

PROGRESSIVE EDUCATION



EXTRAORDINARY PEOPLE

# RUNDLE REVELATIONS



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2020

NOVEMBER

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# PRINCIPAL'S PERSPECTIVE

NOVEMBER NEWS

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We know that 2020 is a year most of us would prefer to forget. I tend to look at it from a slightly different perspective. I want to explore the opportunities it has delivered. We have seen large and small companies change their way of operating. Offices have been vacated and people have had to adapt to the new home working environment. But has this created a new opportunity?

Covid-19 is shaking up our psyche, triggering our fears and in some cases creating uncertainties and testing us. There are so many unanswered questions. I remember, in Business, studying the basics of a SWOT analysis and I want to focus a little on the "Opportunities" as I do believe that these do exist. I am not specifically referring to the opportunities for companies like Zoom or Amazon and the likes, but rather to the subtler opportunities that we might not have considered or recognized before.

There is no particular order in which I am going to mention these but each might be ranked by you in terms of your perceived importance. I will start, though, with one that Ms Scott would enjoy and that is a healthier and cleaner environment. COVID has caused a reduction in greenhouse gases and other air, water, and land polluting outputs which has already had a positive impact on the environment.

COVID has also forced us to reflect and consider. I think this is a great opportunity to rethink our habits and routines and make changes to what we usually take for granted.

Another opportunity, I think, is the extra time we have all been granted. Prior to lockdown, some of us would have had busy schedules with parties, going to the movies, and/ or social events which take up time. Now, with the added free time on our hands, we have been given the opportunity to explore new hobbies or simply enjoy the quiet!

Another massive opportunity we have seen in the school, for example, is how much more effective our out meetings have become. We are all able to log in weekly from the convenience of our homes and conduct our meeting online virtually. This, for us, has been a fantastic time saver and allowed us to be more focused in our agenda.

I am not too sure how to identify the next opportunity, but perhaps we could call it simply "innovation"? We have been forced to think outside of the box. Take for example how many of us were able to continue our jobs while working from home. Before this, few of us would have thought this possible!

The last opportunity I want to reflect on is that of reconnecting and helping others. Many people have taken the route of reaching out to help those less fortunate than ourselves. The World Mental Health stats say that evidence exists that helping others can also benefit our own mental health and wellbeing. Apparently, it can reduce stress as well as improve our mood, self-esteem, and happiness. Good deeds don't have to use up much time or cost any money.

My point in all of this is that none of us asked for COVID. We all have to deal with it in some way. I suppose it is a choice we face, either we are negative and constantly bemoan the situation, or we look for the opportunities and try to stay optimistic and positive. I know which route I am following.

**DR STUART COLESKY**



# OUTSTANDING ACHIEVEMENTS

N O V E M B E R N E W S

## Farewell Dinner

The Rundle College Class of 2020 celebrated the year with an elegant Matric Dinner at Augusta Grill. The event marks the end of a long and arduous journey, but it is also the celebration of the next step and new things to come for the matric students. Wishing the Class of 2020 all the best on their journey to success, to continue to challenge themselves, to achieve their full potential in life and to make each day count!

## Rundle College Golfers and Southern Cape Team Win Triangular!

Three Rundle College students had the privilege of representing the Southern Cape Golf Team in the recent Triangular. Khanya Nhlengethwa and Matthew Bramford represented the u19 team whilst Agib Hughes was selected for the u17 team: a first time experience for all three golfers. The Southern Cape golfers departed George at 05:00 on Sunday, 11 October to compete against Border and Eastern Province. The junior u11, u13 and u15 teams competed at Port Elizabeth Golf Club whilst the u17 and u19 teams competed at the challenging Humewood Golf Club. The Southern Cape Team (18) defeated Eastern Province with 1 point (17). Congratulations to the Southern Cape Team on defeating their rivals and winning the 2020 Triangular!

