



WESTERFORD HIGH SCHOOL NEWSLETTER

THE FORTNIGHTLY NEWSLETTER OF WESTERFORD HIGH SCHOOL

Issue 9 (1 July 2021)

Featured Artwork



Jamie Ross-Gillespie

Katja Wood





Pedestrian Crossing on Main Road

Please do not park or wait on the corner of Main and Mount Roads to collect your child. Parents are tending to park on the pedestrian crossing thus forcing pupils to walk around vehicles many of which are SUVs. It is especially dangerous with these large vehicles as the pupil's view of oncoming traffic is restricted and the oncoming traffic cannot see them.



From the Principal's desk...

"I've been searching for ways to heal myself, and I've found that kindness is the best way"

Lady Gaga

It seems that we entered the first lockdown with a lot of gusto, self-help advice, and an "it-will-be-over-soon" attitude. Now that we are corralled back into our homes, and out of public places yet again, it's obvious that we are a lot surlier and grumpier with life. Amid the vaccine rollout, we are all hearing extremely sad stories of how COVID-19 is rampant amongst us.

As each of us take stock of what we have, and what we have been through, I would like to commend Lady Gaga's quote to you. Kindness is a value that I believe should underpin all of our actions at Westerford. If we can't be kind to ourselves – we certainly cannot extend that virtue to others who are very often in greater need.

Has this past term been a self-centered or a gracious one, where you stopped to reflect on a peer's lived experience and looked for a way to lighten their journey?

We have had to carry a collective heavy load as a school this past term, and I sincerely hope that each person who enjoys being known as a Westerfordian has reflected on what they have learnt and continue to learn around discrimination of any kind, and the unconscious biases that can so often trip us up. I put it to us all that we need to generate kindness – it softens us in all the right places!

Have a safe, restful break as families.

Introducing the School Governing Body...

Kehiloe Ntsekhe

Kehiloe is a clinical psychologist with experience working with students in the higher education space, facilitating personal growth and development.

She is a global consultant working across numerous sectors assisting organisations to embrace transformation, as well as embed a culture of inclusion, belonging and anti-racism.

She is married to Mpiko, and has two boys at Westerford.

Janice King

Janice King is a single mother of three amazing young women, the youngest of whom, Rachel Sparg, is in Gr 11 at Westerford.

Her work as a Social Worker has focused on advocating for the rights of asylum seekers, refugees, street and vulnerable children and abused women. She is currently the Director of the Western Cape Street Children's Forum, a NPO network facilitating collaboration and improving services in the child protection sector. Her commitment to justice and marginalised people is an expression of her faith in Jesus.

She joined the Westerford SGB to ensure that child well-being was kept uppermost on the school Agenda. She likes camping in her blue tent.



Kehiloe Ntsekhe



Frank Kronenberg

Dr Frank Kronenberg,

a.k.a. Nyaniso—'The One Who Speaks His Mind, From The Heart', is a native Dutch 'occupational therapist without borders', husband to Prof Elelwani Ramugondo (Venda) and father of daughters Masana (14) and Isha (12), committed to contribute to humanizing and healing South Africa's wounded histories.

Paul Tyler

Paul is a Chartered Accountant who has been the School's Treasurer for the last two and a half years. He has worked for a small practice that provides financial governance and management support to international funding organisations and local non-profits since moving to South Africa (from the UK) in 1997 and has spent over 30 years in the development and civil society sector, both professionally and as an activist.

Paul is married to Vera, a medical doctor who manages primary health care in one of the City of Cape Town's four health districts and is an Associate Professor in Public Health at UWC. They have three teenagers who will all be at Westerford in 2022!

When off-duty, Paul loves to hike and bird-watch, enjoys photography and supports his football and basketball teams passionately!



Janice King



Paul Tyler

Solange Rosa

Solange Rosa is the Director of the Bertha Centre for Social Innovation and Entrepreneurship at the Graduate School of Business, University of Cape Town (UCT). She has a Doctorate in Law from the University of Stellenbosch and a Masters degree in Law from the University of Cape Town.



