

An aerial photograph of a large group of people, mostly wearing black clothing, arranged on a green grassy field to form the silhouette of a knight chess piece. The piece is oriented with its head towards the top of the frame. The field has white yard lines. Overlaid on the center of the image is the title 'uKnight' in a large, white, stylized font. Below the title is 'ISSUE 7' in a smaller, white, sans-serif font. To the right of the title, the date '11 AUGUST 2023' is written vertically in a small, white, sans-serif font.

uKnight

ISSUE 7

11 AUGUST 2023



Spread the word:

We're going solar!

Bosmansdam High School will soon be harnessing its power from the sun. Solar power means that we'll emit fewer carbon emissions into the earth's atmosphere, have protection from load shedding and ensure more opportunity for our school to grow and prosper.

Did you know?

- ☀ The amount of solar energy that reaches the Earth in one hour is enough to power the entire world for a year!
- ☀ Solar energy can be stored in batteries during nighttime or power outages.
- ☀ Solar panels can still generate electricity on cloudy days.

This initiative will be made possible by Sun Exchange. We'll share more information about how you can get involved in the coming weeks.





Bosmansdam High School is going solar.

Why solar

Bosmansdam High School has been providing high quality academic and sports education for over half a century. By solar powering our school with solar energy, we can use the marked savings on our electricity bill to subsidise more students' school fees, and reduce the impacts and disruption of scheduled power cuts. Longer term savings will mean that we can recruit more teachers and build more classrooms for our growing student body.

Impacts and benefits:

- ☀️ Power our school with reliable energy
- ☀️ Help reduce carbon emissions
- ☀️ Prevent load shedding at the school
- ☀️ Reduce our electricity bill
- ☀️ Empower students to prosper



Made possible by
Sun Exchange.

Sun Exchange is a **global solar rental platform** that helps schools and other **organizations in South Africa switch to solar power**. Anyone from all over the world can buy solar cells in solar power projects and earn an income for 20 years.

Since 2015, Sun Exchange has:



Solar powered 80+ organisations.



Of which, 38 have been educational institutions.



Solar in education has avoided 21 billion tonnes in CO2 = 140,819,283 kms driven in a car.



thesunexchange.com/

welcome



MS NICOLENE VAN VUUREN



MR KIRK ARMSTRONG

FUN FACT:
SOLAR ENERGY WAS
DISCOVERED ALMOST
200 YEARS AGO.

Get to know

Mr Armstrong

KIRK ARMSTRONG HAILS FROM CERES BUT VIEWS CAPE TOWN AS HIS HEART.

MR. ARMSTRONG JOINS US AS THE SON OF OUR VERY OWN MRS S. ARMSTRONG, AS HE CONTINUES A LEGACY OF TEACHING. HE GRADUATED WITH A B.ED FET DEGREE AND IS CURRENTLY TEACHING CAT.

SOME OF HIS PASSIONS INCLUDE LONG DRIVES, BEACH WALKS AND EXPLORING NEW CUISINES (AS HIS FATHER IS A CHEF - THIS COMES AS NO SUPRISE).

AN INSPIRATIONAL QUOTE THAT HE LIVES BY STEMS FROM JEREMIAH 29:11, "FOR I KNOW THE PLANS I HAVE FOR YOU," DECLARES THE LORD, "PLANS TO PROSPER YOU AND NOT TO HARM YOU, PLANS TO GIVE YOU HOPE AND A FUTURE."

Ms van Vuuren

NICOLENE VAN VUUREN, A TAURUS, WAS BORN IN PRETORIA, GAUTENG, BUT RAISED IN MALMESBURY, WHERE HER HEART STILL LIES. SHE MATRICULATED FROM SWARTLAND HIGH SCHOOL AND STUDIED AT CPUT WELLINGTON. SHE IS A LOVING WIFE AND MOTHER (TO A NINE-MONTH-OLD BABY GIRL AND TWO FELINE FRIENDS), WHO ENJOYS INDULGING IN DELECTABLE CUISINE AND RELISHING EXPERIENCES. SHE UNWINDS BY WATCHING MOVIES, SERIES AND EVEN COOKING UP A STORM, WHICH SHE CONSIDERS A CREATIVE OUTLET. SHE ALSO LOVES READING ANYTHING BY STEPHEN KING. THE QUOTE THAT GUIDES HER PATH IS PHILIPPIANS 4:13: I CAN DO ALL THINGS THROUGH CHRIST THAT GIVES ME STRENGTH.



