



TERM THREE 2009

ISSUE 6

### Message for the Week

God did not give us a spirit of timidity, but a spirit of power, of love, and of self-discipline.

2 Timothy 1:7

### WOW!

### PREP ART EXHIBITION

On Thursday, 1 October the Prep School held an **awesome** art exhibition. Selected art work created in Grade 3 to 7 classes was on display. Work done in the Art and Craft Clubs also featured. The work presented was outstanding. We really do have some budding artists. Thank you Mrs Popvich and Mrs Worth for pushing our pupil to new heights! Well done all.



Jack Singer  
Grade 5



Tseetso Ratshefela  
Grade 3B



HeronBridge College Website:

[www.heronbridgecollege.co.za](http://www.heronbridgecollege.co.za).

Our website is full of information, including academic calendars, bus timetables, past newsletters and lots more.

**Suggestions email!**

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

[suggestions@heronbridge.co.za](mailto:suggestions@heronbridge.co.za)



**DATES TO DIARISE : WEEK COMMENCING MONDAY, 5 OCTOBER**

Mon 5	15h00	College Tennis: Boys A vs St Stithians	Away
Tues 6	14h00	Prep Tennis: Junior Girls & Junior Boys vs Jan Celliers	@ Home
	15h00	College Tennis : Junior Girls vs Bishops Bavin	Away
Wed 7	09h00	<b>U9 – Open Prestige Athletics @ LC De Villiers</b>	
	14h00	Prep Tennis: Senior girls A vs Crawford Sandton	@ Home
		Prep Tennis : Senior Girls B vs Summit	Away
Thurs 8	14h00	Prep Tennis : Senior Boys A vs Aurora	Away
		Prep Tennis : Senior Boys vs Grayston	@ Home
Fri 9	09h00	<b>College Prestige Athletics @ Pilditch</b>	
Sat 10	08h00	College Cricket: 1 <sup>st</sup> /U15 vs Christ Church	Away
		College Cricket: U14 vs Christ Church	@ Home
		Grade R – 2 Cycle Challenge @ Sports Complex	

**HeronBridge Golf Day**

Sponsor a golf cart at the annual HeronBridge Golf Day! R300 gets you 2 x A4 adverts on a golf car and your companies info in the welcome pack!

An ideal way for non golfing families to get involved and help raise funds. Who's going to be the first to raise the challenge?



Small budget, lots of impact!! Let the HeronBridge community know what you have to offer!

For more information, please contact  
Caron Cloete on 082 445 8458

**Christmas Craft Market**

Date:

Thursday 29th October

Times:

08h30 - 15h00

Our annual Christmas Craft market will be held in the School Auditorium.

Come & do your Christmas shopping early!

For more information, please contact  
Tish Dowling on 0834567534



### PREP MAJOR PRODUCTION

The Prep School is busy rehearsing for this years Major Production. **Tickets are on sale and are selling up fast!!** Cost is R40 for adults and R20 per kids. These can be bought from Mrs Bishop in the Prep Reception Office. The dates for the production are:

- Friday 30<sup>th</sup> October 2009, 7pm
- Saturday 31<sup>st</sup> October 2009, 10am
- Saturday 31<sup>st</sup> October 2009
- Thursday 29<sup>th</sup> October 2009, 7pm

### Understand Your Child

- Is your child between the ages of 3-18?
- Are you able to identify your child's strengths and weaknesses?
- Do you understand your child's behaviour?
- What is their reaction to problems or stressful situations?
- Does your child sleep well?
- Does your child put a lot of pressure on him/herself?
- Is your child very sensitive to noise and body language?
- How does your child deal with conflict?
- Identify possible learning problems.
- Does your child seem overly active at times?

A brain profile will help you as a parent to understand your child. It gives you the tools you need to understand your child better so that you are able to guide them in their strengths and weaknesses.

To answer the above questions and many more contact me for an assessment.

Salome` Higgins  
083 307 9244

\*Adult and corporate assessments can also be done.

