



TERM TWO 2009

THE HERON

ISSUE 5

Contact numbers for HeronBridge College

0861 HERONC (0861 437 662)

In case of an **emergency** only the following cell numbers are available:

079 508 7436 (Admissions),

079 697 2565 (Accounts)

079 697 2566 (Prep School)

073 580 8265 (Pre-Prep School)

071 687 0419 (College)

Message for the Week

Train a child in the way he should go, and when he is old he will not turn from it.

Proverbs 22:6

PREP JUNE PAST TIMES!

On Friday, 5th the Grade 1's held a Skip-a-thon. Grade 1's from Paradise Bend School in Diepsloot were invited to join in the fun! What a wonderful morning where the children, teachers and moms had the most awesome time skipping, laughing and meeting new friends. The purpose was to raise funds for the children of Paradise Bend. Thank you to ER24 for their generous sponsorship of all refreshments and food and well done to the Grade 1 teaching team on organizing a superb event!

Then on Saturday 6th soccer and netball teams, representing all age groups in the Prep participated in the annual St Martins Festival. Not only did our teams fare exceedingly well against all schools, but we were complimented on our students outstanding manners and great sportsmanship. Well done Prep School!



**Next Monday, 15th June is a School public holiday.
Tuesday 16th June in a State public holiday.
Enjoy your long weekend!**

HeronBridge College Website: www.heronbridgecollege.co.za.

Our website is full of information, including academic calendars, bus timetables, past newsletters and lots more. Take time out and visit it!

DATES TO DIARISE : WEEK COMMENCING MONDAY, 8 JUNE

Mon 8	14h00	Prep Cross Country : @ St Dunstans	
	15h00	College Hockey : Boys vs The German School	Away
Tues 9	14h00	College Hockey : Girls vs Dainfern	Away
Wed 10	14h00	Prep Soccer : U9A & B vs Charter House	Away
		Prep Soccer : U10A & U11 A vs Charter House	@ Home
		Prep Soccer : U10B vs U10 C (internal match)	
		U11B vs U11C (internal match)	
		College Rugby : 1st, U16 & U14 vs St Martins	@ Home
Thurs 11	14h00	Prep Inter-House Netball	
	15h00	College Hockey : Girls vs De La Salle @ the Randburg Astro @ Old Parks	
Fri 12	14h00	Prep Junior Soccer : U7 & 8 vs Charterhouse	Away
		Prep Junior Netball : U7 & 8 vs Summit	Away
		Prep Tennis : Senior Boys and Girls vs Dainfern	Away

SUGGESTIONS EMAIL!

We are pleased to let you know we have created a special email address that all HeronBridge College parents can access if you have any suggestions pertaining to our school.

Just send your suggestion to :

suggestions@heronbridge.co.za

We look forward to hearing from you.

HERONBRIDGE STARS 2009

Have you entered? We are looking for actors, singers, musicians, artists and dancers. Get your forms from Ms Avis and enter soon. **Entries close 12th June 2009.**

LIFT CLUBS REQUIRED

- **All GRADE R teachers/moms.** I require a lift club service for my daughter, Skylah Lona. We stay in the Olivedale area, in a suburb called Northwold. Contact Tracy 011 709 7773.
- **I require a lift** for my daughter from the Cedar Road area to Fourways High School in the mornings. In return, I am willing to contribute towards petrol OR I will take your child to HeronBridge for you! Call 076 457 8910.
- **Grade "0" pupil** looking to join a lift club from Midrand (Carlsward / Oliphants area). Contact Dawn on 082 923-5582 or 0861 00 3326

THE COUNTDOWN TO PLANTING SEASON HAS BEGUN!

Scott Cundill, a parent on HeronBridge Eco Committee, writes.....

The impact of "Earth Hour" is pale in comparison to what is planned for "Countdown to Planting Season". The 22nd of September is the Spring Equinox and a new initiative called *Countdown to Planting Season* aims to convince **1,000,000** people around the country to plant an organic vegetable on that day. In doing so, it will not only encourage South Africans to get back in touch with nature, but will also alleviate the rapidly approaching food shortage, remedy the shocking nutritional imbalance in our existing food, improve social awareness, health levels, etc.

Our SA Idol, Jason Hartman will be our media celebrity as he and Jasonsgarden.com are true to the cause. We would love to see you, as a HeronBridge parent, support the cause by registering on www.plantingseason.co.za. HeronBridge will support the initiative in a number of ways and we'll reveal these to you closer to the time. It could well be a day that goes down in history. **Viva Planting Season!!**



.....to plant
organic vegetables.