Ms Madonsela

AMOGELANG MADONSELA, BORN AND RAISED IN PRETORIA, GAUTENG, REALISED HER DREAM WHEN SHE MOVED TO CAPE TOWN TO STUDY EDUCATION AT THE UNIVERSITY OF THE WESTERN CAPE. SHE IS LIVING HER IDEAL LIFE HERE, AND IS VERY PROUD OF BEING THE FIRST GRADUATE IN HER FAMILY. SHE ENJOYS WATCHING SERIES, ESPECIALLY KOREAN DRAMAS, GOING TO CONCERTS, AND SPENDING TIME WITH FAMILY AND CLOSE FRIENDS. SHE IS MOTIVATED BY THE BELIEF THAT NO DREAM IS TOO BIG TO ACHIEVE AND ENCOURAGES OTHERS TO "DREAM BIG!" HER FAVOURITE BOOK IS NERVOUS CONDITIONS BY TSITSI DANGAREMBGA.



Mr Sampson

JOSHWIN ANRICH SAMPSON WAS BORN AND EDUCATED IN GEORGE, A PICTURESQUE TOWN IN THE WESTERN CAPE'S GARDEN ROUTE. HE IS AN AVID ADVOCATE FOR MENTAL HEALTH AND CANCER SCREENING FOR EARLY DETECTION. HE VALUES ACADEMIC PROWESS, HAVING ACHIEVED THREE DISTINCTIONS IN MATRIC AS WELL AS A B-AGGREGATE. HE WENT ON TO COMPLETE AN UNDER- AND POST GRADUATE DEGREE IN JOURNALISM, AND IS CURRENTLY PURSUING HIS MASTERS. HE HAS WORKED FOR MEDIA24, WHICH HE LEFT BEHIND TO VENTURE INTO EDUCATION AT BMDHS. HE LOVES WINDOW SHOPPING AND TRYING OUT NEW RESTAURANTS. HE IS HIS OWN BIGGEST INSPIRATION, DOING THINGS AT HIS OWN PACE AND RUNNING HIS OWN RACE. HE LOVES READING AND HIS FAVOURITE BOOK IS DIE SIDEBORD BY SIMON BRUINDERS, WHO ALSO HAPPENS TO BE THE FIRST CELEBRITY HE EVER INTERVIEWED.



Exchange students



ANSGAR HÜBNER

"Nice to meet new people and see their culture"

HAILING FROM DRESDEN, GERMANY, ANSGAR HAS BEEN WELCOMED WITH OPEN ARMS BY CLASSMATES. HIS NICKNAME HERE IS THOMAS MÜLLER, AFTER A GERMAN FOOTBALLER, BECAUSE HIS FRIENDS HAVE TROUBLE PRONOUNCING HIS NAME. INTERESTINGLY, HIS FAVOURITE FOOD IS TUNA ON PIZZA AND ACCORDING TO HIM IT'S VERY GOOD. HE IS ALSO A MULTILINGUAL INDIVIDUAL WHO CAN SPEAK GERMAN, ENGLISH, SPANISH AND JAPANESE! HE LOVES THE MOTHER CITY FOR HER BEAUTY AND LANDSCAPES, PARTICULARLY THE WATERFRONT AND SIGNAL HILL.

