



TERM ONE 2009

THE HERON

ISSUE 10

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011 - 388 1948 (Fax)

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079 697 2566 (Prep School)

073 580 8265 (Pre-Prep School)

071 687 0419(College)

Message for the Week

For God has said, 'I will never leave you; I will never abandon you.'

Hebrews 13:5

RUGBY RULES AT HBC!

We are very proud of our rugby boys who did so well at the recent provincial trials. We now eagerly await the results of who went through to the next round. And just to prove we have *Springboks in the making*, take a look at these photos taken by HeronBridge dad, Rob Milne. Thanks for them Rob - they are great!



We look forward to a successful 2009 season. Please remember to diarise Saturday, 23rd May: our annual U14 HeronBridge Rugby and Netball Festival takes place on this day.

Please turn to page 6 for the rugby results.

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

DATES TO DIARISE : WEEK COMMENCING MONDAY, 30 MARCH

Tue, 31	08h00	College tour to Treverton & Umhlanga departs	
April			
Wed 1	09h30	Gr 11 & Gr 12 outing to Amazing Mazes departs	
	14h00	College Netball: U14, U15, U16 & U17 vs Holy Rosary	@ Home
	18h30	Gr 9 English Elizabethan Evening	Auditorium
Thurs 2	08h00	Gr 11 & 12 outing to the Planetarium departs	
Fri 3	13h00	Prep reports issued	
	14h00	U14 netball trials @ St Andrews	
Sat 4	08h00	College Rugby : U14, U15, U16 & 1st vs St Dunstan's & Pecanwood	@ Home
		Grade 11 Leadership Camp commences	

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 (Carlswald / Oliphants area). Contact Dawn on 082 923-5582 or 0861 00 3326

PREP PAPER COLLECTION NOTICE

There is a new procedure in the Prep school for collecting paper. Please take note of the following:

- Grade 4 and 5 to bring their paper from home on Tuesdays;
- Grade 1, 2 and 3 on Wednesdays;
- and Grade 6 and 7 on Thursdays.

Recycling bins are being moved to beneath the stairs by the Grade 3 classes (new block)



**TO
RECYCLE
PAPER!**

LOST!

- Jordan Williams in Grade 6 left his cricket bat and black school shoes at the top nets before he went on the Hilton tour. Both have his name on it and his bat has an orange handle cover. If anyone has mistakenly taken it, please could they let Kim Williams know on 082 371 4676.
- Nicholas Boden Grade 2H lost his orange "Upward Sports" kits bag last Monday at the RiverView field after golf. The following **MARKED** items were in the bag : beige school golf shirt, navy school shorts, school shoes and navy jersey. PLEASE could all parents kindly keep an eye out for the kit bag and contact Carryn on 084 700 0056 if you know of the kit's where about?

**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 sponsorship opportunity for HeronBridge College.

You can expose your brand / marketing activities / collect data bases to hundreds of spectators over two days.

Date: 22nd and 23rd May

18 schools will attend and more than 600 children will be participating . We expect up to 3000 spectators on the Saturday, 23rd May : our Family Fun Day

For more information contact Wendy on 082 740 3568 NOW!

UNIFORM SHOP HOLIDAY SCHEDULE

To help you avoid the last minute rush we are open every afternoon until 15h00 for the remainder of the school term! All Winter Stock will be available in the first week of April

WE WILL BE OPEN THE DAY AFTER SCHOOL CLOSURES : Thursday 9 April from 08h00 – 13h00

Please be aware that we will be OPEN during the last week of the school holidays on the following days:

HOLIDAY HOURS: 08H00 – 13H00

Wednesday 29 April

Thursday 30 April

CLOSED Friday 1 May – Public Holiday

Saturday 2 May

Monday 4 May – Will be OPEN until 15h0

Many thanks for all your support this term. It is much appreciated!

NB: Should you have any queries or require special assistance outside of these hours, please contact Helen Balabanoff on 083 660 5643.



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 Sunday school for the young as well as a youth group for the teens. We look forward to hosting you and your family.

**FNB ARE PROUD BANKERS OF
HERONBRIDGE COLLEGE**

Commercial Banking



How can we help you?