We would like to invite you to join us every Sunday at 9H00. Our services are held in the Heron-Bridge 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.

LOST!

- Missing cell phone KS 360 LG, black & silver, side slide. If seen please contact 079 696 9414.
- Sheldon Hooper, in Grade , wallet went missing on Monday 1 June during Hockey practice. His wallet has Billabong printed on it. It is purple and black and its contents were a 2gig Kingston Flashdrive, Ster Kinekor movie card, Student card, Timetable and hockey manoeuvres sheet. If found please return to College Reception Office.

GRADE 7 EXAM SHUTTLE BUS SERVICE!

During the Grade 7 Exam (Thursday, 18th - Thursday, 25th June) we will be offering an exam shuttle bus service - exclusively to our Grade 7 pupils. Each day the exams will finish at 12h00. The exam shuttle bus will depart from HeronBridge College at 12h15. It will drive the following route:

- 12h15 : departs from HeronBridge College
- 12h25 : stops at Broadacres Shopping Centre
- 12h35 : stops at entrance of Fourways Garden
- 12h45: stops at the Woolworths entrance at the Fourways Mall

The cost for the exam shuttle bus will be R100 per pupil for the full week.

If you are interested in making use of this bus please see Tarryn Bishop in the Prep Office or email her on tbishop@heronbridge.co.za. You will need to fill in an indemnity form and payment must be cash. Once Tarryn has received payment and your signed indemnity form she will issue your child with an exam shuttle bus pass.

A similar service will be offered during the College's Exam period.

COLLEGE CO-CURRICULAR RESULTS

Netball Results against King David Linksfield

- U/14A lost 10-6 Player of the match Samantha Matthews
- U/14B won 5-3 Player of the match Thabile Yende
- u/15 A won: 14 – 10 Player of the match Natascha Ngoma
- u/15 B won: 22 – 2 Player of the match Hope Harrison

Hockey against Southdowns

Girls
02-Jun

Team	Points for	Points against	Scorers	Player of the Match
U15	1	5	Megan Taylor	Megan Taylor

Rugby Results vs Redhill

03–June

Team	Points for	Points against	Man of the Match	Tries	Conversions	Penalties
1st	13	31	Lamu Dlamini	Angus Allen	Adrian Van Rensburg	Adrian Van Rensburg x 2
U16	22	12		S Duguid X 1 W Marshall X 1 P Saiva X 2	Hayden Laubscher X 1	
U15	12	5	Conor Woods	Jason Pearson Conor Woods	Conor Woods	
U14	41	0	Thabo Nyoni	Thabo Nyoni x 3 Devon Downs Jason Rodgers Nathan Kok Cameron Peel	Andrew Bartlet x 2 Cameron Peel	

Hockey - vs Beaulieu (HBC - Home)

Boys
04 - June

Team	Against	Goals for	Goals against	Scorers	Player of the Match
1st	Beaulieu	0	0		Ricardo Borges
2nd					
U15	Beaulieu	0	2		Kade Tame



Model United Nations Debate

On Saturday, Farai Mubaiwa, Joanne Tomlinson and Viktoria Bruns represented Russia, debating the issue of child soldiers in the Sri Lanka conflict. Although they were unplaced in the debate, they defended Russia's position on the issue extremely well. They are to be commended on this achievement as they are a very young team competing in an open category. This certainly bodes well for the future. Well done girls!

PREP CO-CURRICULAR RESULTS

On Monday 1st June our cross country team competed in a race at Dainfern. The field consisted of a total of 18 schools and the course was quite challenging. Our runners ran hard and the results are as follows:

U/9 Boys: Daniel Copeland (1st), Jimmy Bartlet (6th), Thomas Triggol (8th) and Tristan Murgatroyd (19th)

U/10 Boys: Paul Scrutton (8th), Jade Davies (13th), Matthew Bush (21st), Michael De Kok (22nd), Mitchell Williams (25th)

U/11 Boys: Cameron Downs (2nd), Ross Momberg(21st), Don Hodgson (24th)

U/12 Boys: Cameron Szmetana (2nd), Dale Scrutton (8th)

U/13 Boys: Ryan Wallbanks (3rd), Nicholas Black (21st), Tye Clarke (22nd)

U/11 Girls: Tayla van Eck (1st), Abigail Pepper (5th), Lia Tasioulas (13th)

U/12 Girls: Mia Boddenberg (9th), Kate Lambert (15th), Tiffany Johnson (16th), Megan de Klerk (27th)

