

A close-up photograph of numerous hands of various skin tones stacked in a circular formation, creating a sense of unity and teamwork. The hands are positioned with fingers pointing towards the center. Some individuals are wearing accessories like a blue watch and a silver chain bracelet. The background is slightly blurred, showing green grass and a white fence. The title 'uKnight' is written in a white, hand-drawn style across the center of the image.

uKnight

31 MARCH 2023 - ISSUE 3

Breaking news!



Hoërskool
Bosmansdam
High School


connect
ACADEMY

GOLF2023 DAY

MAY 26 | **MILNERTON GC**
FRIDAY | 2023 | BRIDGE ROAD, MILNERTON
CAPE TOWN

PLEASE SHOW YOUR SUPPORT BY ATTENDING OUR GOLF DAY
IN SUPPORT OF BUILDING NEW SPORTS FACILITIES

AMAZING PRIZES | FOOD & DRINKS INCLUDED
FOUR BALL **R3000** | HOLE SPONSOR **R2000**

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Hoërskool
Bosmansdam
High School


connect
ACADEMY



EMAIL Us
JOHAN@DBSCPT.CO.ZA










EMAIL CBARNES@BMDHS.CO.ZA FOR MORE INFORMATION.

Term 3

April

Planner



MON.	TUE.	WED.	THUR.	FRI.	SAT.	SUN.
3	4	5	6	7 GOOD FRIDAY 	8 HOLY SATURDAY 	9 EASTER SUNDAY 
10 <i>family</i> DAY 	11	12 SCHOOLS OPEN 	13	14	15	16
17	18	19 GRADE 8 - 12 PARENT EVENING	20	21	22	23
24 GRADE 12 RAFFLE LAUNCH 	25	26	27 FREEDOM DAY 	28  SCHOOL HOLIDAY	29 TUG-O-WAR 	30



TRISTAN SCHARNECK

WE HONOUR YOU FOR ALWAYS BEING THERE TO ASSIST - NO MATTER WHAT IS ASKED. YOU ARE A TRUE REFLECTION OF OUR VALUES - HONOUR, FAIRNESS AND TRUST.

KELLY MARTIN

WE HONOUR YOU FOR YOUR GOOD DISCIPLINE, MANNERS AND TEAM WORK DURING THE KNIGHTS' NETBALL DAY.

NAKITA SWART

WE HONOUR YOU FOR YOUR IMPROVEMENT IN AFRIKAANS FAL AND GREAT WORK ETHIC.

CARLO MAASDORP

WE HONOUR YOU FOR YOUR HELPFULNESS, POSITIVE ATTITUDE AND FOR ALWAYS TRYING YOUR BEST.

BELIEVE TAZVIVINGA

WE HONOUR YOU FOR YOUR HELPING HAND - YOU ARE ALWAYS WILLING TO HELP NEW STUDENTS SETTLE INTO THEIR NEW SURROUNDINGS.

AUDREY ZENGENI

WE HONOUR YOU FOR YOUR BEAUTIFUL PERSONALITY AND YOUR DEDICATION TO SPORT, ACADEMICS, AND THE RCL.

BANELE NCOYO

WE HONOUR YOU FOR YOUR GOOD MANNERS, SHOWING RESPECT TOWARDS YOUR TEACHERS AND PEERS AND ALWAYS OFFERING TO HELP.





KNIGHTS OF HONOUR

ONGEZIWE MTSOLONGO

WE HONOUR YOU FOR YOUR DUTIFULNESS, PERFORMING YOUR DUTIES EXCELLENTLY AND MOTIVATING THE TEAM TO PERFORM.

LEANDRA PHAMA

WE HONOUR YOU FOR YOUR RELIABILITY AND HELPFULNESS, ALWAYS DOING MORE THAN WHAT IS EXPECTED OF YOU (YOU ARE A REAL *STAATMAKER!*), YOUR STRONG LEADERSHIP, EMPHASISING OUR CORE QUALITIES AND YOUR POSITIVITY.

LIMPHO MOSIA

WE HONOUR YOU FOR YOUR GREAT DEDICATION, NEVER MISSING A PRACTICE AND MAKING A POSITIVE CONTRIBUTION TO THE CHEER SQUAD.

EMIHLE MANDITA

WE HONOUR YOU FOR YOUR DEDICATION TO THE CHEER SQUAD, NEVER MISSING A PRACTICE AND ALWAYS BEING FRIENDLY AND HELPFUL.

VUYOLWETHU NATI

WE HONOUR YOU FOR YOUR NEVER MISSING A PRACTICE, HELPING MEMBERS WHO STRUGGLE TO LEARN A NEW SEQUENCE AND ALWAYS BEING FRIENDLINESS. YOU MAKE A TREMENDOUSLY POSITIVE IMPACT!