## Sylken November Crowned Ladies Kingswood Club Champion!

Rundle College student and KeNako Academy golfer, Sylken November, triumphed in the Ladies Club Championships recently. In 2018, Sylken won the Best Nett prize and now she is the Ladies Club Champion. She claimed the title from Rundle College student and friend Chloé Malgas who won the trophy last year. It is wonderful to watch you progress. Congratulations on winning the Ladies Division, Sylken!

## Moonlight Meander

Some of the Rundle College students went on a night walk from Swartvlei Beach to Gericke's Point with renowned marine and ecology expert Judy Dixon on Friday 16 October - a beautiful clear sky greeted everyone on the evening of the walk.

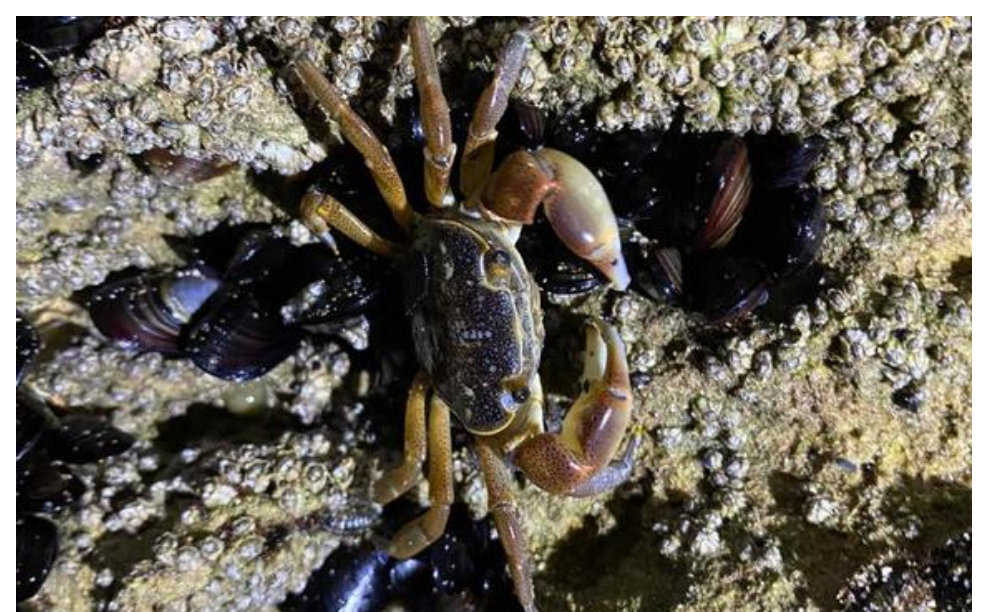
"It was an amazing experience, the views were better than I could ever have imagined, and the local wildlife was more interesting than expected. The informational blurbs and facts tied the experience together in a neat bow and made the entire night unforgettable." Michael Dickenson, CP3

"I thoroughly enjoyed the experience as a whole. From the incredible marine-life to walking underneath a clear, starry sky. It was absolutely breathtaking. Specifically, I enjoyed observing how the wildlife live and behave in their environment. I was able to witness interactions and lifestyles that were completely foreign to me, and there was a special beauty in learning about the unknown." Lisa v Rensburg, CP3

"I think the octopuses were really cute and interesting. I enjoyed watching the magnificent starfish doing yoga as well." Deena Meyer, CP2

"The highlight of the evening was saving a stranded young octopus and watching it oxygenate again in the pond." JJ Bester, CP3

"My favourite part was seeing the octopus and watching the rock pool fish hunting and eating the shrimp larvae. Judy taught us so much about barnacles. The night sky was lit up with the milky way." Liz Meiring, CP3





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# PREPARATORY NEWS

P R E P A R A T O R Y   H E A D   S H A R O N   P U T T I C K

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As we near the end of the school year it becomes evident the dynamic always seem to change in the classroom at this time of year. I recently read an article on Edutopia's website, written by Lori Desautels and she gives the following reasons for concern.

Those students struggling with upcoming changes may wonder:

- Will I be promoted to the next grade level?
- Will I pass these tests/exams? And if I don't, what then?
- Who will my new friends be?

