



THE HERON

TERM ONE 2010

ISSUE 7

Contact numbers for HeronBridge College

0861 HERONC (0861 437 662)

Main reception 082 771 4470



Did you know TODAY
marks 100 days till
the start of the 2010
World Cup

Message for the Week

"... it is by confessing with your mouth that you are saved."

Romans 10:10.

HBC PHOTOGRAPHIC SOCIETY

Ever fancied a career as a photographer? Some of our College students may just be thinking that! Either that or they just enjoy taking good photographs. Whatever their motivation is they are grabbing the opportunity given to them by joining the HBC Photo Society. There they are leaning their craft - taught by one of the *best in the business*, our own Mr Klein. Have a look at these photos take by Gemma Bentley. Impressive aren't they?



HeronBridge College Website:

www.heronbridgecollege.co.za.

Our website is full of information, including academic calendars, 1st term dates to diarise, bus timetables, sport fixtures, notices and lots, lots more.

Suggestions email!

If you have any suggestions pertaining to our school please send your idea to :

suggestions@heronbridge.co.za

DATES TO DIARISE : WEEK COMMENCING MONDAY, 1 MARCH

For all College and Prep sport fixtures, please go to our website :

www.heronbridgecollege.co.za. Go to the **CO-CURRICULAR** page - full details can be found under the heading **FIXTURES**. See **RESULTS** page for co-curricular results.

HELP NEEDED IN THE PHILIPPINES!

Mr Klein writes

It was our privilege last week to host Wendy Lock at HeronBridge. She has long been a friend of the College. She was an active staff member of the Preparatory school for a few years. However, in July 2006 she moved permanently to teach at Faith Academy (in the Philippines) in response to the Lord's call on her life. HeronBridge College continues to view her as a member of staff, now seconded to Faith Academy. Faith Academy purposes educating children of missionaries in South-East Asia so that their children receive a sound education. Wendy is a dynamic Grade 2 teacher. We enjoy her regular correspondence and are privileged to share in a small way with her in her ministry.

Wendy has been updating us on all that has happened to her these past few months, particularly as she experienced typhoon Ondoy last September. Apart from recounting the personal aspects of living through the horror of such an event, she has made us aware of the generally extreme conditions and extensive poverty that has resulted. Faith Academy has instituted a wide-ranging relief programme, incorporating housing, feeding and medical assistance. Faith Academy has already established a fund for relief efforts. It is currently down to the last \$1000.

We perceive here an opportunity for our College to partner with Faith Academy in one of their relief efforts. We have had recommended to us the Areanda squatter area and are now inviting all to consider donating to this most worthwhile and effective programme. If your family would like to do so, we invite you to make a donation directly to the following account, by 12 March:

HeronBridge College

Bank: FNB

Branch: Fourways Mall

Branch code: 251655

Acc No: 62028152958

Ref: Philippines appeal



We shall report back on the funds raised and any communication we have with Faith Academy.

This is an opportunity for us to be generous to people in dire circumstances, known to us through Wendy, and for the heart of the HeronBridge community to be demonstrated. We encourage one and all to participate, without any compunction but as able to do so.

We wish Wendy well as she returns to Manila in a few weeks' time. We assure her of our ongoing support for her in her teaching.

Thank you for considering this call.



ALL PARENTS ARE CORDIALLY INVITED TO ***HERONBRIDGE TOGETHER***

Why?

- To be informed about all that is happening at HeronBridge College through reports to be given by:
HeronBridge College
Parent-Teachers' Association
Parents' Consultative Forum
- To elect representatives to the PTA and PCF

When?

18 March 2010 @ 19h00

(Apologies for any confusion regarding the date)

Where?

HeronBridge Auditorium

Please make every effort to be present with us on the evening

Nominations

Nominations are as follows:

Parent-Teachers' Association

9 parent members to be elected;

(The staff will in turn elect 3 members on a separate occasion);

from whom the PTA will appoint to office: Chairperson, Vice-chairperson, Secretary, Treasurer, Convenor of Events, Convenor of Parent Communication.

Parents' Consultative Forum

6 – 9 parents to be elected (each of the Pre-Preparatory, Preparatory and College being represented by a minimum of 2 or a maximum of 3 parents), from whom the PCF will appoint to office:
Chairperson, Vice-chairperson, Secretary.

Any person who is a vendor of goods or services to the school may not stand for election.

Any person who is a member of an existing body at HBC is not eligible.

