

**DATE:** 23 October 2023/ Amberfield College Newsletter

## Weekly activities

<b>MONDAY:</b>	
<b>TUESDAY:</b>	
<b>WEDNESDAY:</b>	
<b>THURSDAY:</b>	
<b>FRIDAY:</b>	
<b>SATURDAY:</b>	

### UNIFORM

Our Uniform shop is open  
 Monday, Wednesday & Friday 07:00 – 12:00  
 Tuesday & Thursday 10:00 – 15:00  
 Last Saturday of the Month 09:00 – 12:00

## Word from the executive principal

Dear Parents.

Please join me in wishing our learners all the best for the upcoming final exam.



Kind Regards –

Mr M Ponnen - Executive Principal

## Important dates and events

Wednesday 13 December: School Closes for Term 4

\*Please see the D6 Connect App for the detailed calendar

### BANKING DETAILS

**Bank:** Nedbank  
**Account number :** 1160699062  
**Branch Code :** 198765  
**Account Holder :** Amberfield College  
**Reference :** Family Code

#### FOR MORE INFORMATION:

**Email:** debtors@amberfieldcollege.co.za  
**Tel:** 012 865 0101

*Remember*  
 TO DOWNLOAD THE  
 D6 COMMUNICATOR!



We will update you on  
 important school info daily!

Contact us for more information



[www.amberfieldcollege.co.za](http://www.amberfieldcollege.co.za) 012 534 3344 [info@amberfieldcollege.co.za](mailto:info@amberfieldcollege.co.za)

# More Amberfield news!

## Pre – Primary News:

### Special days for Term 4

**Friday 27 October:**

**Cosplay day – learners may wear Comic character themed Civvies for R10**

**Thursday 26 – Friday 27 October:**

**Graduation photo day for Gr RRR and R learners**

**(Come neatly dressed in summer school uniform and hair neat)**

**Friday 3 November:**

**Gr R graduation ceremony and Concert for the Pre-School**

**(Communication has been sent out on class groups)**

**Friday 10 November:**

**Funky sock day**

**Friday 17 November:**

**Letter land character day**

**(Choose your favourite letter land character and come dressed as him/her)**

**Thursday 30 November:**

**Done with work and assessments**

**Friday 1 December:**

**Secret Santa day and class parties.**

**Monday 11 December:**

**Reports will be handed out in the Pre-Primary**

**(Parents can come and fetch it between 8:00 and 10:00 in the morning)**

Kind Regards and Amo!

Ms L Pretorius

Pre-Primary Principal

[lpretorius@amberfieldcollege.co.za](mailto:lpretorius@amberfieldcollege.co.za)



# More Amberfield news!

## Primary School:

Greetings everyone and welcome to the final term at Amberfield Primary School. Examinations are just around the corner and we would like wish all our learners the very best of luck for the final exams.

**"Although no one can go back and make a brand-new start,  
Anyone can start from now and make a brand-new ending." — Carl Bard**

### Learner Spotlight:

Congratulations to Caide Martin in grade 6A who participated in the Super USO Guitar Hero competition and finished in 2nd place. Rock on!



We are also very proud of Kumila Madubula who participated in the A+ Students Abacus Maths National Championship which took place in Cape Town on 7 October 2023. She finished in 3rd place.



Grade 7 learner, Awande Shangase participated in the Miss Gauteng Schools and was crowned as Miss Gauteng Public Winner and Miss Gauteng Schools at Doxa Deo Midstream.



### Top Ten Learners Term 3:

Congratulations to our Top Achievers for Term 3!

	Gr 1	Gr2	Gr 3
1.	Tlotliso Rammupudu	Riley Friend	Neilan Barends
2.	Lesedi Delebo	Sebastian Visagie	Sania Sewlall
3.	Umi Mshweshwe	Lukhanyo Nzula	Wamina Mabasa
4.	Kwandokuhle Khanyile	Tsholofelo Maforah	Mutsawashe Mhembere
5.	Linamandla Zwelibanzi	Nxalati Shilubane	Akifah Kadodia
6.	Kamo Mofokeng	Kopano Thwala	Blake Parrott
7.	Khomotso Legodi	Ethan Govender	Rotakala Takalani
8.	Temosho Tau	Oreabetse Mofela	Mikayla Ismail Essa
9.	Olivia Sello	Liam Pothraju	Ditheto Maja
10.	Keziah Lamola	Kenya De Bruin	Lana Zwane

	Gr 4	Gr 5	Gr 6	Gr7
1.	Lebone Msimanga	Noah Berry	Shyla Govender	Oreokame Raseleka
2.	Lethabo Nyandeni	Khanyisile Mkhwebane	Amylee Berry	Busang-Kaone Brandt
3.	Motheo Matome	Ditebogo Tladi	Julian Visagie	Kago Poee
4.	Vihaan Sardar	Ashlyn Davids	Luca-Marie Martinus	Denika Govender
5.	Kyrah Govender	Vidhya Naidoo	Mamello Sejake	Riley Rampersad
6.	Keegan August	Uzusiphe Smith	Lino Ndlebe	Mwezi Moloto
7.	Inam Sibotho	Nobuhle Masango	Cayhil Kanhai	Anathi Khanyile
8.	Lefika Ledwaba	Akhil Rampersad	Thato Monakgisi	Kian Laidlaw
9.	Boipelo Mogale	Lethu Ndlebe	Ontshiametse Dingoko	Carissa Davids
10.	Boikano Mothapo	Katumelo Sebidla	Tshegofatso Sebitlo	Dineo Maseko

### Important Dates:

9 November – 24 November	Final Examinations
1 December	Gr 3 Awards Ceremony @ 09:00 – 11:00
4 December	Gr 1-2 Awards Ceremony @ 09:00 – 11:00
7 December	Gr 4 – 6 Awards Ceremony @ 8:00 – 11:00
	Gr 7 – Valediction @ 17:00 – 20:00
11 December	Gr 1-3 Reports handed out
12 December	Gr 4-7 Reports handed out
13 December	School closes @ 10:00

Kind Regards and Amo!