First National Bank – a division of FirstRand Bank Limited,
An Authorised Financial Services and Credit Provider (NCRCP20).

DRAFT FCB FNC01113668

HERONBRIDGE STAR



Nicholas MacDonald in Grade 7 attended his first swimming **National Championships** for level 2 in East London from the 21st to 23rd March. He had a wonderful time, and was only sad that he didn't have time to go to the beach while he was there. Nicholas made the finals for the 100m fly and 50m freestyle. Well done Nic. We are very proud of you!

CELEBRATION OF TALENT – 15TH AND 16TH MAY 2009

This is an awesome evening, showcasing the best items from the South African Championships team as well as enjoying an evening of theatre sports.

Tickets will be on sale from Mrs. Bishop in the Prep Office from 1st April 2009.

THE HERONBRIDGE BUS



Great news!

From the beginning of next term the HeronBridge Bus will make a turn, both on the morning and afternoon runs, at the Fern Shopping Centre to accommodate all our pupils that live in **Dainfern**.

- The bus will collect pupils at 07h05 in the mornings;
- The bus will drop off pupils at the following times in the afternoons: 13h50; 15h20 & 16h40
- Cost :

Bus Charges 2009		
Monthly charge (3 months per term)	Broadacres & Dainfern mornings / afternoon only	Broadacres & Dainfern both ways
1 st child in family	R240	R410
2 nd child in family	R175	R290
3 rd child in family	R120	R205

For more information regarding times or should you want to book your child's space on this bus, please contact Nicole Butler on nbutler@heronbridge.co.za



TALKING PARENTING FEEDBACK 2009

Thank you to all our parents who attended the three Thursday sessions during March at our first Talking Parenting. From the response and feedback of our HB parents, it was a success and we believe will grow from strength to strength!

Thank you to our three speakers: Thomas Hagspihl, Nikki Bush and Angus Robinson who inspired, motivated and gave us valuable insight into topics that often cause anxiety when raising our children. We came away from these sessions feeling empowered, encouraged and determined to view issues pertaining to our children in a different way! From our Talking Parenting Feedback Survey, this is what our parents had to say :

HIGHLIGHTS:

- Invite and advertising
- Speakers were excellent
- Value for money
- Well organized & great communication tool.
- Enjoyed Dave Klein's comments
- Thomas, Nikki and Angus very much enjoyed
- Cake was awesome! Thanks to Lucy! A must for any occasion.
- Best school for my kids-so proud to be a HB parent.

SUGGESTIONS FOR 2010:

- Handouts after sessions for parents to take home.
- More motivational speakers like Derek Jackson
- Topic suggestions for 2010: Topical topics:
 - "Keep up with the times"
 - "Self-image in children"
 - "Dealing with discipline & setting boundaries!"
 - "Dealing with stress in children"
 - "Nutritious meals/lunch boxes"
 - "Five Love Languages"
 - "Technology Talks"
 - "Brain profiling/study techniques"
 - "The reality of "drugs and alcohol" in teenage children"
 - "Conflict resolution"
 - "Heart reach-sex education"

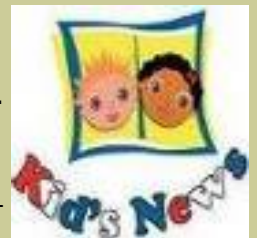
If you would like to add to the topic list for future Talking Parenting sessions, please feel free to email Lisa at lslooten@heronbridge.co.za Look out for the future Talking Parenting Sessions coming soon and book your space as soon as it is advertised! **"Knowledge is power"** and our children deserve the best from us!

"Kids News goes GREEN!!!"

Which means.... we no longer line your child's school bag, nor do we waste anymore trees.... We now keep parents informed by email.

Send your email address to: jill@kidsnews.co.za to receive our weekly, informative, news-letter, or look at our website www.kidsnews.co.za.

Kids News has over **TWO HUNDRED AND THIRTY PARTY VENUES & SERVICES LISTED** for you to choose from. That's not all, make sure you visit www.kidsnews.co.za and browse for parenting info, recipes for healthy family meals, & we have a Kids Page. For more information you can also call Jill on 011 476 9218 or 083 230 8974.



