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2020

OCTOBER

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PRINCIPAL'S PERSPECTIVE

OCTOBER NEWS

Term 4 seems to have started off well. The majority of the students are back at school and the classrooms and corridors almost have a sense of normalcy. There seems to be a sense of seriousness to the atmosphere in the classrooms. Teachers and students know that the end of the year is in sight and, with exams looming around the corner, the levels of determination and concentration are high.

As is usually the case at this time of the year, I write about how to manage these stress and anxiety levels that go hand in hand with exam outcomes and expectations. Sometimes these expectations are not only set by parents or teachers but by the students themselves and, of course, the peer pressure of these expectations can sometimes be high.

The best way to deal with this type of stress is to learn how to recognize it. All of us show stress differently. Whether it is fidgeting, nail-biting or grinding your teeth; to having an upset stomach, muscle tension or headache, the symptoms of stress can manifest themselves in different ways.

By recognizing stress, we can begin to plan for it by doing a few simple things, thereby reducing it to levels which are tolerable or, sometimes, even eliminating it.

- Routine: sticking to a routine when it comes to mealtimes, sleep and study times helps.
- A good night's sleep: You have to give yourself time to "re-charge" your brain.
- Small rewards: small rewards such as a run, snack or treat can motivate and help reduce stress.
- Avoid junk food: These tend to give you small bursts of energy but leave you depleted after.
- Allow some off time: try some relaxation methods like meditation, deep breathing or listening to music.
- Talk about it: don't keep it all within you, share your concerns with someone you trust.

Remember that stress is a normal part of life for everyone. Some stress is actually good and can trigger your fight-or-flight mechanism to help you handle emergencies or situations where you are at risk. So don't be too tough on yourself. Rather learn how to recognize it and how to deal with it.

DR STUART COLESKY



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OUTSTANDING ACHIEVEMENTS

O C T O B E R N E W S

Jaydon Liddell Wins Goose Valley Junior Open!

On 13 September, the Southern Cape's junior golfers teed off in the Goose Valley Junior Open at Plettenberg Bay's Goose Valley Golf Club. Rundle College and KeNako Academy golfer Jaydon Liddell shot 1 under par 71 to win the tournament. This is Jaydon's first Junior Order of Merit tournament victory! Congratulations on this wonderful achievement Jaydon!

Four Top 10 in Goose Valley Junior Open

Apart from Jaydon Liddell's victory, three other Rundle College students and KeNako Academy golfers played well in the Goose Valley Junior Open. Matthew Bramford shot 4 over par 76 to finish in 5th place. Matthew also won the Best Nett Division of the tournament! Khanya Nhlengethwa and Agib Hughes finished tied 6th. This is the first time Khanya finished Top 10 in a Junior Southern Cape Order of Merit Tournament. Players experienced windy conditions. Well played Jaydon, Matthew, Khanya and Agib!

Celebrating Excellence

On 8 September Rundle College celebrated the outstanding achievements of the IG2 and AS senior students with the Virtual Senior Prize Giving ceremony. The students all persevered through a year filled with unique challenges and their resilience under lockdown has been remarkable, a life-strengthening experience, especially for the Rundle matriculants of 2020! Congratulations to each and every student for their astounding achievements. Your commitment is exemplary.

Spring School

The IG2 and AS Students attended Spring School from 10 – 11 September in preparation for the upcoming Cambridge Assessment International Examinations this October. The AS chemistry students enjoyed doing lab work to enhance their understanding and sharpen their practical skills in the laboratory.

Plastic Pollution

The Checkpoint 2 students undertook a project to determine how much plastic they consume in an average week. The results were outstanding; some students realised they do not consume as much plastic as they thought, while others were surprised with their results. The students also had to reflect on the amount of plastic a household uses as well as what they learnt about themselves and their interaction with the environment. Here are some of their responses after the one-week time period:

"Following my observations of this experiment, I have learnt that my family uses much less plastic than I thought. I think our plastic consumption has definitely improved over the years. We used to use a lot of styrofoam before because our vegetables were packaged in them, so we started buying more of the loose vegetables and carrying them in a reusable plastic bag."

"My parents and I suggest we can stop using plastic bags and use reusable product bags. Stop using straws, even in restaurants, rather use a reusable stainless steel or glass straw. You can buy food like cereal, rice and pasta from bulk bins and fill a reusable bag or container. Stop using plastic bottles, use a reusable water bottle and, when snacking, buy fruit instead of crisps or sweets. Pack your lunch in reusable containers or bags instead of using plastic wrapping paper or lunch boxes. Use matches instead of plastic disposable lighters or invest in a refillable metal lighter."



RESPIRATORY SYSTEM DISSECTION

BIOLOGY LAB WORK

Biology IG 1 Respiratory System Dissection

Lab work can be quite a messy task, but it is absolutely worth it! At first I was quite nervous to see bloody organs, but once we got started it was extremely fascinating. It was wonderful to see how everything is connected to each other. We mainly looked at the respiratory system and at how the trachea branches out into bronchi and then into such smaller bronchioles was incredible. It was unbelievable to see how complex and detailed everything was and how we, ourselves, have these complex organs within us! I learnt some really extraordinary things and had a blast with my lab partner. Thank you for the experience.

Michelle Yanioglou



PREPARATORY NEWS

O C T O B E R N E W S

The year 2020 has been a major learning curve in many ways for me. This past weekend has been proof of my learnings from the year 2020.

