY PEOPLE

SEIZE  
THE  
DAY

PROGRESSIVE EDUCATION; EXTRAORDINARY PEOPLE



# CHAIRMAN'S CHATTER

R O N B O O N

In many facets of life, be they business, sport or personal, people tend to overcomplicate things or to stress about things that would be better handled simply and stress free. This is often easier said than done, but the old saying 'mind over matter' rings true!

Developing a culture and practice of simplicity requires adroit skills. Abilities that, if learnt and ingrained in one's youth, will stand one in good stead for the rest of one's life. The rewards are high.

Think for a moment about Steve Jobs and his amazingly successful Apple computer creation. The Apple brand was built on Jobs's distinct dedication to simplicity in design.

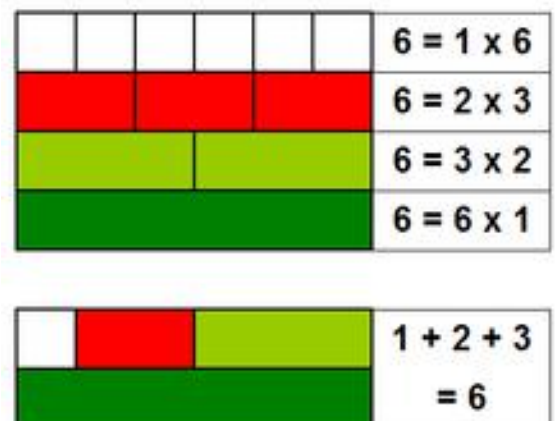
In more recent times, global search firm Heidrick & Struggles found that 67% of "high-accelerating organizations" had embraced simplicity in their strategy, operating model and culture.

Think about the Perfect 6. Whilst this generally relates to numbers, it is also used to relate to other aspects of life (and not just a perfect 6 diamond or a man's 6-pack!).

In number theory, a perfect number is a positive integer that is equal to the sum of its positive divisors, excluding the number itself. For instance, 6 has divisors 1, 2 and 3 (excluding itself), and  $1 + 2 + 3 = 6$ , so 6 is a perfect number.

The sum of divisors of a number, excluding the number itself, is called its aliquot sum, so a perfect number is one that is equal to its aliquot sum. Equivalently, a perfect number is a number that is half the sum of all of its positive divisors including itself. As an example:

28 is perfect as  $1 + 2 + 4 + 7 + 14 + 28 = 56 = 2 \times 28$ .





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# CHAIRMAN'S CHATTER

C O N T I N U E D

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The first 4 perfect numbers are 6, 28, 496 and 8128.

In 1588, the Italian mathematician Pietro Cataldi identified the sixth (8,589,869,056) and the seventh (137,438,691,328) perfect numbers. He also proved that every perfect number ends with a 6 or an 8.

Here are 6 thoughts that can stimulate improved performance in whatever one is doing. They can certainly improve the performance of a student!

- **Time Management** is fundamental to most things. It is the core around which success is built. Time management is about more than just managing one's time. It is about managing ourselves in relation to time.
- **Smart Goals** need to be set. Goal setting can be used in every facet of one's life. Setting goals puts one ahead of the pack. Some people blame everything that goes wrong in their life on something or someone else. Successful people dedicate themselves towards taking responsibility for their actions and lives, no matter what the unforeseen or uncontrollable events may be. Smart Goals should embrace the 3 P's. It is Personal; I am going to be Positive; it is Possible! Goals need to be prioritised. Mental focus needs to be invested in a single goal at a time and one needs to choose a goal that will have the greatest impact on one's set ambitions.
- **Plan Wisely.** The hallmark of successful time management is being consistently productive each day. Having a daily plan and committing to it can help one to stay focused on the priorities of that particular day. The day needs to be broken down into manageable chunks, with time blocked off to work on the identified objective/project.
- **Procrastination** means delaying a task that should be a priority. The ability to overcome procrastination and tackle the important tasks is a hallmark of the most successful people out there. The task must be tackled with a single-minded focus. Why do people procrastinate? They may have no clear deadline; or they may have inadequate resources; or they don't know where to begin. Other reasons could include that they feel overwhelmed; that they lack passion; or perhaps they have a fear of failure. As the Nike slogan says, "Just Do It"!
- Be **Organised.** A person needs to create an appropriate environment. Eliminating clutter, setting up effective systems, gathering essential tools and managing workflow are critical.
- **Manage Workflow.** Select one task to do at a time. Time yourself. Ignore everything else. No breaks or interruptions. Give yourself a reward.