At a more visceral developmental level, these worries loom:

- When will there be a next meal, a next hug, a kind word, encouragement, and a next safe place?
- Will I be accepted in new class environments?
- Who can I trust? And how will I know?

These students may begin acting out, appear less focused, and possibly shut down. Also, to adults, youthful fear and anxiety may look like anger.

Under significant stress, the brain becomes hyper vigilant, hyper focused, reactive, and emotional. When stress hijacks the emotional limbic brain, we are left in a survival response as the prefrontal cortex shuts down and turns off. The frontal lobe allows us to think through choices and consequences, plan, prioritize, problem solve, and emotionally regulate with focused attention. When a continuous stream of fear, anxiety, and worry seizes our frontal lobes, our ability to think through experiences and challenges is compromised.

Teacher stress at the end of the school year intermingles and coexists with student stress. For many teachers, this time of year is so trying because of all the testing and the constant requests to differentiate, incorporate school projects, conference with parents and students, keep engagement high and attend to students' emotional needs. It can feel simply overwhelming. Teachers walk into summer holidays with many of the same questions as our vulnerable students. We too wonder:

- Will they have enough to eat?
- Will there be anyone home at night to tuck them in?
- Will they hear kind words?
- Will they have any structured time or supervision?
- What will happen the day after they walk out of our classroom?

Angela Watson from The Cornerstone for Teachers views on the situation are: "After all assessments are completed, many students feel like they're done for the year and lose their motivation. Behavioural issues become a big problem. There's also an incredible amount of paperwork for teachers to do at the end of the school year. Students often take advantage of the fact that their teachers are tired and preoccupied with all the forms and data they have to hand in."

Angela says the first step to manage end of year school stress is to be mindful of your thoughts and notice how they affect your emotions. When you complain or put yourself down, it makes you feel tired and discouraged. Those negative feelings then give rise to more negative thoughts. It's a vicious cycle, but it can be stopped by replacing negative thoughts with more empowering ones.

There are lots of pessimistic thought patterns that create stress in our lives, like:

- catastrophizing (magnifying the negative aspects of a situation while discounting the positive ones)
- permanence thinking (assuming that setbacks are going to last forever and problems never improve - which is false)
- helplessness (assuming – without evidence – that you are powerless over a situation)

These types of thoughts make us feel hopeless, and that leads to burnout, so t's important to replace those kinds of thoughts with more accurate ones. Usually a stressful situation is not the end of the world, it will not last forever, and can be improved in at least a few small ways by the actions we choose to take.

*Changing your mindset toward stress isn't positive thinking mumbo-jumbo where you have to pretend everything is wonderful: it's about letting go of destructive and inaccurate thought patterns so you can regain a healthier, more accurate perception of reality.*

So, as parents, please be mindful of the stresses surrounding your children as well as the teachers at this time of the year. Be patient and understanding and keep a watchful eye on any dramatic changes in behaviour and relationships.



# PROGRESSIVE EDUCATION

EXTRAORDINARY PEOPLE

## Busy Fingers

The Grade 2 students had some fun duplicating pictures in the puzzle solution. Hand-eye coordination encompasses the split-second communication between the eyes, brain and body that allows students to effectively perform a task by using their hands based on what they see.