ANSGAR HAS HAD NO DIFFICULTY TRANSITIONING TO OUR SCHOOL: HE HAS MADE MANY NEW FRIENDS WHO HAVE MADE HIM FEEL VERY WELCOME. HE HAS JOINED THE RUGBY TEAM, WHICH IS A NEW CONCEPT TO HIM AS HE IS ONLY FAMILIAR WITH AMERICAN FOOTBALL. BECAUSE OF THIS, ANSGAR ENJOYS SPENDING HIS WEEKENDS PLAYING RUGBY AND SPENDING TIME WITH HIS HOST FAMILY ... AND THEY BRAAI! DOES THIS MIRROR THE SOUTH AFRICAN CULTURE OR WHAT? 'BRAAI' IS ONE WORD HE WILL DEFINITELY TAKE HOME, AS IN GERMAN BRAATING IS KNOWN AS "GRILLEN".



MAURIZIO RETALI

"Cape Town is not only beautiful for the weather but for the people."

HAILING FROM SORRENTO, ITALY, HIS FAVOURITE FOOD IS PIZZA BUT HE NOTICED A MASSIVE DIFFERENCE WHEN HE CAME OVER TO SOUTH AFRICA: CAN YOU GUESS WHAT IT IS? SOUTH AFRICANS HAVE A FASCINATION WITH ADDING MANY TOPPINGS AND SPICE TO OUR FOOD. IN ITALY THE FOOD IS DELICATE. DESPITE THE DIFFERENCE, HE DESCRIBES IT AS "GOOD".

HIS FAVOURITE FOOD HERE IS A SAMOOSA - PARTICULARLY MEAT AND ONION! THERE WAS DEFINITELY A CULTURE SHOCK FOR OUR NEW STUDENT AS BACK IN ITALY IT IS VERY COMMON FOR STUDENTS TO HAVE MOTORBIKES AND, ALTHOUGH MAURIZIO STAYS ONLY THREE MINUTES FROM SCHOOL, HE STILL PREFERS HIS MOTORBIKE! HIS FAVOURITE SUBJECT IS MATHS, NOT BECAUSE HE LIKES MATHEMATICS OR HAS AN OBSESSION WITH NUMBERS BUT RATHER BECAUSE THE TEACHER IS KIND. DOESN'T THAT JUST MAKE YOU "AWW" OUT LOUD?!

MAURIZIO ENJOYS SPENDING TIME AT THE WATERFRONT AND CAMPS BAY BECAUSE THE PEOPLE ARE FUN AND THE PLACE IS BEAUTIFUL.

FUN FACT:

SOLAR ENERGY IS THE
CHEAPEST ENERGY

GRADE 12

- 1 CARLA VAN RHYN 90.7%
- 2 ABIGAIL TEIXEIRA 84.6%
- 3 MICHAELA GRUNDMAN 83.6%
- 4 JENNIFER MBOMBO 80.1%

GRADE 11

- 1 CHISOM EZEIRU 87%
- 2 OLUWAFUNMILAYO AKINYEMI 84.4%
- 3 VUYOLWETHU NATI 81.4%
- 4 CALEB LINGOMBA 80.4%

GRADE 10

- 1 JONATHAN KITANGE 88.4%
- 2 JEAN DU RANDT 80.9%
- 2 ETHAN JUTA 80.9%
- 3 CORBAN VAN NIEKERK 80.1%

GRADE 9

- 1 DYLAN BREDENKAMP 85.4%
- 2 MANDISA SHAMONGA 85.2%
- 3 IFECHUKWU EZEIRU 84.7%
- 4 SIYAMTHANDA NGWANE 84.3%
- 5 JAZIRY MAGEE 84%
- 6 GABRIELLE COETZEE 82.2%
- 7 KETSIA BONIFACIO 80.7%

GRADE 8

- 1 EMELLYN MANGELE 84.6%
- 2 AYEESHA DZVARAI 84.4%
- 3 CODI MWENZE 81.8%
- 4 DANTE SHAMONGA 81.4%
- 5 ZAHRAA LARRY 80.9%



Top Achievers

Kelly Martin

FUN FACT:
SOLAR ENERGY PRODUCES NO
POLLUTION WHEN
GENERATING ELECTRICITY.