COLLEGE CO-CURRICULAR RESULTS

Rugby

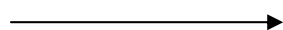
Rugby Results vs Provincial Trials						
21 March 2009						
Team	Against	Points for	Points against	Man of the Match	Tries	Conversions
1st	Sandown	29	15	Alex Jensen	Shaun Spinelli	Adrian van Rensburg X 2
					Guy Wilding	
					Adrian van Rensburg	
					Thabiso Dlamini	
					Jason Knight	
U16	Northcliff	41	6	the Whole team	Daniel Rahme X1	Wesley Marshall X 2
					Joshua Broomberg X1	Hayden Laubscher X 1
					Dylan Pretorius X2	
					Wesley Marshall X1	
					Kyle Maddern X1	
					Peiro Saeiva X1	
U15	Pecanwood	21	7	Kevin Bingham	3	3
U14	Northcliff	5	26	Cameron Peel	Kevin Rodrigues	

Tennis

Our girls are undefeated!!!!

Congratulations to all our 1st Team Tennis Girls for an absolutely outstanding season.

Results from the final match.



Well done Girls!

Tennis Results			
Date	17-Mar	Opposition	Aurora
Team	Girsl Snr	Games for	6
Result	WON	Games against	3
Doubles			
Desiree Moore	Mandi Sclanders	won 3/3 matches	
Leanne Broadhead	Deanne Wille	won 2/3 matches	
Joanne Tomlinson	Caitlin Meyer	won 1/3 matches	

COLLEGE CO-CURRICULAR RESULTS CONTINUED

Openwater

OPENWATER RESULTS		
<u>Sterkfontein Dam</u>	<u>1500m</u>	
Kayleigh Bagg	27m:50s	6th
<u>Emerald Challenge 1000m</u>		
Kayleigh Bagg	17m:21s	5th
Robyn Fincham	18m:14s	14th
Robyn Palmer	18m:45s	18th
Ryan Segeren	19m:50s	
Robyn Saunders	20m:30s	23rd
Emily Behrens	20m:40s	24th
Paul Spinelli	23m:40s	
Maxine Pernet	24m:05s	30th
<u>Ebenezer Mile</u>		
Kayleigh Bagg	29m:59	7th
Heather Brooker	34m:51s	42nd
<u>Islands Canal Mile</u>		
Robyn Fincham	26m:57s	7th



UPWARD SPORTS APRIL HOLIDAYS SOCCER AND NETBALL CLINIC

Date : 27th April 2009 to 3rd May 2009.

Time : 09h00 to 12h00 daily

Who: Children from Grade 1 to Grade 7 are eligible for enrolment.

As the Clinic draws to a close we will host the exciting Round Robin Tournament, which is planned for the 2nd May 2009 from 09h00 to 15h00. The finale of the whole clinic will be the celebration service and prize giving held at the HeronBridge Community Church on the 3rd of May 2009

Cost: R420 per first child & R380 per subsequent child

Banking Details: HeronBridge Community Church - FNB
cheque account at Fourways, 251655,
Acc no. 62092851693

Use Upward+NAME as your reference.

For more information, please collect a flyer from the Prep Offices.

THE *Alpha* MARRIAGE COURSE

STARTS 6 MAY 2009

Highly recommended!

Who is it for? The Marriage Course is for **any** married couple who want to work together at and invest in their relationship.

What is it? The Marriage Course is a series of 7 sessions designed to help all married couples strengthen their relationship. Each week you are given the opportunity to enjoy a special meal together and watch a DVD. Time is then allocated to discuss the topic as a couple. All discussions are absolutely private. There is no group work involved at any stage of the course.

When is it? Wednesdays, starting 6 May at 18:45 for 7 weeks.

Where is it? Bryanston Bible Church, 9 St James Crescent (off Eccleston Crescent) Bryanston.

What's the cost? There is a charge of R550 per couple to cover the cost of the suppers and materials.

How do I book? Booking is essential. Call the BBC office on 011 463 1530 or email church@bbc.org.za.