Solange Rosa

She is also an independent policy, law and strategy consultant, with global and national clients including Human Rights Watch, International Labour Organisation, Rockefeller Foundation, DG Murray Trust, and National Departments of Education and Economic Development and the National Prosecuting Authority. She also teaches on Executive Education programmes at the UCT Graduate School of Business.

She worked for the Western Cape government for 10 years as the Head of the Policy and Strategy Unit in the Department of the Premier.

Thabo Mashologu

Thabo Mashologu is a property professional with over 20 years' experience in Property development, project management and quantity surveying. He has BSc (Quantity Surveying) and BComm Hons (Financial Analysis and Portfolio Management) degrees from the University of Cape Town and is the General Manager responsible for Property Development and Investment at a large non profit organisation dedicated to the provision of affordable residential rental accommodation in Cape Town.

He is a devoted husband and father of two teenagers, both learners at Westerford. Thabo has a passion for sport, and volunteers his time coaching young football players at local community club, Rygersdal. When not coaching, he can be found running through the streets of the southern suburbs or enjoying a social game of squash.

Living through covid has reminded him to appreciate life, and live in the moment...in the words of John Lennon, "Life is what happens while you are busy making other plans!"



Tim Henshall

Tim Henshall

Tim is committed to serving our school community and understanding our country's complicated history and how that informs our decisions now and in the future.

He is an attorney, trail runner, golfer and bassist who enjoys all types of music.

He has finally come to accept that he will never play for the Proteas!



Thabo Mashologu

Society Spotlight



GSI (Green Schools' Initiative) is Westerford's eco-society. GSI encourages and influences our community into making more environmentally-friendly choices. The group also creates awareness around Climate Change and the effects it has on our future. GSI arranges all sorts of eco-centric activities, like beach clean ups and climate protests.

This revolutionary society has recently launched an inter-school competition, in which each class competes to collect as many bottle caps as possible. These will be donated to Fair Cape Dairies' Operation Smile, in which the caps are to be recycled, and the profits will go to funding corrective surgery for those with cleft palates and cleft lips, as they are often overlooked, despite the long-term health issues.

Another initiative from GSI was a paid-for green civvies day. The money collected from the civvies day (submitted via the Karri app) will be going towards a hydroponics system — a way to skip the soil when growing plants. Instead of soil, water is used to support the roots of the plant. Crops grow directly in nutrient-rich water. At Westerford, these hydroponic systems will be used to provide vegetables for staff lunches and the tuckshop. In summary, GSI is making huge strides towards a more eco-friendly future, and they're taking Westerford along with them!

(Thank you to **Sofia Haffegee, Grade 10**, for her valuable and appreciated contribution!)



Aimee van der Merwe, Grade 10



School Events

Last week Tuesday, 15 June, the school arrived dressed in green to support GSI. Everyone did their very best to hunt down a green item of clothing and contributed to an astounding variety of outfits!

This week, Plus has been selling LGBTQ+ badges bearing the famous Pride flag every break for R10, allowing Westerfordians to show their support for the LGBTQ+ community from their blazers. The funds raised will soon be donated to a charity of their choice. Alongside this, Plus held an event during which Pride flag stickers were hidden around the school. The first person to submit a selfie of themselves posing with a discovered sticker won a prize of great reward!

MADD hosted a Playdough event that proved an excellent method of relaxation and a mini-break from the ominousness of exams.

Amy-Rose Damerell, Gr. 10



Interact

"Rocking your odd socks" initiative, raising awareness and breaking the stigma around mental illness.

Because having an ODD day is okay!



Congratulations Maths Department...

UCT Maths Olympiad



These Westerford pupils won **Gold in the UCT Maths Olympiad**.

A fantastic achievement - we are very proud of you!!