ROSHE PETERSEN

WE HONOUR YOU FOR YOUR DEDICATION TO THE CHEER SQUAD, NEVER MISSING A PRACTICE AND CONTRIBUTING A LOT TO THE TEAM'S SPIRIT.

SCARLET VAN NIEKERK

WE HONOUR YOU FOR YOUR TREMENDOUS DEDICATION, NEVER HAVING MISSED A PRACTICE, ALWAYS STRIVING FOR PERFECTION AND SHOWING THE MOST IMPROVEMENT.



TUG-O-WAR COMPETITION

SATURDAY, 29 APRIL 2023

8 MEMBERS PER TEAM @ R40 ENTRY PER TEAM

PAY THE MORNING OF THE COMPETITION



Human Rights Day

By Lisa M

We all know that every year on the 21st March, we aren't at school. We, and our parents, are given a pardon from school and work, but do we know why?

What is human right's day? Human right's day is the day in which South African's commemorate the Sharpville massacre of 1960. We celebrate this day as a way to remember the sacrifices and struggles experienced by those who fought for the attainment of democracy in South Africa. Through this day we, as South African children now living in a democratic country can appreciate the skills and opportunities we have.

This year's Human right's celebration is the one hundredth anniversary of the adoption of the bill of rights in South Africa.

We, as teenagers, could celebrate this auspicious day by attending exhibitions, cultural events, online conferences that commemorate those who had fought for the chance of a better future. Many of us could even create posters that remind peers about the right's we attained through the struggle, and inform those who did not know of what human right's day was for.

IMMIGRANT PARENTS

BY AUDREY MULUMBA

HAVING IMMIGRANT PARENTS

MEANS:

KNOWING THE STEREOTYPES

STRICTNESS

HIGHER EXPECTATIONS

CARRYING THEIR HOPE ON YOUR SHOULDERS

BUT YOU ALSO KNOW WHY:

WHY HOPE HAS LEFT THEM

AND HAS INSTEAD ENTERED YOU

WHY PROTECTION OF YOURSELF IS IMPORTANT

WHY ACHIEVEMENT CAN MEAN LIFE FOR YOU.

HAVING IMMIGRANT PARENTS

MEANS:

CULTURE SHOCK

THERE ARE THINGS NATIVES EAT FAMILIARLY

THAT ARE TOTALLY UNFAMILIAR;

PRACTICES THEY DO WITHOUT AN AFTERTHOUGHT

THAT COULD NEVER BE THOUGHT OF;

ATTITUDES DISPLAYED UNCONSCIOUSLY

THAT ONE IS TOO SELF-CONSCIOUS TO DISPLAY.



HAVING IMMIGRANT PARENTS

MEANS:

HOMELAND IS A STRANGE WORLD;

HOW CAN YOUR HOMELAND BE HOME,

IF YOU HAVE NEVER SEEN IT?

HOW CAN YOUR HOMELAND BE HOME,

IF YOU CANNOT RECALL IT?

HOW CAN YOUR HOMELAND BE HOME,

IF THIS LAND IS MORE FAMILIAR?

HAVING IMMIGRANT PARENTS

MEANS:

YOU KNOW WHERE YOU STAND

YOU KNOW THAT GREEN

IS A NEAR IMPOSSIBLE

COLOUR

YOU KNOW THAT DOORS CLOSE

AS ANOTHER'S OPENS

YOU KNOW THAT AS LONG AS YOU ARE

FOREIGN

YOU DO NOT GO WITHOUT

CHALLENGES.

REFUGEE

BORDER JUMPER

IMMIGRANT

FOREIGN NATIONAL

IS THAT MY NAME?

OR IS THAT SIMPLY WHAT IT MEANS

HAVING IMMIGRANT PARENTS.



The cancer kid

By Caleb Lingomba

*I'm just a kid, walking on the edge of death
Not knowing what tomorrow will bring or take.
I have questions that cannot be answered
Feelings that I cannot describe
Just one weight of the unknown taking its toll.
In and out of chemotherapy sessions
My hair is falling off now, so I cut it all
Now everyone that didn't know, knows
Now I walk as an oddity in a crowd of painted faces
Now I'm just known as "the cancer kid"
I guess that's the price I pay for "the cure"
The radiotherapy scorches all of my skin
I've become skeletal, barely able to move
As my identity is slowly being taken away
The life that I am fighting for isn't mine anymore
My hopes and my nightmares, my fears and my dreams
All seem to be my detriment
If I die young or if I live to see
It does not seem to bother me anymore
Because all of the scars will remain, no matter the result.*





IT WAS AN ABSOLUTE PLEASURE AND HONOUR TO HAVE OUR GRADE 9, 11 AND 12 LEARNERS EXPOSED TO A CURATED SELECTION OF INSTITUTIONS AND CAREERS. THERE WERE 17 ENTITIES PRESENT FOR THEM TO LEARN ABOUT AND EXPLORE.