## ... bust the weeds!

### NATIONAL WEED BUSTER WEEK: 5 - 9 OCTOBER

#### What are weeds?

It's often said that a weed is just a flower in the wrong place. With the current fashion for flower lawns and wildflower gardens, this has never been more true. A lot of people like some types of thistle, some people deliberately sow seeds of wild Toadflax. Some people even want Nettles or Dandelions for herbal uses. The problem of how to define a weed is even more difficult.

There are two types of weeds - annual and perennial. They're both troublesome. Annuals are a nuisance because they're designed to grow as fast as possible and complete their life-cycle in one year. Sometimes, they can grow from seed, flower, produce seed and go on doing this several times in just one season. They can flower when they're small, too - less than an inch high, sometimes. So you want to get rid of annual weeds as soon as you spot their seedlings. Perennial weeds are also a big nuisance. Often, they have long tap roots or root systems that cover several square feet, and they just keep on going, sending up shoots over large areas.

There are two ways of getting rid of weeds: removing seedlings before they have a chance to spread or flower and set seed is obviously the ideal solution. Sometimes, there are just too many, or you don't spot them in time. Then you can dig out the offenders. We don't recommend chemical weedkillers, especially in vegetable gardens, but there are natural ways to avoid weeds. Google "natural weed-killers" for some great ideas!

**Handy tip: Put several layers of newspaper weighted down with rocks around your plants. It will kill the weeds and eventually break down into a mulch.**

## JUNIOR PREP HURT FREE-TOLERANCE

I am tolerant : week beginning 28 September.

### Linked Bible Verse:

“But how is it to your credit if you receive a beating for doing wrong and endure it? But if you suffer for doing good and you endure it, this is commendable before God.” 1 Peter 2:20

Badges were handed out to the following pupils in assembly on Friday, 2nd October:

GRADE	CHILD'S NAME
1F	Leanne Meyer
1G	Bradley Tompkins
1N	Morgan Peche
1P	Trent Boden
2C	Liam Stilwell
2H	Luke McMeeking
2M	Braydn Evans
2V	Jenna Ritchie
3A	Gina Borgelt
3B	Cameron Daubern
3H	Stuart Fogarty
3S	Catherine Davies

## PARENTING MATTERS BY NIKKI BUSH

### WHAT DOES WWW MEAN TO YOU?

The first thing that comes to mind when I see the letters ‘www’ is the world wide web, commonly known as the internet. It was the 20<sup>th</sup> century invention that has changed everything – the way we live, work, play, connect and communicate. While speeding up our lives considerably, helping us in many ways, and stressing us in others, it has also given rise to four new freedoms with which our children will grow up: to know, to go, to do and to be. Never before have we had so much freedom to shape our lives and our children will have even more freedom to shape their destinies.

However, the three letters ‘www’ also stand for winger, whiner and wishful thinker. These are characteristics that could stand in the way of creating a good life. They are typical of people who recognise that there is a problem and respond by throwing up their hands and saying “Something should be done!” instead of taking responsibility and saying “I must do something.”

The latter statement is the one we want to bring our children up with. We are entering an Age of Possibility, a completely new era in human history, which will be filled with many challenges, opportunities, contradictions and choices. We are going to go through a time of exponential change which we need to embrace and manage positively so that our children view their future with optimism and passion despite the problems that the planet faces.

I am reminded of a quote from that wonderful film, *Dead Poet’s Society*, in which Robin Williams plays the teacher, John Keating. In the intense, goosebump-making scene where he is down on his knees surrounded by his students, listening to his every word with rapt attention, he quotes from poet Walt Whitman:

“O me! O life!... of the questions of these recurring; of the endless trains of the faithless... of cities filled with the foolish; what good amid these, O me, O life?” Answer. That you are here - that life exists, and identity; that the powerful play goes on and you may contribute a verse. **That the powerful play \*goes on\* and you may contribute a verse. What will your verse be?**” Keating goes on to implore his students to live up to the motto of Carpe Diem – to sieze the day.

We do need to bring up our children to sieze the day, to live with zest and passion. They need to know that just by being born they have changed the world, particularly your world, in a remarkable way, and that as they mature they will, indeed, contribute a verse. Their skills, values and attitudes will determine just what that verse will be.