JUNIOR CITY COUNCIL

WESTERN CAPE'S JUNIOR CITY COUNCIL CONSISTS OF A GROUP OF HIGH SCHOOL LEARNERS WHO STRIVE TO MAKE A POSITIVE IMPACT AND DIFFERENCE IN THE LIVES OF THEIR COMMUNITIES. EACH WARD HAS ITS OWN COUNCILLOR, AND KELLY MARTIN IS THE COUNCILLOR FOR WARD 5, WHICH COVERS ALL OF BOTHASIG AND PARTS OF MONTE VISTA. JUNIOR COUNCILLORS WORK MOSTLY WITH THE YOUTH BY IDENTIFYING WHERE THE YOUTH NEEDS ASSISTANCE TO BUILD A BETTER FUTURE FOR THEMSELVES.

THE VARIOUS JCC MEMBERS GET TOGETHER WITH OTHER PROVINCES' MEMBERS TO COLLABORATE AND EXCHANGE INFORMATION, EVENTUALLY STRATEGISING THE BEST POSSIBLE WAYS TO SUPPORT THEIR PEERS. THEY FOCUS ON ASPECTS LIKE MOTIVATING THE YOUTH TO IMPROVE AND HOW TO ELIMINATE CURRENT CHALLENGES.

KELLY CONSIDERS IT AN HONOUR AND PRIVILEGE TO BE PART OF THE JCC, AS SHE LEARNS ABOUT THE VALUE OF TEAMWORK AND COLLABORATION. SHE WANTS TO TAKE FULL ADVANTAGE OF THIS OPPORTUNITY SO THAT SHE CAN MAKE A LASTING IMPACT.

SHE SAYS THAT SHE IS THE YOUTH, AND THAT SHE DOES NOT WANT TO WAIT FOR A CHANGE TO BE MADE, BUT RATHER THAT SHE WANTS TO BE THE CHANGE THAT IS NEEDED.

KELLY IS A SUPERB AMBASSADOR FOR HER FAMILY, OUR SCHOOL, THE COMMUNITY AND THE PROVINCE AND WE ARE PROUD BEYOND MEASURE OF THE UPSTANDING CITIZEN THAT SHE IS AND WILL CONTINUE TO BE.

KEEP UP THE GOOD WORK, KELLY; WE ARE BEHIND YOU ALL THE WAY!



World Robotic Olympiad

OUR ROBOTICS TEAM
PARTICIPATED IN THE
WRO (WORLD ROBOTIC
OLYMPIAD) AT CURRO
DURBANVILLE THIS
PAST WEEKEND.



FUN WAS HAD BY ALL
AND WE LOOK FORWARD
TO GROWING OUR
SKILLS AND
KNOWLEDGE FOR NEXT
YEAR!



OUR TEAM WITH KAREN DUDLEY (WCED DIRECTOR FOR
CURRICULUM GRADE R TO 9) AND MATILDHA BOTES
(WCED DCES CODING AND ROBOTICS).

FUN FACT:
SOLAR ENERGY IS THE
MOST ABUNDANT
ENERGY ON EARTH



FUN FACT:
GRASS PREVENTS
SOIL EROSION.



Rugby

We've had a good season so far and would like to give recognition to the following players:

U19A

ABRAHAM TSUPANE

U15

A: JONATHAN KLALALIZI
B: GRACIAS SONGA

19B

MATHEW PAULSE

U14

A: DANIEL NAUDE
B: LANDEN ABRAHAMS

U16

CALEB THOMAS

GIRLS

OLWETHU KOB



FUN FACT:
SOLAR PANELS CAN
LAST UP TO 30 YEARS

We've had a good season so far and would like to give recognition to the following players:



U19A

AUDREY ZENGNI

U16B

ELMA KAMUSOKO

U16A

SHALOM CHANDA

19B

CHANTE WAGNER

U14A

PHILA SHOZI

U19C

JILLIAN MAGEZA



U14B

KHAZIMLA SKOSANA

Netball World Cup

OUR KNIGHTS ARE CONQUERING THE WORLD - THE NETBALL WORLD CUP THAT IS!
IT IS WITH GREAT EXCITEMENT THAT WE LEARNED THAT COURTNEY VALENTYN,
GRADE 11, HAD BEEN INVITED TO A MEET-AND-GREET AND THAT CHINA OKAFOR,
CLASS OF 2022, WAS SELECTED TO WORK AT THIS PRESTIGIOUS INTERNATIONAL
EVENT! WE'RE SO PROUD OF OUR LEARNERS WHO MAKE THE MOST OF
OPPORTUNITIES AND WHO ARE WORTHY AMBASSADORS OF OUR SCHOOL!