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# PRINCIPAL'S PERSPECTIVE

M A Y   N E W S

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The May/June external Cambridge examination series at the high school is well underway and we have passed the busiest time in the schedule. This is, of course, a relief as we were concerned about an increase in infections and resultant possible lockdown. This naturally would have an impact on the exam session but we are still optimistic that the exams will end without any governmental lockdown.

Early June marks the start of our own internal examinations and I want to spend a little time writing about the importance of these assessments. As most parents know, we have four reporting periods in a year throughout the school.

The first report is a comment report giving you feedback on your child's performance and engagement in class. These comments are vital to understand how your child engages and participates in class.

Our second reporting period contains a grade or symbol allowing a summative mark to rate the student's performance. From Checkpoint 1 (Grade 7) up, we write mid-year examinations and these provide the student, parents and tutors vital information as we move toward the end of the year final examinations. The student is given an opportunity to test their understanding of the work taught so far and we can begin to make predictions as to what the end of the year results might look like. If we see that there are areas in subjects that are weak, we then know where to focus in order to achieve the desired grade at the end of the year.

Naturally, the progression of a student, into the following year is based on their end of year results, but sometimes we can see a risk of not meeting the minimum requirement in the mid-year examinations and this is where alarm bells should be heeded. The formative comments are then usually recorded in the third reporting period.

In our fourth reporting period is, of course, the end of year results and these are used to progress the student to the next year level. But in some cases there are circumstances where we need to look at the mid-year results. These can play a role when considering progression. For this reason, I want to stress the importance of the upcoming mid-year examinations.

There are many factors that can affect a student's performance. We have written many times about how to deal with stress and studying methods which work best to help prepare for assessments. For me, it is all about planning for an examination series. If you have the exam schedule and plan your study sessions around this, it leaves plenty of time for revision. Good revision reduces stress and ultimately leads to a good set of results.

As a final point, I would like to wish all the students a fantastic examination series for the mid-year assessments.