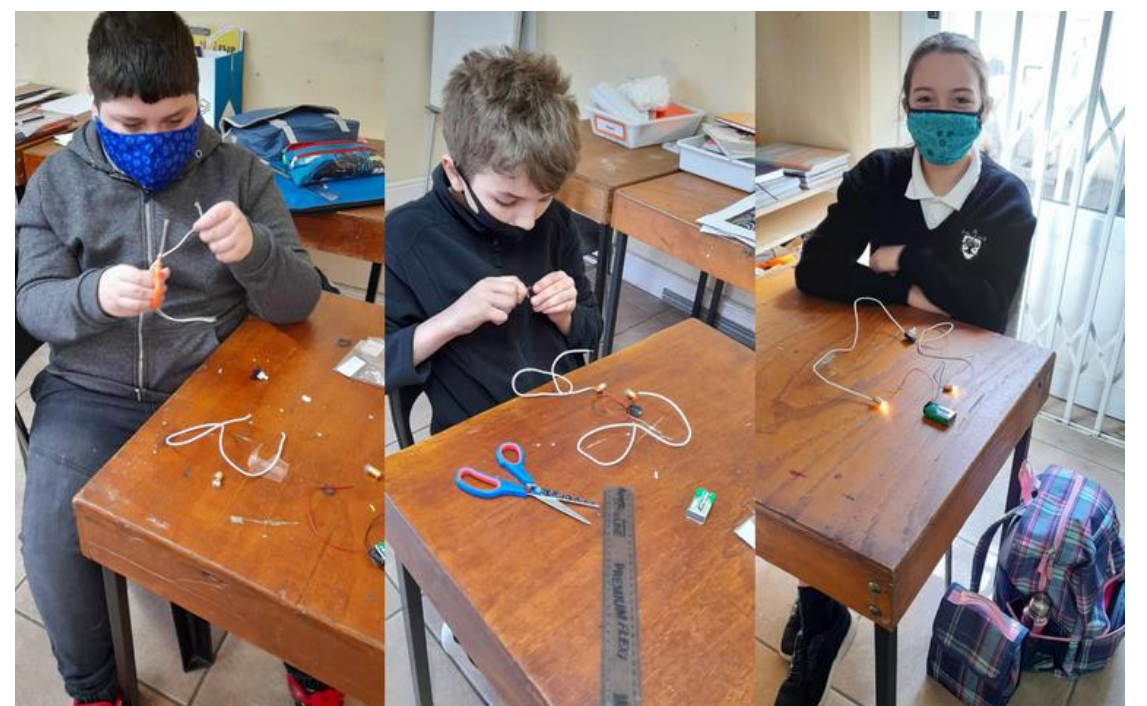
## Puzzle Focus

Building puzzles develops three important skills in young learners: physical skills by holding and turning the puzzle piece to fit, cognitive skills as they reason to solve a problem and emotional skills as they learn to be patient whilst completing the task at hand.



## Circuit, Cell, Bulb, Switch...

The Grade 6 Rundle College students learnt more about the basic concepts of electricity, what electricity is and how energy is used to power electrical items in and around the home, school and office buildings. The students made their own working models of simple electric circuits in the classroom and discussed electrical safety with science teacher Ms Esna Louwrens.



## Inspired by van Gogh

The Grade 5 Rundle College students created their own paintings inspired by Dutch post-impressionist Vincent van Gogh. The now world-renowned painter is famed for his bold, dramatic brush strokes which express emotion and add a feeling of movement to his works.

*Principal Dr Colesky commented, "Pretty impressive! Looks like we have a few budding artists coming up through the ranks!"*



## Practising Fire Drills and Evacuation Procedures:

The Rundle Preparatory staff practiced the emergency evacuation procedure with the preparatory students in case of a crisis situation. The fire drills are practised to ensure students exit the school as quickly, calmly and safely as possible and that no students are left behind in the event of a fire, smoke or emergency situation.



RUNDLE COLLEGE



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LITERACY INITIATIVE



# 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](mailto: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  
George Golf Club  
Mossel Bay Golf Club

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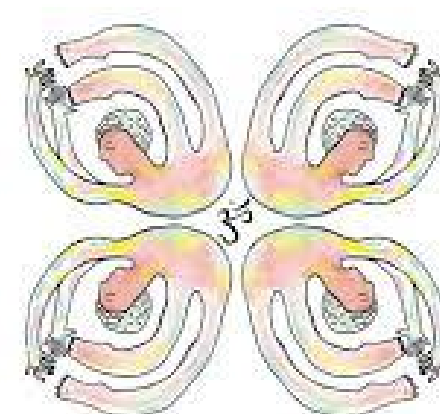


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