FUN FACT:
SOLAR PANELS PRODUCE
ENERGY WITHOUT
DIRECT SUNLIGHT

Team

Kit

OUR CHEERLEADERS, NETBALL AND RUGBY KNIGHTS
KICKED OFF THE THIRD TERM ON A HIGH NOTE! OUR
PLAYERS RECEIVED THEIR NEW KIT AS WE FACED OFF

Kit

COLLEGE, YIELDING SOME OF THE BEST RESULTS OF THE
SEASON! THANKS AGAIN TO OUR LOYAL AND
GENEROUS SPONSORS; YOU ARE TOUCHING AND
CHANGING LIVES!

FUN FACT:

SOLAR PANELS ARE THE
FASTEST ENERGY SOURCE TO
SET UP.



Interact Club



Garden Project

OUR INTERACT CLUB IS DEFINITELY A FEW THINGS BUT ONE OVERARCHING THING IS THAT IT IS FILLED WITH PEOPLE WHO WANT TO MAKE AN IMPACT. IT IS LED BY THE CHARISMATIC AND ENTHUSIASTIC, MISS FOURIE. THEY PLAYED A PART IN MAKING A MEMORABLE DAY OF SMILES, FUN AND EASTER EGGS FOR THEMSELVES AND THE KIDS AT DURBANVILLE CHILDREN'S HOME. THEY ARE ALSO ASSISTING IN THE CULTIVATION OF PART OF A GARDEN IN OUR COMMUNITY. THEY HAVE ALREADY DONE SO MUCH THIS YEAR BUT THEY ARE DEFINITELY NOT DONE YET.

THIS CLUB IS A REAL FORCE OF CHANGE, INCREMENTALLY BEING THE CHANGE THAT THEY WANT TO SEE AROUND THEM. THEIR INNATE OBJECTIVE IS TO BE OF SERVICE.



SAVE THE EARTH ONE DAY AT A TIME

MEATLESS MONDAY

GO MEATLESS ON A MONDAY AND SAVE A CUTE LITTLE COW.

LIGHTS OFF TUESDAY

WE KNOW ESKOM HAS OUR BACK WITH THIS BUT STILL...



WATER-LESS WEDNESDAY

THE HUMAN BODY CONSIST OF 60% OF WATER. SAVE YOUR COUSIN; TURN OFF THE TAP.

TREE-HUGGING THURSDAY

PLANT A TREE, WORK IN THE GARDEN... LISTEN TO THE LORAX.

FOOTLOOSE FRIDAY

DO THE HAPPY FEET DANCE AND TAKE A WALK INSTEAD OF AN UBER.

SMALL ACTS, WHEN MULTIPLIED BY MILLIONS OF PEOPLE, CAN TRANSFORM THE WORLD.

~HOWARD ZINN~





Complaints of a species

BY AUDREY MULUMBA

SOMETHING LIFE HAS TAUGHT ME IS THAT, AS A SPECIES, WE LOVE TO COMPLAIN.

"MAN, I HAVE THREE EXAMS NEXT WEEK AND WE JUST STARTED SCHOOL."
"THIS GIRL AND HER DRAMA IS SO ANNOYING, I'M SICK OF HEARING IT."
"I HAVE TO GO HOME, BUT DANG I DON'T WANT TO WALK."