Career Day

MS PORTIA HEYNES, A REMARKABLE BUSINESS WOMAN AND MULTIPOTENTIALITE, JOINED US AS KEY SPEAKER. NEDBANK ALSO ADDRESSED OUR KNIGHTS TO EXPLAIN THE IMPORTANCE OF BUILDING FINANCIAL STABILITY FROM AN EARLY AGE.





CANSA Shavathon and Knights' Netball Day

WITH 19 SCHOOLS TAKING PART, THE ACTION STARTED IN EARNEST WITH THE VERY FIRST BLOW OF THE WHISTLE. IT WAS A BEAUTIFUL AND SUCCESSFUL DAY OF COMPETITION - AS ALWAYS - AND WE WOULD LIKE TO THANK EVERY SCHOOL'S PLAYERS AND COACHES AS WELL AS ALL UMPIRES AND ORGANISERS FOR CONTRIBUTING TO THE DAY'S SUCCESS.

WE ALREADY LOOK FORWARD TO NEXT YEAR'S KNIGHTS' NETBALL DAY.

THE CANSA SHAVATHON RAN IN UNISON WITH THE NETBALL TOURNAMENT AND SAW MANY TEAMS, STUDENTS AND COMMUNITY MEMBERS STOPPING BY FOR A COLOUR SPRAY THROUGHOUT THE DAY. WE ALSO HAD TWO EDUCATORS MAKE A SIGNIFICANT DONATION OF HAIR TO THIS WORTHY CAUSE AND WE COMMEND THEM FOR THEIR BEAUTIFUL SACRIFICE.

THANK YOU TO EVERYONE WHO CAME OUT IN SUPPORT!

**U19 CUP WINNERS
TYGERBERG HIGH SCHOOL**



**U16 CUP WINNERS
BARDALE SECONDARY**



**U19 RUNNER UPS
WORCESTER GYMNASIUM**



**U16 RUNNER UPS
NOMZAMO HIGH SCHOOL**



**BOSMANSDAM
KNIGHTS' NETBALL DAY**
11 MARCH 2023

Fairbairn College
Bellville High School
Westerford High School
Edgemead High School
Springfield Covert
Gondwood College
Pinelands High School
Curro Durbanville
Bosmansdam High School
Hoërskool President
Worcester Gymnasium
CBC St Johns
Bardale secondary
Northpine TIS
Sarepta Secondary School
Nomzamo High School
Tygerberg High School
Hoërskool De Kullen High School
Makhooststrand High School

**U19 PLATE WINNERS
BELLVILLE HIGH SCHOOL**



**U16 PLATE WINNERS
BELLVILLE HIGH SCHOOL**



**PLAYER OF THE
MATCH U16 - MILA
(BARDALE SECONDARY)**



**PLAYER OF THE MATCH U16
EVELYN MUSING
(BARDALE SECONDARY)**





Hard work pays off in festival success

The winter sports season is off to a flying start at Bosmansdam, with the Connect coaches working in both rugby and netball.

The Under 19 rugby boys earned local bragging rights with West Coast Festival wins over Milnerton and Camps Bay, while many of our new U14s took to the rugby field for the very first time.

It was great to have the boys playing alongside the netball girls at the same event at Parklands College - something we will repeat with our first Connect fixture of the season, against Silcoates School from England on Wednesday 12 April.

We're also delighted to have a girls rugby group in training for the first time. Thank you to the school staff and SGB for your support in making this happen.

We even managed a set of rugby fixtures away to Paul Roos as part of our preparations.

Come to support our first tour fixtures

**Wednesday 12 April
vs Silcoates School (UK)**



Rugby & Netball

Or watch LIVE on



SIGN UP NOW

For only R250 per month



Call / WhatsApp: 066 257 3626.

Web: connectperformance.co.za.

Visit: Gym between A field & school gate.

OUR FRENCH CONNECT-ION

You're walking in successful footsteps as part of the Connect family. Ridhau Bey (*pictured below, left*) and Nic Krone (*right*) play professional rugby in France for Top 14 clubs Montpellier and Brive.





BOSMANSDAM HIGH SCHOOL



SPONSORSHIP ALERT

WE HAVE GROWN!