Simon Oosthuizen, Grade 9, was ranked 2nd in Grade 9. Alex, Sinclair-Smith, Grade 11, was ranked 7th, while Doron Someruk and Luke Eberhard were ranked first in the Grade 12 pairs.



Simon



Doron



Luke



Alex

Congratulations French Department...

DELFL

DELF is an international certification for non-native French speakers awarded by the French Ministry of Education. The exams are modelled on the Common European Framework of Reference for Languages which serves as an international reference in the organisation of language teaching and certification. Thirteen students from Westerford recently wrote A1, A2 and B1 examinations respectively, and we are proud to announce that all learners successfully passed with excellent results.

Félicitations! Mlle Reitsma

A1

Casper Laks
Amy-Rose Damerell
Nina Paterniti
Ella Curry
Zahara von Zeil-Singer
Leo Frater

A2

Raania Arend
Halle Lok

B1

Sofia D'Andrea
Kayla Pabst
Emile Duvenhage
Sophie Mitchell
Doron Sumeruk

FEATURED CREATIVE WRITING...



Dream a Little Dream

Amanda Mukangwa, Grade 11

Westerford's Founder's field seems to be greener with a group of friends around you. Talking about nothing that matters and laughing like we have all the time in the world and not merely the glimmer of an hour.

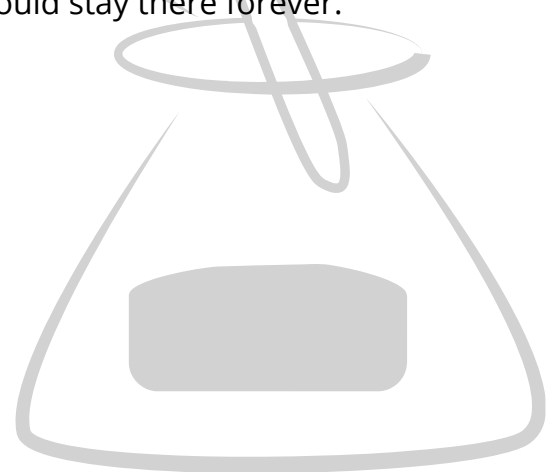
A newfound connection I have with Emma must've elicited such a vivid dream.

It was late at night, yet we sat on the field of our school. Danyal and Indigo were there, although they did not play a big part. As usual, Danyal was speaking about his newfound love, gambling, and I remember hearing Indigo speak about a house she had reserved for her upcoming party. Dreams have a way of making the most peculiar things normal, no one questions it, everything goes. Emma, such a luminous spirit, the type of person to make you want to shine as bright as her. In my dream, she had left with Indigo to go find a 'festive guru' to decide on a theme for her own party. Time in between did not exist, so it was not long before she was back from her journey. With a theme for her party of course. She sat next to me, emitting sparks of joy and innocence and told me all about what the guru had said and how she knew exactly what to do.

"I finally know, Amanda. It's exactly how I wanted it to be except I didn't know how to put it into words!" She spoke ten words per second.

The atmosphere was of nostalgia, the sky which was the most prominent image of all was a dreamy navy blue which reminded me of deep sleep. What made it so special was the clouds, which were an array of purple dust that was almost electrifying.