WE HEAR THESE COMPLAINTS ALL THE TIME. EVERY DAY. IN THIS DAY AND AGE, COMPLAINTS ARE EVERYWHERE: AT SCHOOL, IN YOUR TRANSPORT, AT HOME, I'M PRETTY SURE YOU'RE COMPLAINING RIGHT NOW WHILE READING THIS.

OF COURSE, NOTHING QUITE TOPS THE COMPLAINTS WE FIND ON THE INTERNET. HOWEVER, WE USUALLY CALL THESE COMPLAINTS 'SOCIAL ACTIVISM' OF SOME KIND. PEOPLE POSTING ABOUT SOCIAL INJUSTICES, CLIMATE CHANGE, GLOBAL WARMING AND WASTE IN THEIR AREA. YOU COULD SAY THAT THESE COMPLAINTS ARE MUCH MORE NOBLE IN ESSENCE.

HOWEVER, THERE'S ONE THING OUR EVERYDAY COMPLAINTS AND SOCIAL ACTIVISM ONLINE HAVE IN COMMON: NO ONE DOES ANYTHING ABOUT IT.

YOU COMPLAIN ABOUT BEING INVOLVED IN THAT ONE GIRL'S DRAMA, SO WHY DON'T YOU CUT HER OUT OF YOUR LIFE? YOU COMPLAIN ABOUT HAVING THREE EXAMS NEXT WEEK, SO WHY DON'T YOU STUDY IN ADVANCE? YOU COMPLAIN POST ABOUT THE ENVIRONMENT, SO WHY DON'T YOU MAKE A CHANGE IN YOUR ENVIRONMENT? PLANT A TREE, GET A HOUSEPLANT, ASSIST IN A BEACH CLEANUP. MAKE A DIFFERENCE.

NOW, BEFORE YOU DECIDE TO JUMP ON TWITTER – OOPS, I MEAN X, WHY DON'T YOU GO OUTSIDE AND SEE WHAT YOU CAN DO TO BETTER YOUR LIFE AND YOUR ENVIRONMENT?

IT'LL DO YOU – AND THE PLANET – SOME GOOD.

FUN FACT:
SOLAR ENERGY IS
USED TO POWER SPACE
CRAFTS

A Superhuman

by Caleb

A WOMAN IS A SUPERHUMAN
SUPERHUMAN IS A WOMAN

WOMEN, SOME TOUGH AND ROUGH
OTHERS CARING YET DARING
ALL ENCOMPASSED TO BE FORCES OF NATURE

A MOTHER, ALL WITH THE ABILITY TO GIVE LIFE
TO NURTURE AND LOVE THEIR CHILDREN
IN THE MANY DIFFERENT WAYS THAT THEY CAN

SOME HEARTBROKEN BY A MAN
BUT THEY DON'T LET A MAN LIMIT THEM
AND ALL EMBODYING THE INNATE ABILITY TO FORGIVE IT ALL

A SISTER, ASSISTING THEIR PARENTS WHEN THEY AREN'T AROUND
BEING FORCES OF NURTURE, OF LOVE TO THEIR SIBLINGS
BEING THE EXAMPLE WHEN THEY DIDN'T HAVE ONE

A CLASSMATE, HELPING ALL WHO WANT IT
LENDING AN EAR TO ALL WHO NEED IT
INSPIRING THOSE WHO SEEK IT

A TEACHER, STRICT OR LOVING
WORKING BEYOND ACADEMICS
BEING THE MOTHER OF ALL THE PROFESSIONS

A SONGSTRESS, SONGWRITERS MAKING AND PERFORMING THE SONGS
THAT DETAIL THEIR STORIES, THEIR LIVES AND THEIR HEARTBREAKS
IN HOPES THAT SOMEONE RELATES TO THE LYRICS

A POET AND WRITER, BEING SILENT AND SUBTLE
MOVING THE WORLD THROUGH THEIR ART
ENCAPSULATING THE TRUE POWER OF WORDS

ALL OF THESE THINGS AND MORE MAKE THE WOMAN
BEING FORCES OF CHANGE IN ALL THEY DO
HAVING THE MAGICAL TOUCH HARD TO FATHOM