## Monthly Masses of Messages .....

ALL ARE WELCOME TO ADVERTISE HERE! DEADLINE LAST TUESDAY OF EACH MONTH AT 12H00.

PLEASE CONTACT KATHY MITTENDORF AT THE COLLEGE OFFICE ON 0861 437 662 / 082 387 2242 OR  
FAX 011 388 1948 OR EMAIL : [marketing@heronbridge.co.za](mailto:marketing@heronbridge.co.za)

**EXPERIENCED BUILDING CONTRACTOR/HANDY MAN:** For all your home, office, building, additions, alterations, kitchens, bathrooms, shop fitting, painting, tiling, flooring needs etc. No job is too small. NHBRC Registered. Contact TYRONE JORDAN 082 573 0962.

**RINKY DINK ACADEMY:** We offer individual specialized riding sessions from 2 yrs old to adults in a non competitive, fun environment. A Birthday party venue as well as Stabling for Horses/Ponies. (Children, Juniors and Adults welcome) We are situated on Cedar road. Contact Claudie on 082 802 9589 for more information.

**BRIDGE SIDE EQUESTRIAN FARM :** Lessons for all ages, fun or competitive and pony rides. No 15 R114 Nietgadaght, two properties from the school Contact Gabby 072-349-2800 or 079-906-8275.

**DRAMA LESSONS:** Group and private lessons offered in Cedar Lakes for those wanting to extend their acting and performance skills and for those interested in participating in SA Champs. Grades 1 – 12. Please contact Jill Avis 084 319 4287.

**SOUNDS-A-LIVE! IS A PROFESSIONAL KARAOKE HIRING SERVICE:** We specialise in children and adult private parties, corporate functions. We use professional sound equipment to ensure you have the best audio experience. Our karaoke host will help unleash your inner star and keep the party alive! Call us: Noelene 082 371 1577 Scott 082 570 4072. Email: [noelene@highveldmail.co.za](mailto:noelene@highveldmail.co.za).

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**LADIES, SPOIL YOURSELF** with Avroy Shlain Cosmetics & Honey Accessories! Look out for specials on [www.spoilyourself.comli.com](http://www.spoilyourself.comli.com). You can email Nikita on [nikita.spoilyourself@gmail.com](mailto:nikita.spoilyourself@gmail.com) or call 072 265 8686. It's all about you!

**PRECIOUS BY NAME AND PRECIOUS BY NATURE.** We are relocating and looking for work for Precious our maid. She is a hard and conscientious worker and good with children. She has had many years of experience working at the tuck shop at HeronBridge. She can start work either in December or January. Please contact Charlotte 0827403939 for further details.

**INTERESTED IN STUDYING OVERSEAS?** Global Education represents many international universities and colleges. We facilitate the application and student visa processes and also arrange accommodation and airport pickups. OUR SERVICES ARE FREE OF CHARGE. Contact Melanie on (011) 615 5886 / 7 or email her at [melanie@global-education.co.za](mailto:melanie@global-education.co.za).

**SKULLCANDY EARPHONES NOW AVAILABLE:** [GadgetMan.co.za](http://GadgetMan.co.za) is an online store for all your gadget requirements from iPods to GPS's, keyrings to Cobb braais, multitools to Maglites. Secure credit card facilities and delivery nationwide. Shop online at [www.gadgetman.co.za](http://www.gadgetman.co.za).

**PLETTENBERG BAY:** Fully equipped apartment at Goose Valley Golf Estate available throughout the year. Sleeps four. Situated overlooking the tenth fairway and with a view of the mountains. Tennis courts, squash court, swimming pool. Driving range, restaurant and easy access to the lagoon and beach for swimming, fishing and sailing. Contact Roz at 082 787 7024

## Monthly Masses of Messages Continued.....

**JUMPING CASTLES AND WATERSLIDES FOR HIRE** at great prices. Contact Marion for more information on 083 293 8688 or email [marion@partyconnection.co.za](mailto:marion@partyconnection.co.za).

**ELECTRONIC REPAIRS:** We specialise in repairs – all notebooks / computers. Motherboards, LCD screens, battery cell, power supply, DVD, LCD plasma TV, Hi-fi. laser colour printer, fax, scanner, camera, UPS, cell phone (Nokia, Motorola, Samsung), with warranty and free quote. Call 082 594 8941 or mail [nbzcomputers@telkomsa.net](mailto:nbzcomputers@telkomsa.net).