U/13 Girls : Kerri Wallbanks,(9th), Erin de Kok (13th)

<u>SPORT</u>	<u>TEAM</u>	<u>DATE</u>	<u>OPPONENT</u>	<u>RESULT</u>			<u>W / L / D</u>
Soccer	U9 B	27-May	St Martin's	0	-	0	Draw
Soccer	U9 A	27-May	St Martin's	3	-	1	Win
Soccer	U10 B	27-May	Under 11 C (internal)	0	-	7	Loss
Soccer	U10 A	27-May	St Martin's	5	-	1	Win
Soccer	U11 B	27-May	St Martin's	2	-	0	Win
Soccer	U11 A	27-May	St Martin's	1	-	0	Win
Soccer	Open D	27-May	Open E (internal)	2	-	0	Win
Soccer	Open C	27-May	St Martin's	3	-	1	Win
Soccer	Open B	27-May	St Martin's	2	-	0	Win
Soccer	Open A	27-May	St Martin's	0	-	3	Loss
Netball	U9 B	28-May	U9 C (internal)	1	-	1	Draw
Netball	U9 A	28-May	Summerhill	13	-	0	Win
Netball	U10 B	28-May	U10 C (internal)	9	-	9	Win
Netball	U10 A	28-May	Summerhill	18	-	0	Win
Netball	U11 C	28-May	Open E (internal)	1	-	11	Loss
Netball	U11 B	28-May	Open D (internal)	1	-	6	Loss
Netball	U11 A	28-May	Open C (internal)	4	-	3	Win
Netball	Open B	28-May	Summerhill	18	-	2	Win
Netball	Open A	28-May	Summerhill	26	-	3	Win
Tennis	Mixed Doubles	29-May	Charterhouse	40	-	23	Win

PARENTING MATTERS BY NIKKI BUSH

GOING FOR THEIR PERSONAL BEST

My nine year old son's swimming teacher got this so right the other day when he told the class that they each needed to find their own stroke rate and rhythm – rather a good lesson for life, I thought. He made them really think about how their own height and strength, together with the length of the pool would determine this, and that their stroke rate may be slightly different to the competitor next to them, and that's fine. The lesson was this: When you compete against others you often lose your own rhythm and your focus because you try and take on that of your competitor. But, if you stick to your own rhythm and stroke rate and aim to **improve on your personal best** your successes are truly worthy of praise.

Helping your children to **set their personal best, not yours**, is an important aspect of parenting. There is a fine line between being realistic and giving your child a prod to do better. You will need to *feel* your way but don't fall into the trap of living vicariously through your child's successes or they will start to feel they are loved for their performance rather than for who they are. They also need to fail in order to learn and failures can create some fabulous memories if you share them positively with your child using sensitivity and humour! As long as you teach your children to "fail forward" failure is a good thing. (Failing forward is a concept attributed to Dr John Maxwell).

In the classroom this is more difficult to illustrate because failure is not generally encouraged. However, on the sports field, it's a different story. Here a fair degree of failure is accepted, expected and even required, because persistently trying and trying again is how you learn to improve at sport – it's called expectation failure.

Continued on the next page.

PARENTING MATTERS BY NIKKI BUSH CONTINUED!

Eminent psychologist and educationalist Prof Roger Schank has this to say in his book, *Colouring Outside the Lines* (Harper Collins, 2000): “Expectation failure in sports ultimately produces a more resilient kid.....First, it demonstrates that you get lots of chances even after you fail. You don’t get just a few at-bats or play a few games. No matter what sport you’re playing, it’s an activity that you do over and over again. Baseball players learn that no matter how terrible a batting slump is, they’ll eventually hit themselves out of it. Tennis players realise that they can lose a set 6-0 and still come back and win the match. The message all sports communicate is this: if you hang in there, eventually you’ll do better or win.”

We need to bring up our children to be able to dust themselves off when they get knocked down – on the sports field or otherwise, to test their skills and knowledge, to learn what it is they need to learn, and to be able to reset their personal best meter and rejoin the battle. This type of persistent attitude and commitment to their own personal best will develop the resilience and future-focus so necessary for thriving in a very fast-changing world.

WIN A ROUND OF GOLF FOR YOU AND 3 FRIENDS!!

FORWARD THIS NEWSLETTER TO ANY OF THE BELOW MENTIONED EMAIL ADDRESSES AND YOUR NAME WILL BE PLACED IN THE MONTHLY DRAW TO WIN THIS PRIZE VALUED AT OVER R1600.00!!



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