There is limited space available, so book **early!**

WINTER UNIFORM REQUIREMENTS : GRADE R – GRADE 12

A reminder that children are required to wear their winter uniform from the beginning of the second term - TUESDAY, 5 MAY.

Preparatory School:

Grade 1-6 Girls - HBC champagne golf shirt with short or long sleeves, tartan culottes or ***navy long pants (now compulsory!)**, navy v-necked jersey, HeronBridge tracksuit top with optional inner winter fleece—*only available at the Uniform shop*, long navy khaki stripe socks or navy tights (44 or 77 Decitex) or short navy khaki stripe socks (may only be worn underneath the navy long pants). HB peak cap and black school shoes.

***Girls' navy long pants (now compulsory!).** This item was introduced in 2008 and now forms part of the academic winter uniform. However, the culottes still remain part of the winter uniform choice and this will not change.

Please note: Tracksuit pants **do not** form part of the academic uniform for 2009. The tracksuit pants will remain an integral part of the co-curricular sports uniform.

Grade 1-6 Boys - HBC champagne golf shirt with short or long sleeves, long navy trousers, navy v-necked jersey, HeronBridge tracksuit top with optional inner winter fleece—*only available at the Uniform shop*, long navy khaki stripe socks, HB peak cap, black school shoes.

College:

Grade 7-11 Girls

Navy HeronBridge blazer, tartan skirt or champagne coloured long pants, white long sleeve formal shirt, HeronBridge tie, navy v-necked jersey long sleeve or sleeveless, long navy khaki stripe socks, or khaki socks (for trousers), or navy tights (44 Decitex), black school shoes.

Grade 7-11 Boys

Navy HeronBridge blazer, khaki chino trousers, black belt, white long sleeve formal shirt, HeronBridge tie, navy v-necked jersey long sleeve or sleeveless, short khaki socks, black school shoes.

Grade 12 Matric Girls

Navy HeronBridge blazer, Matric/Councillor Badge, tartan skirt or champagne coloured pants (new item), white long sleeve formal shirt, HeronBridge Matric tie, Matric white v-necked jersey long sleeve or sleeveless, long navy khaki stripe socks, or khaki socks (for trousers) or navy tights (44 Decitex), black school shoes.

Grade 12 Matric Boys

Navy HeronBridge blazer, Matric/Councillor Badge, khaki chino trousers, black belt, white long sleeve formal shirt, HeronBridge Matric tie, Matric white v-necked jersey long sleeve or sleeveless, short khaki socks, black school shoes.

ELECTIONS 2009

The elections are being held on the **22nd of April**. This falls in the middle of the Private school holidays. Don't worry if you are going away, you can still make your mark by voting at a station close to you. Councillor Mendelsohn has sent out a memo to give the exact process to follow if you will be away over this time.

HOW TO VOTE IF YOU ARE ON HOLIDAY ON 22ND APRIL 2009

1. Remember to take your ID book with you
2. To check where you are registered as a voter, SMS your ID Number to 32810 . (A service of the Independent Electoral Commission [IEC]). Within a short time you will receive a response informing you at which specific voting station you are registered. You will need this information. Please make a written note of it.
3. To find the voting station closest to where you will be, go to the IEC website on www.elections.org. There is an icon on the home page called "**Where do I vote?**" This will help you to find the voting station. Alternatively, you can call 0800 11 8000 and use option 4. As the lines will be very congested on Election Day itself. Go through the exercise well before Election Day, and familiarize yourself as to the exact location of the voting station.
4. Once at the voting station, you will need to complete IEC form VEC4. Insist on getting it.
5. If you are in your home province of Gauteng (e.g. holidaying in the Cradle of Mankind), you will be given both the National and Provincial ballot papers.
6. If you are out of Gauteng, you will be given only the National ballot paper.

Remember, every vote does count. Please make the effort to have your say.

PRE-PREP AFTERCARE - WHAT FUN!



The sandpit is a wonderful place for future Murray and Roberts partners minds to develop. Look what they come up with : not just buildings but entire towns
Aftercare little geniuses playing together.



Megan shows Melissa, Witness and Happiness how to swing their hips — keep up with Megs ladies.



All of us at the start line. Ready, steady, go! Who will be the winner?