**ROCK CLIMBING CLUB FOR KIDS:** Join us every Saturday at various outdoor climbing sites. Own transport is essential. Exciting, adrenaline filled experience for kids aged 9-16. For more information and bookings contact Noel: 079 613 5471.

**ALAN POWELL GARDENS ESTABLISHED 1991:** Garden Maintenance, Landscaping, Pruning and tree felling: Once off clean ups, irrigation systems and repairs. We operate in - Fourways and Broadacres. CONTACT US FOR A QUOTE. Tel: (012) 669 0326 OR 082 548 3283 (Alan or Mandy) or E-mail address: [apowell@mweb.co.za](mailto:apowell@mweb.co.za).

**SUN VALLEY STABLES:** Teaching children to ride in a safe, fun-filled environment, with pony camps and fun days held regularly. Lessons groups are small and on safe ponies. We also provide quality stabling for private horses and ponies, as well as options for full- and half-baiting. Full instruction and support for shows. For more information contact: 082 571 0309/ [kitence@iburst.co.za](mailto:kitence@iburst.co.za).

**LOOKING FOR ANY JOB:** Skhumbuzo has just completed his matric and is looking for a job. Contact him on these 0745493849 or contact Happiness @ the Pre-Prep 0736685611.

**ZILZ EVENTS & PARTIES CC:** Are you planning a Function or Event and have no idea where to start or what to do? Give us a call and we shall alleviate your stress with our expert advice and professional help. From Birthday Parties to Company Functions. [www.zilzevents.co.za](http://www.zilzevents.co.za), [info@zilzevents.co.za](mailto:info@zilzevents.co.za), Reinhard on 082-492-8215.

**TIMESHARE FOR SALE:** 2 FlexiWeeks (Red - ideal for private school holidays) at Mtunzini Forest Lodge. Situated on the unspoilt Natal Dolphin Coastline in the Mtunzini Nature reserve. R15000 per week for 2 double bed bedrooms plus loft room with 2 single beds (6 sleeper). Levies for 2009 already paid (average of R2300 per week per annum). Visit <http://www.wheretostay.co.za/mtunziniforestlodge/> to view the Lodge facilities. Contact Hilary Crowther on 071 607 5416.

**PENINSULA HOTEL CAPE TOWN :** 5 Star accommodation, 3 Bedroomed, 2.5 bathrooms, lounge, dining room, kitchen and balcony with outstanding sea view. R15 000.00. Available 11 - 18 December 2009. Contact Marion 082 9008309.

**FINANCIAL ADVICE:** I can assist you in saving money during these hard times, by assessing and ensuring you are paying the lowest premiums for the best life, dread disease and disability cover. Let's optimise on your tax deductions and manage your retirement and investment portfolios. I have been in the industry for 17 years so let's chat. Give me a call on Cell 0832636443 or drop an email to [zozo@polka.co.za](mailto:zozo@polka.co.za) and we can connect. Wan & Associates Group Benefit and Assurance Brokers is a registered financial service provider registration no: FSP6899

**DAMP KING:** Damp proofing, waterproofing & painting to domestic and commercial properties. Registered with Master Builder Association, Waterproofing Federation and Dampproofing Association. Call Anthony for a quote on 011 792 6575, 083 232 6695 or email [anthony@dampking.co.za](mailto:anthony@dampking.co.za).

**HOLIDAY FLAT NORTH COAST:** 3 bedroomed penthouse flat (sleeps 7). Westbrook Beach (between Umdloti and Baliito), R1500/night. website [www.sunrisebeach.co.za](http://www.sunrisebeach.co.za), email [kmorton@klmcs.co.za](mailto:kmorton@klmcs.co.za)

**SCRAPBOOK YOUR TREASURED MEMORIES:** Want to try scrapbooking, but afraid it's too expensive? I teach tips and techniques to make fabulous pages at a fraction of the usual price. See me at the Christmas Craft Market about classes and parties. Carol (082 345 9556) Treasured Memories Scrapbooking Studio..