Please note that nomination forms are available from the **HeronBridge College website**, www.heronbridgecollege.co.za, under **NOTICE BOARD** or are available from the HeronBridge College Front Offices of each school.

PREP TENNIS

Recently HeronBridge Prep hosted a doubles tennis tournament. Trinity House, Dainfern College and Crawford College, Sandton all participated. We hosted 32 children. HeronBridge Prep were the overall winners; with Trinity second, Dainfern third and Crawford Sandton fourth. The morning was a combination of doubles and mixed. Well done!



The wining HeronBridge team:

Top row left to right: Alexander Maack, Cord van Eck (captain), Michael Copeland, (Colby Clark absent at time of photo). Coaches Mrs van Eck and Mrs Milligan

Front row left to right: Caitlin MacDonald, Rachel Stevenson (capt), Tayla van Eck, Nicola Irving.

HERONBRIDGE STAR!



Marianna Marini in Grade 9 has qualified for The Telkom Nationals - level 3. This event will take place in East

London from 12th - 17th March. She has also recently qualified for SA Youth Championships in Durban to be held on the 12th - 17th April. We wish her every success at both these major competitions.

World Cup holidays? Save the date!

**HOLIDAY CLUB @
BBCI**

21 - 25 June 2010
MONDAY TO FRIDAY
8h30 TO 12h30
Gr 00 to Gr 5
R300pp (Lunch Included)

Bryanston Bible Church
9 St James Crescent
Bryanston



For more information contact
Mrs. M. van Eck at 011 835 1111 or email
mvan@bbc.org.za
or a call: www.bbc.org.za

DIARISE NOW!

The ever popular soccer and netball clinic, hosted by Upward Sport, will take place from 12th-18th April. Watch this space for further details.





Come & Experience HB Day!

26 March:

- Full day of activities planned
- All Grade 7's are invited
- Book Now! Space is limited

27 March:

- Scholarship examinations by invitation only

For more info on **Experience HeronBridge Day & Scholarships** contact Marketing on 0861 HERONC
 marketing@heronbridge.co.za
 or to register online go to www.heronbridgecollege.co.za

HERONBRIDGE COLLEGE U14 RUGBY/NETBALL FESTIVAL

GROW YOUR BRAND IN DIFFICULT TIMES

This is an exceptional opportunity to drive more feet into your business.

It is also a wonderful sponsorship opportunity for all HeronBridge College parents & friends of HB to expose their brand! Great packages to suit every business budget. You can expose your brand / marketing activities / collect data bases to hundreds of spectators over two days.

Date: 14th and 15th May

21 schools will attend and more than 800 children will be participating . We expect up to 3000 spectators on the Saturday, 15th May : our Family Fun Day

For more information contact the MARKETING DEPARTMENT at marketing@heronbridge.co.za.

SA CHAMPS

The following HeronBridge students have been hard at work since October last year and have been rewarded for all their efforts, by being selected for the National Finals of the South African Championships for the Performing Arts in the following genres:

Keira McKenna	Grade 4	Singing
Megan Groves	Grade 4	Singing
Eryn McFarlane	Grade 4	Singing
Kayla Ritchie	Grade 5	Acting
Tayla Owen Jones	Grade 5	Acting
Dayna McFarlane	Grade 5	Dancing Singing
Kaylene Nel	Grade 6	Acting Singing
Sinead McKenna	Grade 6	Singing
Katie Groves	Grade 6	Acting Singing
Donnalely Avis	Grade 6	Acting Dancing Modelling
Amy Rigby	Grade 7	Acting Singing
Ashlinn McFarlane	Grade 7	Acting Singing Dancing
Megan Rigby	Grade 9	Acting Singing

Well done to all. We wish them all the best for the finals, which take place over the April school holidays.



We would like to invite you to join us every Sunday at 09H00. Our services are held in the HeronBridge College Auditorium and are open to all denominations. We offer Kidz Church for the young as well as a youth group for the teens. We look forward to hosting you and your family.

PARENTING MATTERS BY NIKKI BUSH

TAKE A BREATH & SPEAK GOBBLEDEGOOK

When you are about to lose it with your child the most common advice from psychologists is to stop and count to 10 before reacting so that you can get yourself under control and be more reasonable. The problem is, that most of us either shallow breathe during this time or stop breathing completely. This actually defeats the object because without oxygen we will react / over-react instead of responding to the situation at hand. Responding is a learned and controlled behaviour vs reacting which comes more naturally and usually lowers you to the other person's level.