I, BEING A YOUNG MAN
TRIED TO WRITE WHAT I SEE
AND TRIED WRITE A TRIBUTE TO ALL WOMEN

A WOMAN IS SUPERHUMAN
SUPERHUMAN IS A WOMAN

Womanhood: A Beautiful Journey

BY LISA M

**IT IS A BEAUTIFUL THING,
BEING A WOMAN.**

**BEING A WOMAN MEANS SO MANY THINGS TO DIFFERENT
PEOPLE;**

**IT MEANS FIRST BEING A DAUGHTER,
THEN IT MEANS BEING A SISTER,
OR IT MEANS BEING A MOTHER OR WIFE,
OR IT MEANS LOVING AND CARING FOR THOSE DEAR TO
YOU.**

**WOMANHOOD IS EXPERIENCED IN MANY DIFFERENT WAYS
BY MANY WOMEN.**

BEING A WOMAN IS AN HONOUR;

**IT IS SPECIAL TO BE GIVEN THE POWER TO BREATHE LIFE
INTO THIS WORLD,
TO BE ABLE TO NURTURE,
TO BE ABLE TO REMAIN STRONG THROUGH ALL THE WOES
WE EXPERIENCE,
TO CARRY UNIMAGINABLE STRENGTH IN US.**

I VIEW WOMEN AS GODLY BEINGS.

**WOMEN ARE CAPABLE OF MANY THINGS,
MANY COMPLEX, SOMETIMES THEORY DEFYING THINGS.
THE EXISTENCE OF WOMEN IS SO BEAUTIFULLY
ASTONISHING.**



HAPPY BIRTHDAY

July



MS JANIKE DU PLESSIS



MS TANJA VERMEULEN



MR JOHAN FOURIE



MS SHANNEN HENDRICKS



MS WILNA
JANSE VAN RENSBURG



MS MARI VERWEY

FUN FACT:
GLOBAL WARMING
MAKES SUMMER
LONGER AND HOTTER.

HAPPY BIRTHDAY

August



MS AMOGELANG MADONSELA



MR RICKERD AYLWARD



MR CLINTON BARNES



MS KRISTEN COETZEE



MS CARIKA LE ROUX




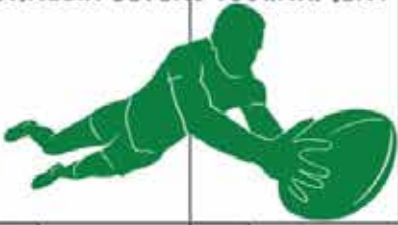

MS DORETTE FORD

FUN FACT:
GLOBAL WARMING MAKES
WINTER SHORT AND LESS
COLD.

Term 3

August/ September Planner



MON.	TUE.	WED.	THUR.	FRI.	SAT.	SUN.
14	15	16	17	18	19	20
21	22	23 SAPS CAREER SHOW 	24	25 MATRIC BALL 	26	27
28	29	30	31 GRADE 9 CAKE SALE 	1  Spring UKNIGHT SEVENS TOURNAMENT 	2	3
4	5	6	7 PRELIMS START 	8	9	10

KRAV MAGA

Fee Options:

Termly Payment:

Grade 8- 12: R788 per term*

Monthly Payment over 2 months

(Monthly fee below excludes
a once-off registration fee of
R295 for **NEW** students only.

This fee includes a Branded
Krav Maga t-shirt.
This fee needs to be paid with
the first invoice)

Grade 8-12: R394 per month

Installments:

1st payment: 30 August
2nd payment: 30 September

Sibling discounts available

JOIN US!

WHAT WE TEACH:

Defence against chokes, holds,
wrist & shirt grabs.

Striking and kicking
techniques.

Anti abduction, anti bullying &
anti rape techniques.

Gender based violence.

Ground & weapon defences.

General self defence
& MORE!!



Class Times:

Days: Thursdays

Times: 15h00 - 16h00

Start date: 17 August 23

Venue: H2

*Includes 7 x 1-hour lessons for this
term.



For more info:

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SELF DEFENCE