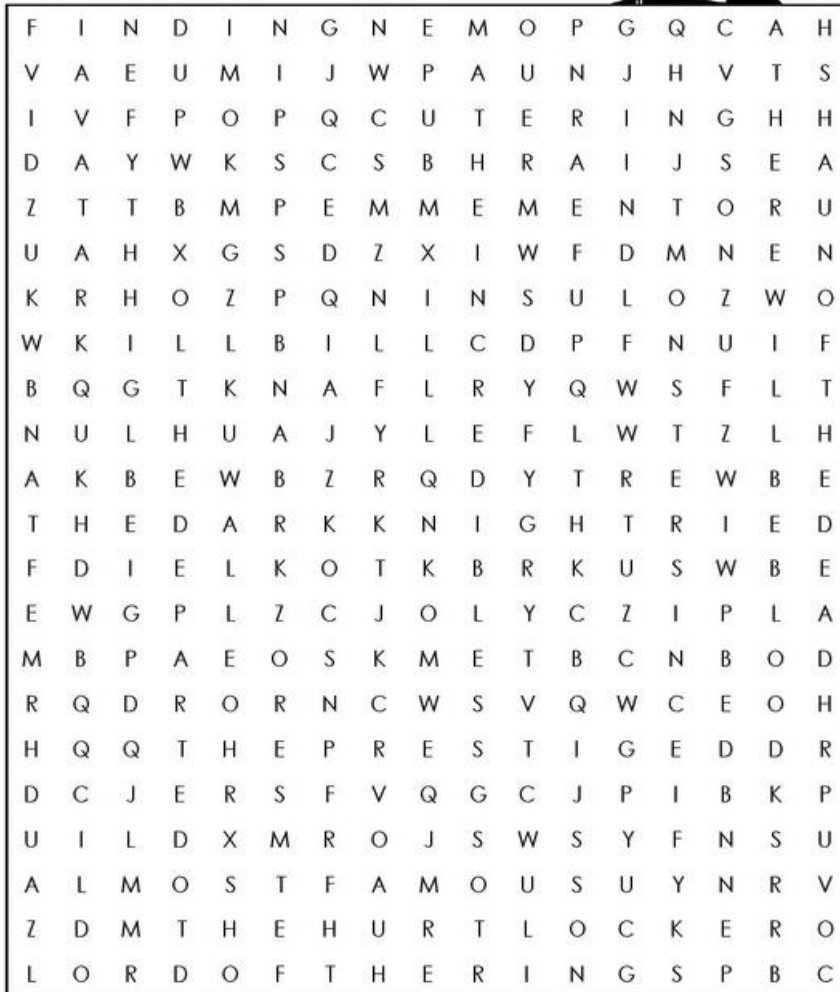
I didn't say anything to Emma, I just offered her a smile as if to say, "I appreciate you". She sat down next to me on the grass and her excitement died down and turned into what I thought was a nostalgic feeling. We stared at the sky and my head was on her shoulder, a place that felt like home. I don't remember if we spoke but I remember feeling I could stay there forever.



Brain teaser...

Name: _____

2000s Movies Word Search



THE DARK KNIGHT	THE DEPARTED	KILL BILL
THERE WILL BE BLOOD	MEMENTO	MONSTERS INC
FINDING NEMO	ALMOST FAMOUS	THE PRESTIGE
THE INCREDIBLES	WALL E	THE HURT LOCKER
LORD OF THE RINGS	AVATAR	SHAUN OF THE DEAD



3 Study snack ideas - Bonne Cuisine Committee

5 minute "brownie-in-a-mug"

A fun, quick snack to sweeten your studying.

4 tbsps all-purpose flour
2½ tbsps cocoa powder
3 tbsps brown sugar
6 tbsps milk
2 tbsps sunflower oil
½ tsp vanilla essence

In a medium, microwavable mug, mix the dry ingredients together. Add milk, oil and vanilla and mix until a smooth batter is formed. Microwave for 1- 2 mins, depending on how gooey you want it to be. Serve warm with vanilla ice cream & enjoy!



Fruit and nut butter

The snack that's fresh - even when you're not.