## Monthly Masses of Messages Continued.....

**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](http://www.mahikeng.co.za) for more information. Call Lisa now to book 079 699 5724.

**FOR ALL YOUR CURTAINING OR BLINDS REQUIREMENTS:** Free quotations in the convenience of your home. We do professional curtains, including pelmets, swags & tails etc. We also do all forms of blinds (Roman blinds, Venetian aluminium or wood, Woven bamboo or wood, vertical blinds etc.). Co-ordinated bedding and quilted covers also available. Please call X-clusiv Curtains : Lettie 082 709 6372 or (011) 674-4649 or go to [www.xclusiv.co.za](http://www.xclusiv.co.za)

**GOT A KIDS BIRTHDAY PARTY**, need some help ? contact Cheeky Chickens . We are a one stop kids party management Company. Contact us on [www.cheekychickens.co.za](http://www.cheekychickens.co.za) or Kirstin 079-8844-724 or Reinhard 082-492-8215

**LADIES, SPOIL YOURSELF:** with Avroy Shlain cosmetics! Look out for specials on [www.spoilyourself.comli.com](http://www.spoilyourself.comli.com). You can email Nikita on [nikita.spoilyourself@gmail.com](mailto:nikita.spoilyourself@gmail.com) or call 072 265 8686. It's all about you.

**HERBALIFE...Good Health is what its all about!!!!** Gain Control of your Weight, Feel Younger, Less Fatigued, Live Life to your full potential!!!! From Inner & Outer Nutrition, to Weight-management, Energy, Sports & Fitness!!! Contact Samantha 084 884 7774 ([samweir@eject.co.za](mailto:samweir@eject.co.za))

**BLUSH CREATIONS:** Handmade invitations with a personal touch! I do any and every type of handmade invitations, from boxes and puzzles to handmade papers and ribbons, all made exactly to your requirements! Contact: Timshell Lipawsky, Email: [blushcreations@gmail.com](mailto:blushcreations@gmail.com) or 072 574 1429

**BEARDED DRAGONS FOR SALE:** they are still small and come with box, lights ext. R1200.00 - Riana Robinson 0824126896

**DO YOU WANT TO SHARE A RELIABLE CHILDMINDER/ DOMESTIC :**Live in - Available for 2/3 days a week. We are moving and sadly can only now have our very capable domestic/childminder working with us 2/3 days a week, and we cannot offer her accommodation any longer. Onica has been with us for almost ten years and takes great pride in her work .She is brilliant with children especially younger ones. Onica is trustworthy and very reliable-she needs a live in position, in the Lanseria, Chartwell and Fourways area .She is available as of 25 October. Please contact me to arrange a personal meeting. Riana Robinson 0824126896.

**HOLIDAY CHALET:** 2 bedroom 6 sleeper chalet at Magaliespark available from 1 January until 8 January 2010. For further information contact Paula on 072 595 8179.

**JOBS REQUIRED:** Two excellent domestics looking for work on Wednesday's and Friday's. Good with children and pets. Have been with me for 14 and 13 years respectively. I have moved, so no longer have work for them. Please contact Jenny on 0843706424

**CREATIVE KIDS EXTRA MURAL :**This is a privately run "Arts and Crafts" extra mural that is run on a **Tuesday** and **Thursday** after school. It is for children in **Grade 000 – Grade 2**. Your child will make various different Crafts each week that they get to keep. (eg. beading, decoupage, painting, collage, fabric painting, mosaic etc). **Cost:** R550 / term including all materials. For more info or to enrol: **Donna 082 707 1040**

**ORANGE RIVER KAYAKING TRIP, 16 - 19 October** (half term holiday). We have 16 spaces available on our very exciting Orange River Kayaking trip from Hopetown to Douglas. We provide top of the range tandem kayaks and paddling equipment, experienced Guide, and trip logistics between start and finish. R1300 per paddler. Self-catering + camping equip required for camping on river banks. For more info [www.kayaktours.co.za](http://www.kayaktours.co.za), [info@kayaktours.co.za](mailto:info@kayaktours.co.za) or tel 011 807 8156.

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