**DR STUART COLESKY**



Every **Saturday** 09:00

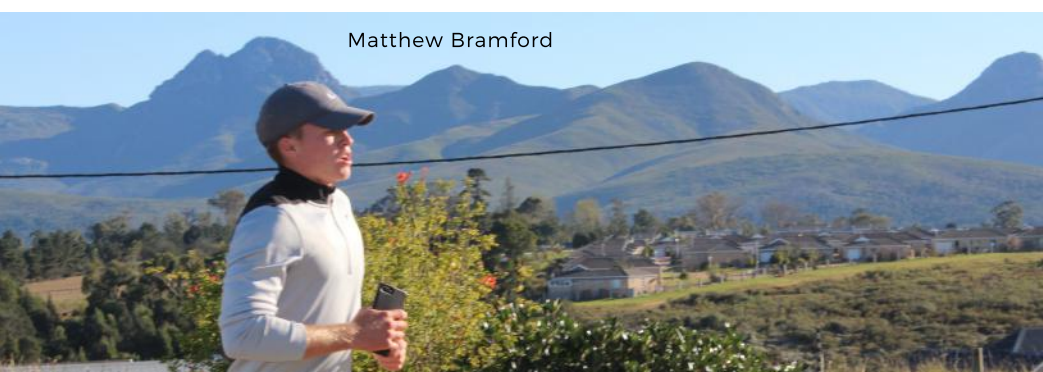
# Rundle Run



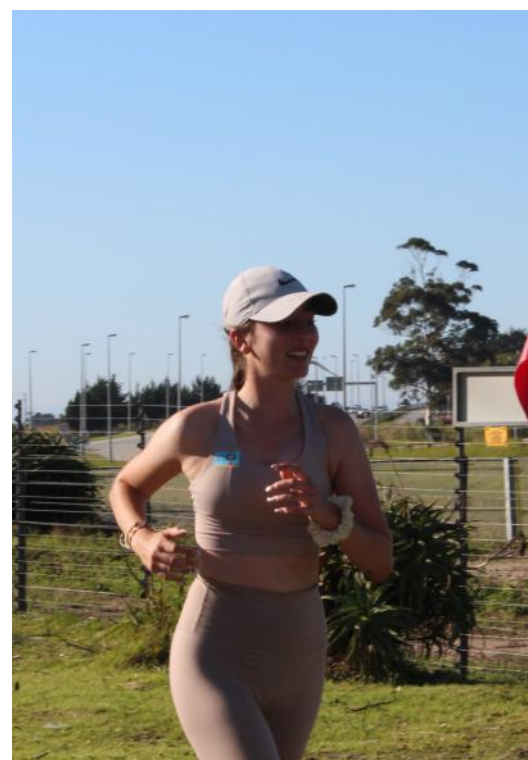
## **R20** Charity Fundraiser

### **Matthew Bramford Wins Rundle Run!**

Rundle College hosted the first Rundle Run at the Outeniqua Family Market on Saturday, 17 April. Runners set a great pace with Zimbabwean National Matthew Bramford taking gold and crossing the finish line with a time of 21:15. KeNako Academy and Rundle College Chairman and Founder Ron Boon finished 4 minutes and 18 seconds behind the leading man. Khanya Nhlengethwa from Swaziland took bronze. Well done to Matthew, Ron and Khanya for keeping the Rundle College name flying high! It was a wonderful atmosphere with runners and walkers working up an appetite to enjoy some delicious food at the market afterwards. Thank you to the Outeniqua Family Market, Frogfoot Networks and Aqua Glo for sponsoring the event. We encourage all Georgians to join in on the fun every Saturday at the market. The aim of the run is to raise funds for various charities in our community. We hope to see you there this Saturday at 09:00.



Matthew Bramford



# Progressive Education; Extraordinary people

## CELEBRATING SUCCESS AND ACADEMIC EXCELLENCE

Rundle College has received 11 Top Achiever Awards in the past 6 years (2015 – 2020) with two students being added to the list with their spectacular results in last year's Cambridge Assessment International Examinations. The High Achievement Award is an official Cambridge Assessment International Education national award given to students who obtain an exceptionally high mark in South Africa. Congratulations to Yaasir Adam and Christopher Bailey on their outstanding achievements! Yaasir Adam received the High Achievement Award in South Africa for Arabic at AS Level and Christopher Bailey received the High Achievement Award in South Africa for Environment Management, also for AS Level.



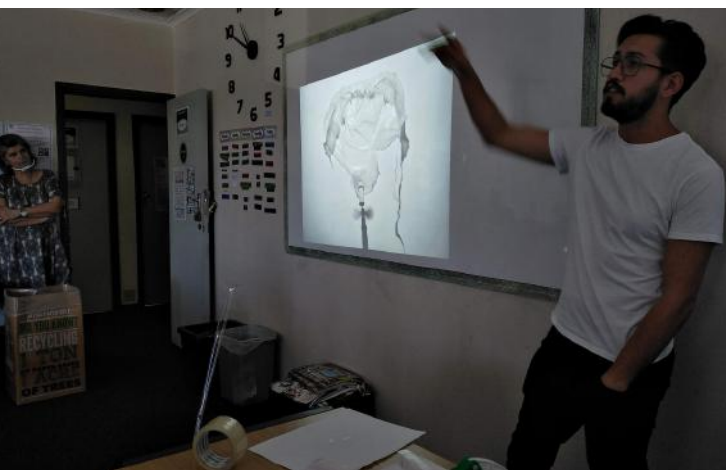
## ART & DESIGN

### GUEST ARTIST: RUANN COLEMAN

The Art students recently had the privilege of hosting Ruann Coleman, a contemporary South African artist. He came to speak to the Art and Design students about his art (creative process and influences) and aided them in experimenting with a new style of art. Coleman's art is mainly comprised of avant-garde sculptures made from collected environmental materials that act as an anchor point for the interwoven narratives for past, present and possible futures. His work, although very uniquely his style, takes on various forms while being unrestricted by format or medium but rather embraces the multiplicity that is inherent in movement, process and chance. He aims to create spaces and moments found in the action and reaction of the process, aiming to capture moments through materials. The learners had the opportunity to go to the junkyard to collect some materials and then worked with Ruann to create art of their own. They thoroughly enjoyed the experience and we hope to see Ruann again in the near future for a follow-up discussion of their artworks.