Try using this simple breathing technique next time your emotional control is about to go up in smoke: 8 + 8 + 8. Eight seconds to draw the breath in through your nose, eight seconds to hold the breath, then eight seconds to exhale. This might also help – visualise the air entering your body as clean and turquoise blue (or any other calming colour you can think of). When you hold your breath, allow the blood vessels in the lungs to absorb the oxygen. Then, as you exhale, visualise brown, green and toxic waste dripping with slime and foam. Yeuk! All those ugly emotional toxins being released with your exhaled breath!

Now that your brain is oxygenated, the next step is to take back control and frame your response in such a way that *you take responsibility* for how you are feeling. Instead of “You make me so angry.....,” it would be “I am feeling so angry because”. You lose control by “letting someone else make you angry”, even your child. You need to hold on to your own power in order to lead your child effectively.

So, to keep on the up:

- Breath (remember 8 + 8 + 8)
- Drink lots of water to stay sharp and lower your levels of irritability. Did you know that the first organ in the body to dehydrate is the brain? A mere two percent drop in body water can cause fuzzy short term memory – not good in a conflict situation.
- Take a daily ‘time-out’ away from the demands of life and children, even if it is just for 10 minutes. Do nothing during this time. Just sit or lie down, close your eyes, breath and be with yourself. This is a gift to yourself each day, and if you can make it longer, that's great.

Try not to overreact to things. The calmer you stay even in the face of a crisis, the better your children will cope. They take you far more seriously in an argument if you drop your voice than if you shout shrilly at them and get all hysterical.

Last but not least, keep a little unexpected humour up your sleeve. When things get desperate with your child, try this: jump up, shake your arms and hands around loosely (as if you have lost control of them) and wobble your head from side to side speaking gobbledegook all the while. You will sound completely ridiculous, like someone who has lost control of their lips, mouth and tongue! I can attest to the fact that it really is an ice breaker and a tension reliever which will put a smile on your child's dial. Only to be done in the privacy of your own home, of course, or you might find yourself being carted off to the local nut house!

FOUND

- LG cellphone found on Mon 22 Feb near pool area
- Ladies gold watch on Tues 23 Feb in parking area of College

Contact Mrs Henderson, College Admin Office

Monthly Masses of Messages

ALL ARE WELCOME TO ADVERTISE HERE! DEADLINE LAST TUESDAY OF EACH MONTH AT 12H00. PLEASE EMAIL : marketing@heronbridge.co.za for more info

BRIDGE LESSONS FOR BEGINNERS OR INTERMEDIATE PLAYERS. Please contact Carol Grunder on 084 82 000 44 or email grunder.carol@gmail.com

YOUR KEY TO VIBRANT HEALTH : The world's first and only patented, scientifically proven Stem Cell Enhancer: StemTech; Stem Enhance, Stem Flo, Stem Sport, Stem Pet and Stem Equine. Enjoy optimal health! For more information: <http://minet.stemtechbiz.com> or minet@iburst.co.za Cell : 083 229 6849

PIANO LESSONS : offered by experienced qualified piano teacher (BA;LTCL;HED). Exams and competitions optional. Please phone Diana on 082 960 8102 or 011 462 3519.

COUNTRY HOME ON SMALLHOLDING : close to HeronBridge but far enough to be in the country . This beautiful new thatch home with river frontage is situated in a conservancy area and offers a country lifestyle with access to all urban amenities .Please e mail me on howard.protea@gmail.com should you like to visit and get a sense of this special property.

WELTEVREDEN PARK – HOUSE TO LET: 3 beds,2.5 bath, study, lounge, dining rm, kitchen+pantry, family rm, underfloor heating, bar, maids, laundry, sauna,pool, Dbl auto garage+carports, exc.security. Close to HBC Bus Stops. R7950.00 p/m Occ. 1 March. 0823760550.

DOMESTIC COOKING COURSES: learn to cook nutritionally balanced family meals and other skills that will ensure that your kitchen is managed well. Contact Lucy: 0829029624

BAKING BIRTHDAY PARTIES: no fuss, no mess, just drop off and fetch. Let your child enjoy a party with a difference while learning a new skill. Contact Lucy: 0829029624.

OUTSOURCE YOUR ADMIN: typing, filing, presentations and more. No overheads, work is charged by the hour. Contact Lucy: 0829029624

SOCIAL CONFIDENCE ANDE ETIQUETTE WORKSHOP: A fun and informative workshop teaching you the essentials of creating the correct first impression. Hosted by Edith Ventre this workshop covers topics from meeting and greeting, to dinning and social networking. Full day course in Muldersdrift includes 3 course meal and a goody bag worth R300.00 For more information please contact Kirsten on 079-8844-724 or kirsten@cheekychicks.co.za .