On Saturday morning I was woken up by my three-year-old with the words, "Please Mommy can we make pancakes?" My first thought was, "Really, so early in the morning and you thinking of pancakes?" As kids do, he continued to nag and I finally gave in and there the two of us were making pancakes for breakfast on Saturday morning. Later in the afternoon my six-year-old begged my husband and I if we could please make a Christmas bed in the lounge for the night and sleep together as a family. Low and behold, the lounge was cleared and there the four of us slept on our Christmas bed for the night. Despite the fact that I don't think any of us had a decent night's sleep, the point was we slept together as a family for the night. Later on Sunday morning my six-year-old decided we needed to bake a cake. My first question in reply was "What is the reason for baking the cake?" and as the words left my mouth I realised, if anything, 2020 has taught me we don't need a reason to do things. So my boys and I found ourselves in the kitchen baking a cake for no special occasion or event but purely for the enjoyment of baking together and of course the delicious taste!

2020 has probably been one of the most difficult years for many of us, yet here we find ourselves at the start of term 4 and only a few weeks left in the year. I will not deny that seeing the end of 2020 will definitely be celebrated but as I think back to 31 December 2019 and how we celebrated the start of 2020 with so many hopes and dreams for the year, it is just proof that we have no idea of what lies ahead of us. None of us could have predicted that this is how 2020 would pan out but we coped, we learnt and we grew as people due to the challenges we faced.

As we enter term 4, we can honestly look back at the year with such pride. We all have many stories to tell about the year, many challenges we managed to overcome but there was still good that came out of the year.

As I walked through the school this past week and entered each of the classrooms, it gave me such a good feeling to finally see FULL classrooms of happy children. All our children are back at school and have adjusted so well. It absolutely amazes me how well children adapt, and so quickly.

So the point of my story is, even though baking pancakes first thing on Saturday morning at first seemed like a schlep and having to rearrange the lounge for the Christmas bed required effort and previously we always needed a reason to bake a cake, 2020 has taught me to just go with the flow and do things for no reason at all other than pure enjoyment. As much as we look forward to 2021 and seeing the end of 2020, we have no idea what 2021 holds for us.

Enjoy the last few months of 2020 and remember to do things for no reason and end the year on a high note!

SHARON ELAN-PUTTICK

PREPARATORY HEAD



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Know your Nose

The Rundle College Foundation Phase students participated in a fun experiment to test their sense of smell. The students were blindfolded whilst sniffing various different scents to uncover how accurate their sense of smell is.



Champion Swimmer Luke Scott

Congratulations to Grade 6 learner Luke Scott who has been selected to represent the Western Cape Aquatics 2020/2021 Swim Squad as well as the Eden swim team. He is currently ranked by SA swimming as number 1 in his age group in Southern Africa for three events; the 800m Freestyle, 1000m Freestyle and the 1500m Freestyle. He is currently ranked number 2 in the country in his age group for the 100m Breaststroke and 400m Individual Medley. Well done Luke!



Eggperimenting with Eggs

The Rundle College Grade 6 science students observed how an egg is transformed when it is left in vinegar for 48 hours. They discovered how the vinegar causes a chemical reaction that dissolves the shell and turns the egg into a rubbery or bouncy egg. The eggshell, which is made of calcium carbonate, absorbs the vinegar, which is an acid. The egg slightly swells in size and all that is left is the membrane that lined the inside of the eggshell and is somewhat rubbery!



Working with Money

The students had some fun during their math lesson. Rundle College Foundation Phase teacher Mrs Hester la Grange set up shop and encouraged the students to bring some pocket money to school to purchase toys. With their wallets full of cash the students had to calculate what they could afford and what change they were due after spending their hard-earned money. The purpose of the activity was not to make any profit but to provide the students with the opportunity of working with money.



Simple Additions

The Foundation Phase students had some fun stimulating their brains by solving math addition puzzles.



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KENAKO SCHOOLS GOLF FESTIVAL

KeNako Golf & Sports Academy hosts the KeNako Schools Golf Festival every year and is open to all enthusiastic young school golfers. KeNako would like to invite all schools' golf teams to participate and compete in the upcoming three-day tournament from 21 – 23 March. 2021 will be the 10th annual event.

Thank you to all of the schools who have sent teams to participate in our annual festival in the past including; St John's College, Milnerton High, Paarl Gymnasium, Trinity House, Randpark Ridge, Suid-Natal High School, Paul Roos, De Kuilen, Villiersdorp, Strand High School, Melkbos Strand, just to name a few, with special thanks to those schools who have participated every year since the event was launched in 2012.

Remember to jot down the dates in your diary: 21 – 23 March. Contact marketing.events@kenakoacademy.com for more information regarding the tournament. KeNako creates a full package that includes meals, accommodation at the Protea Hotel King George, golf games at three beautiful courses in the Garden Route region, fun events and a special prize giving ceremony.





SCHOOLS GOLF FESTIVAL

21 - 23 MARCH

Kingswood Golf Estate
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Mossel Bay Golf Club

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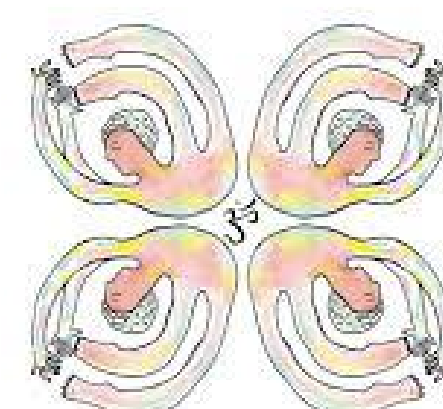


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