## CONRAD FABER WINS 5 GOLD + 2 BRONZE MEDALS

Congratulations to swimmer Conrad Faber for taking home 5 gold and 2 bronze medals! Conrad recently competed in the South African Nationals (Junior Age Group) that took place in Durban from 6-11 April. Because of Covid19, the event was split into different regions. Northern Cape, KwaZulu-Natal and Free State were present. Conrad won 5 gold medals in the 50m back, 100m back, 50m free, 100m free, and 50m fly and 2 bronze medals in 200m free, and 100m fly.



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# PREPARATORY NEWS

SHARON PUTTICK

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We have just reached the halfway point of Term 2 and we are also reaching the middle of the year. For the CP1 students, this means we are getting closer to their first exam session and we wish them everything of the best as they enter into a new phase of their school career.

Below are a few tips on how to handle the stress of exams from minuteschool.com.

Exam season can be stressful. Depending on your exam schedule, you may have multiple exams within only a few days. Effective study strategies can help you prepare for these situations, but if you're the type of person to freeze up when you actually get into the exam, these exam writing tips may be helpful:

*Tip 1: Write down the hard stuff first*

Right before the exam begins, go over the hardest topics on the exam and the formulas you just can't seem to remember. As soon as you get your exam paper, write those things first before looking at anything else. Doing this allows you to have a 'cheat-sheet' throughout the exam that isn't actually cheating!

*Tip 2: Write something for every question*

This tip has always allowed me to do much better on my exams than I think I'm going to. I try to write down everything I am thinking, no matter how irrelevant I think it is. You'd be surprised how many marks you can get, just by showing your thought process. In the end, you can always improve your answers at the end of the exam, if you have leftover time.

*Tip 3: Do the questions you know first*

When you start your exam, do the questions you are confident that you know first. This strategy ensures that you get most of your test done without wasting time on the questions you aren't sure about. When you've done all the questions you knew right away, you can spend the rest of your time trying to figure out the questions you don't.

*Tip 4: Look for clues from other questions*

This tip works especially well for multiple choice exams. Looking through the other questions may allow you to eliminate incorrect multiple choice options.

I hope these tips help you during exam season. Knowing how to write exams efficiently is helpful, but studying is important too. We've all struggled to keep up with a course and then tried to teach ourselves the entirety of the course two days before the exam. This has never worked in my favour. Studying a bit of course content everyday will help you actually retain the information. Try studying a concept each day. When the exam comes around, you will already know a good amount of information, and you can focus on studying or reviewing rather than learning the information for the first time. Good luck with your exams!

Parents please pass these tips on to your children as their first exam session may be very daunting to them and they need all the help they can get.



# PREPARATORY NEWS

## SENSORY INTEGRATION DEVELOPMENT

Sensory Integration Development is the way the brain receives, organises and responds to sensory input in order to behave in a meaningful and consistent manner. Different milestones are essential at various stages and ages in your child's development. The Grade R preparatory learners enjoyed a fun sensory integration learning activity by pressing out shapes on polystyrene circles. This is a practical and easy-to-implement idea that helps with the development of sensory integration.

## SLIPPER DAY

The Rundle College students walked around the school hallways in the most comfy, cozy, bright and bold footwear on Friday, 7 May. The students participated in Slipper Day, a national fundraising campaign driven by Reach for a Dream, that supports children facing life-threatening illnesses. The Non-Profit Organisation supports children by making their dreams a reality. Thank you to everyone who supported the cause by purchasing their R20 Slipper Day sticker.

## EARTH DAY

Earth Day was celebrated on Thursday, 22 April. In light of this the Grade 5 students made natural features in Geography. The assignment stipulated that they had to create either a 3-dimensional mountain or water feature from recycled materials. Earth Day is an annual event on April 22 to demonstrate support for environmental protection. So what do you know about the Earth? Test your knowledge with a quiz on [www.earthday.org](http://www.earthday.org)

## ENGLISH ORAL

Oral language is one of the most important skills students can master; instilling confidence, improving knowledge and the ability to communicate effectively. The Grade 6 and 7 students delivered a speech about the country they would most like to visit and explore one day.