DRAMA LESSONS FOR AGES 5 TO 18. Upstage is based in Cedar Lakes and offers weekly group lessons as well as private coaching for entry into National Eisteddfod and SA Championships for Performing Arts. Please contact Jill Avis on 084 319 4287 or upstage@iburst.co.za for more information.

SATURDAY GARDEN SERVICE : HeronBridge cleaner, Rogers, is looking for garden work on a Saturday. If you need his services, please call 071 163 9297.

WORKING MOM OR JUST TOO TIRED TO COOK FOR YOU BABY – then leave the cooking to me! Yummies baby food, homemade, no salt or spices added, veges steamed, meat cooked in olive oil only, vacuum packed and frozen. Lovely menu available. (will deliver to your door for R20-00).

Following day delivery, if order placed in the morning. Orders can be placed telephonically or via email on: kirsten.webb@vodamail.co.za. call Kirsten on 084 283 6629.

BILTONG BEEF SNAP STICKS & DRY WORS. Moms – stuck for lunch boxes ideas? Chilli Snap Sticks also available/ideal for the school lunch box. Grade A meat/can freeze – take out as needed sold in 650g pack for R145 - call / sms Vanessa on 074 179 5558. Free delivery in the area. Your kids will love it!

WE PROVIDE A DOOR to HeronBridge shuttle. Suburbs that we cover Witkoppen, Fourways, Craigavon, Norsort, Pineslopes, Beverly and Magaliessig. “WE ALSO FETCH KIDS AFTER SCHOOL FOR THOSE PARENTS WHO CAN'T TAKE OFF WORK”. Call : Lulu – 0824157601 or Email: loza.makasi@gmail.com .

Monthly Masses of Messages Continued.....

ALLFINANCIAL SERVICES : A qualified chartered accountant is available to assist small to medium companies on an hourly basis. Reasonable rates. Please contact Leigh Edwards on 083-286-6668 or leighe@pmcads.co.za.

CLAMBER-CLUB (JUMP & JOG) FRANCHISE FOR SALE. Are you looking for a job that suits your needs, time and place, while still having fun? You are able to commit as much/little time you have available to you, within a week, during school terms and still earn money! Sound perfect to you? Call 083 265 2430 for details.

SING-ON SINGING TUITION OPEN IN MUSIC MATE FOURWAYS. Fantastic package deals included with personalized and interim assessments, a comprehensive and original syllabus and private weekly coaching. You get free backtracks from Handson SA as well as free professional recording sessions at Loft Studio Productions. Contact: Marisa Lawrence – 076 395 1200 – marisa@elfhaven.co.za

MAHIKENG LODGE – Just 55 minutes from Joburg. Enjoy a relaxing weekend away at **Mahikeng Lodge**. With only four luxury 4-star double-storey self-catering lodges, that each sleep 6, this exclusive game farm has something for everyone. Visit www.mahikeng.co.za for more information. Call Lisa now to book 079 699 5724.

POSITIVE PAYROLL – Legalise your domestic payroll. Our services include: Monthly domestic payroll, UIF registrations and the drawing up of employee service contracts. Please call Janine on 082.650.1969 or email me on thewrights@absamail.co.za

SATURDAY CRECHE AND ADVENTURE CAMP. Want to shop in peace? Drop off your kids aged 5 – 10 on Saturday mornings from 8am for a fun filled morning. We will be playing games and climbing obstacle courses all under strict supervision. Lunch and snacks served. Please phone Lizelle on 082 888 1776.

HOME TO LET IN GORGEOUS COUNTRY SETTING, 4 Bedrooms,3 Bathrooms, Lounge, Dining room, Sitting room, Study, large pool , secure and close to HeronBridge (Chartwell Country Estate).Available mid March, call Stephanie 083 309 5415

GLOBALLY TIMES ARE TOUGH! Improve your cash flow and save money on employment of staff! Outsource your Credit Control function. Contact Bev on 082 296 9035.

AN EXPATRIATE IT PROFESSIONAL WITH OVER 13 YEARS EXPERIENCE is looking for a contract or permanent position. He can be contacted on [Steve 0711126915 or smbeste@gmail.com.

FOR SALE: New still in box – Magic Line electric juice extractor (1 litre) R200 – Call 083 509 0196

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HeronBridge College thanks FNB for their sponsorship of Talking Parenting and Talking Teachers 2010.