Fruit of your choice, like apple/banana/dates
Peanut butter (or any other nut or seed butter)

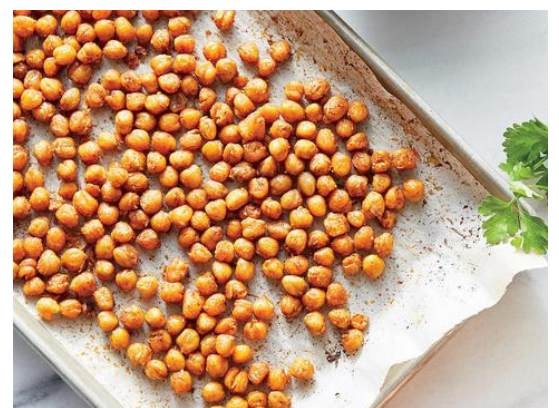
Coat apple slices (or chunky banana slices or a handful of dates) in peanut butter. Enjoy as is or experiment with different toppings, like sunflower or sesame seeds, choc chips or melted chocolate. Tip: Some fruits, like bananas and dates, are delicious when coated and enjoyed frozen.



Roasted chickpeas

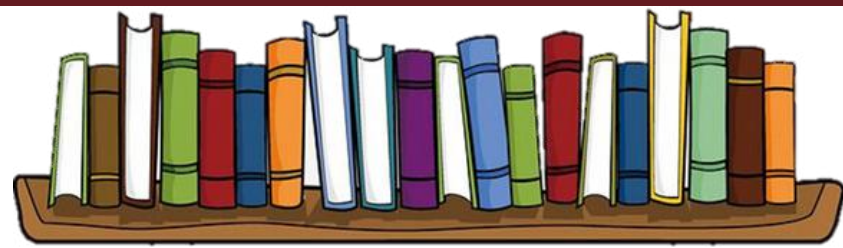
Great for when the crunchy-snack craving hits.

1 tin of chickpeas, drained
olive oil
Salt and pepper to taste
Chilli powder/smoked paprika/other spices for extra flavour



Spread the chickpeas out on a greased baking tray. Roast in the oven at 190°C for about 30 mins to dry them out. Remove chickpeas from oven and drizzle with some olive oil. Make sure they are all coated, but not drowning. Season with salt and pepper. To make them extra delicious, season with spices like chili powder or smoked paprika. Roast chickpeas for another 10-15 mins until nice and crispy. Remove and allow to cool before enjoying.

We hope these snack ideas will help you power through! Good luck with studying.



ON OUR SHELVES



Growing out of the books you loved

Sirens wail, emergency lights flash, and the world as you know it is falling apart! What's the emergency? Your identity as a reader is under attack! A reidentity crisis, if you will.

I'm sure most of us have felt it at some point – a dry spell where no book really excites you and you wonder why all the books you used to love feel flat and formulaic. No, there's nothing wrong with you, it's natural for taste to change. We all grow, it's inevitable, and while some may never truly "grow up", we all change constantly.

I've found that a lot of my friends who were avid readers in junior school stopped reading in high school suddenly or their interest slowly fizzled out. And yes, there are many reasons for this – Westerford certainly keeps us busy – but have you ever heard the sentiment "If you really love something, you'll make time for it"?

A library, especially an unfamiliar library, can be a daunting place. There are almost too many choices and it's hard to know when to make the right one. This is especially hard if you've done the most treacherous thing of all – you've changed.

Is there a pile of books sitting in your bedroom that you still mean to read but haven't yet? And you definitely do want to read them – they still seem interesting; you even picked them out yourself. So why aren't you getting around to reading them?

At this point you've tried everything: rereading old favourites; reading books so similar to your favourites they might as well be the same book; you've even tried venturing briefly to the neighbouring shelf. But nothing is working.

If you love reading, you shouldn't have to feel dread every time you think of reading or struggle to get through books you think you ought to love. Or endure guilt because you feel like a fraud amongst your reader friends. You might just need to try something new. I am, admittedly, quite stubborn, and had to bump my head against the same wall many times before I was ready for this. You don't need to be like me.

And listen, it's probably not going to be all fireworks and love at first sight – it'll likely be a lot quieter and you'll really have to listen to yourself to figure out what it is you really like. In fact, I still haven't quite figured out what it is I enjoy reading in this chapter of my life, but I have managed to read a number of books that I have liked.