**AFTER A MAGNIFICENT 2022 SEASON, WE NOW HAVE EIGHT
RUGBY TEAMS AND ONE GIRLS' RUGBY TEAM.**

**WE ARE IN NEED OF NEW JERSEYS AND ARE REQUESTING
SPONSORSHIPS FOR OUR TEAMS .**

**COST: R10000 PER TEAM FOR 26 JERSEYS WITH YOUR LOGO ON
THE BACK**

Contact cbarnes@bosmansdam.co.za to support us.



Winter sport preseason

U.14 rugby

The u14 group has eagerly taken to rugby, in spite of the fact that only a handful of them have previously played the game. As coaches, our immediate task was to get the boys to fall in love with rugby and this was achieved within two sessions. Their first introduction to the game was through 6 down touch rugby, which greatly aided their skills and development. We have had an average of 26 players turn up to training, with a maximum of 34 at a single training session. This leads us to believe that there is definitely room for a B team. We also expect the numbers to increase going into season so that we can field two teams for fixtures. There are players of interest who have the potential to be fantastic going forward. Using the Connect approach, we believe that the sky's the limit for these boys, as well as any others, who wish to put in the work and sacrifice. Pre-season fixtures have given the players a taste of what's to come with fixtures against Parklands, HTS Bellville and Paul Roos. These have been valuable learning experiences in which the B team also got a fixture. The boys are looking good to have a season filled with learning, enjoyment and some wins along the way.

U.19 A rugby

Our first team played their initial game for the season against a touring team from Belgium, winning 12 - 10. It was a rocking start and got us going! Thereafter we played in the Kraaifontein Rugby Day, where the boys showed good skills and strength, beating Scottville 36 - 5. The West Coast Festival, which is an annual festival and the general start to the winter sport season, saw us taking on - and beating - Milnerton B (31 - 0) and Camps Bay High School (39 - 0). The boys put up a total of 70 points with 0 points against us, showing our great defense. We also took on Montana High School on short notice at the Brackenfell Sports Day, winning 26 - 0. We commend our boys for showing a lot of character and commitment. A week later we went to Paul Roos with a 5 game winning streak. The boys learnt a lot from the game against one of the top rugby schools in the country, losing 26 - 3. It taught them how to be better and to work hard at our goals. However, the score does not reflect how well the boys played.

We look forward to having a season to remember.

U.15 rugby

Throughout the pre-season we've seen immense growth and development in this team. There is a strong culture in the group and their love for rugby grows with every training session. They've had a few tough pre-season fixtures but the boys showed courage and rose to the challenges. The combination of on-field training mixed with gym training means that the boys will be athletically developed, conditioned and mentally prepared for the challenges the season will bring.

U.16 rugby

The u16 boys have shown good growth throughout the pre-season, developing into a team that we think will deliver some good results this season. The boys have shown a lot of interest in getting better and learning more about the game during their training, and are eager to get the season started in the second term.

Netball

The pre-season has been fun, challenging and filled with growth and development for the netball girls. It is clear that they have the talent and passion for the game. They need no motivation or invitation and with continuous and focused coaching, they will be very good. Our focus will be on strength and conditioning work as well as fitness and agility. All age groups started very well at the pre-season netball tournament and in order to improve, our girls need to come to the gym to hone those existing skills.





Farewells



MS MARI NEL

has spent eight years at Bosmansdam High School and it is a truly bittersweet farewell.

She has made a tremendous impact in many students' lives as she played an integral role in the Afrikaans and Creative Arts department, teaching pretty much all Knights who have walked our halls during this time.

She will be dearly missed by colleagues and learners alike. She has touched all of us with her kindness, good sense of humour and wit.

As a creative at heart, she has created numerous beautiful projects for BMDHS, working on countless event posters, the Vox, yearbooks and even the uKnight.

We wish her all the best as she starts a new chapter in her career and life.



FAST FACTS ...

- had multiple marriage proposals
- best goalie coach, winning two inter schools
- fears Ms Naidoo, the resident school ghost
- will miss the doll in her storeroom



ANTOINE BINAME,

AN EXCHANGE STUDENT FROM FRANCE, CAME TO VISIT BMDHS THROUGH THE GROW ABROAD PROGRAMME. THE NEVER-QUITE-READY TIME TO SAY GOODBYE HAS COME AS HE RETURNS HOME. HE TRULY BECAME PART OF THE KNIGHTS' FAMILY AND HE WILL BE MISSED! HIS MOTHER AND FATHER ALSO CAME TO VISIT THE SCHOOL BEFORE HIS RETURN AND IT IS SUCH A PRIVILEGE TO BUILD BONDS ALL ACROSS THE WORLD.

ALL THE BEST GOING FORWARD, ANTOINE!



Happy holiday, Knights!