Letting go of the books you loved can be synonymous with the death of an earlier version of yourself. I'm not the same person I was in junior school, two years ago, or even a few months ago, but it's still hard to let go. The thing is, it's entirely possible to still love the books you used to, and yet also not want to read any more of them. At some point it becomes impossible to deny you've changed and to not admit that to yourself becomes a disservice. We need to allow ourselves to be more fluid and free in terms of what we like and who we are - something I'm still learning.

It's entirely possible to miss something and still know it was the right choice to leave it behind. Keep your old books in your life but don't feel weighed down or held back by them. In the words of author Mandy Hale, "Growth is painful. Change is painful. But nothing is as painful as staying stuck somewhere you don't belong."

Books should excite you and fascinate you and make you feel more alive. Not zap your energy and leave you feeling wrung out. It's difficult to get back into reading once you've fallen out of love the first time. Let the Library Committee help. We rotate our wide range of displays every fortnight and update our recommended shelf every week. Our librarians are also enthusiastic readers and are available at both breaks and often after school to help with recommendations.

There's more variety out there than you think. Let us help you find books that excite you, dare you to grow, and challenge your perspective.

Marguerite Ruttmann, Grade 11

A Marvelous Mischievous Miniseries: The Marvel of The Miniseries



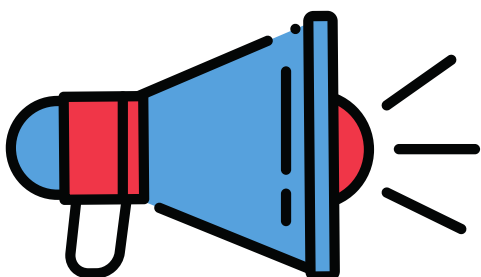
Everybody knows Marvel movies: explosions, stars and stripes, strident music and the occasional ill-timed quip. This is not necessarily a bad thing, but it is predictable and it is how we have all come to know the films. It seemed to all fans and sceptics that their productions would continue to be structured in this typical fashion. But then came “Wandavision”, a beautiful series which will confuse you for most of it, until the big reveal, when you will gasp in disbelief. It truly set a new tone.

After “Wandavision” came the limited series “The Falcon and the Winter Soldier”, which received conflicting reviews due to its political undertones. It was critical of the typical Captain America and “American way” trends, leaving most viewers pleasantly surprised. The ending was truly fantastic, with many of the loose ends tied up, but with enough left to keep you hooked and waiting for the next series. Surely Marvel wouldn’t be able to keep up with this standard.

And then came “Loki”. Fans had been waiting in anticipation and excitement, but nobody truly believed that Marvel would be able to produce yet another stunning series. They were proven wrong, very wrong. Thus far, only three episodes have been released, and they are ground-breaking. It has the perfect ratio of action and dialogue. With enough explosions to let you know that, yes, you are watching a Marvel production, but without making these the primary focus of the series. It centres around the characters in the story - their motivations and personalities - rather than just presenting us with a protagonist, antagonist and plotline. It makes the superheroes and villains we all know more human and relatable. It is also very well written. Instead of the occasional jab by Chris Hemsworth to a villain mid-fight atop a bubbling volcano, the characters tease and joke with each other, making “talking scenes” more engaging. The character format has also changed considerably. Instead of showing the “good guys” versus the “bad guys”, characters are flawed people. The villainy in the series is also less “evil and broody”. At first, the villains appear to be the characters that you love to hate, but as you get to know more about them, you start feeling conflicted as to whose side you’re on and you really don’t know what to think about anybody, making the story truer to life.

All in all, Marvel’s “Loki” is a fantastic series that has really changed the standard Marvel formula. I look forward to seeing the rest of this series and hope that Marvel proceeds to produce films of a similar standard in the future.

Thomas Wege, Grade 9



Keep Safe

**Remember to social distance,
sanitise and wear your mask!**