Mrs B Derbyshire

Primary School Principal

bderbyshire@amberfieldcollege.co.za



# More Amberfield news!

## High School News:

### Good luck for exams picture please!!!!!!

The examination timetables were distributed on Monday and the learners should start planning and preparing for the examinations. Please note that learners will only come to school on days that they are writing exams. They may leave immediately after their exams. Please arrange transport according to their examination times.

### Matric Ball



On Friday, 29 September, we celebrated our Matric Farewell and what an occasion. The learners looked magnificent and the venue was very stylish. Thank you to Ms Herzog, Mrs Mahlangu, Ms Kommer and the whole committee for all the effort they had to organise this event. It was an unforgettable experience for everyone who attended the function.

### Trip-to-Travel



Exciting news!! We are planning a European trip in 2024 for our current grade 9 & 10 learners through Trip-to-Travel. We are planning to make this an annual event, to afford our learners the opportunity to become global citizens. If you missed the meeting on 17 October, please feel free to send an email to Mrs Share at [hshare@amberfieldcollege.co.za](mailto:hshare@amberfieldcollege.co.za) for more information.

## Important Dates and INFORMATION

Some important dates for this term:

Monday, 30 October: Examinations start.

Kind regards and AMO  
Mrs. H. Share  
High School Principal  
[hshare@amberfieldcollege.co.za](mailto:hshare@amberfieldcollege.co.za)

# More Amberfield news!

## Culture News:



Good day

Our learners have done exceptionally well during the festivals we entered.

We entered the following festivals: LALT Eisteddfod, GEE Eisteddfod and Perservaria Eisteddfod.

This week the 16th of October - 20th of October we are participating in the Artistatue National Finals. Wednesday 18 October we Achieved A++ for both our Marimba groups. We cannot wait to share the rest of the results



Kind Regards and Amo!  
Primary & High School Culture Team.



# More Amberfield news!

## Sport News:

### Primary School Sport:



### **Results:**

Our Term started with our inter house Swimming Gala. Congratulations to all those who were selected for the gala team as well as those who made it into the development team.

Our Softball Girls played their first game of the season against Kyalami Prep School.

U/132 Cricket boys beat Lynwood Ridge Primary by 83 runs! Well Done Boys!

### **Upcoming Fixtures:**

Boys and Girls Tennis vs. Summerhill

U/11 and U/13 Cricket vs. Robert Hicks

U/09 Cricket vs. Jacaranda

Swimming Gala @ Amberfield vs. Curro Thatchfield, Jacaranda and Pinnacle Raslouw

### High School Sport:

#### ***Final Farewell from the High School Sport Leaders:***

Good day to all our learners and loyal readers!

This is Keamogetswe Mogodiri, Head girl of the Sports Committee 2023 and Ntokozo Shezi, Head boy of the Sports Committee 2023 signing out! But wait- before we completely sign out we would like to thank the entire school and management for a wonderful and successful sports year. For a school that had the field under construction at the beginning of 2023, we made a promise that once the field is set we would end the year off with a bang and guess what? We did just that.

From hosting Rugby home games to our very own Amberfield College soccer players partaking in the Camp Discovery Soccer Tournament and netball girls taking a trip down to the Kwazulu-Natal province for a Netball Tournament.

In our books, we've done it all.

On the 28th of July 2023, we hosted a breath taking Interhouse Athletics and all I can say is that we've outdone ourselves (We've definitely set the bar) and we couldn't have done it without you all. Therefore, we would love to say a special thank you to our principal Ms. Share, our lovely Head of Sport Ms. Hurn (#our beautiful mother) and all our determined coaches. Thank you very much for being patient with us and for your great participation, we hope that you will continue to flourish and expand the traditions we've built. To our learners we say, continue to be disciplined and work hard, make us and yourselves proud. Leave your legacy because all your legacies indeed become OUR LEGACY.

Thank you for having us, that's it for us- Heads of Sports 2023 officially signing out!

### **Kind Regards and Amo!**

Mr N Liebenberg

Head of Sport: Primary School

[nliebenberg@amberfieldcollege.co.za](mailto:nliebenberg@amberfieldcollege.co.za)

### **Kind Regards and Amo!**

Ms R Hurn

Head of Sport: High School

[rhurn@amberfieldcollege.co.za](mailto:rhurn@amberfieldcollege.co.za)

# More Amberfield news!

## Therapy News:

JUST FOR TODAY...  
BE KIND TO  
YOUR MIND!

Dear Parents and Learners

As part of creating awareness for Mental Health Month, the High School learners had a talk by a Psychiatrist on mental health issues experienced by adolescents. There is a dire need for a change in our thinking about mental health problems and an urgent need to redress the stigma attached to mental health problems.

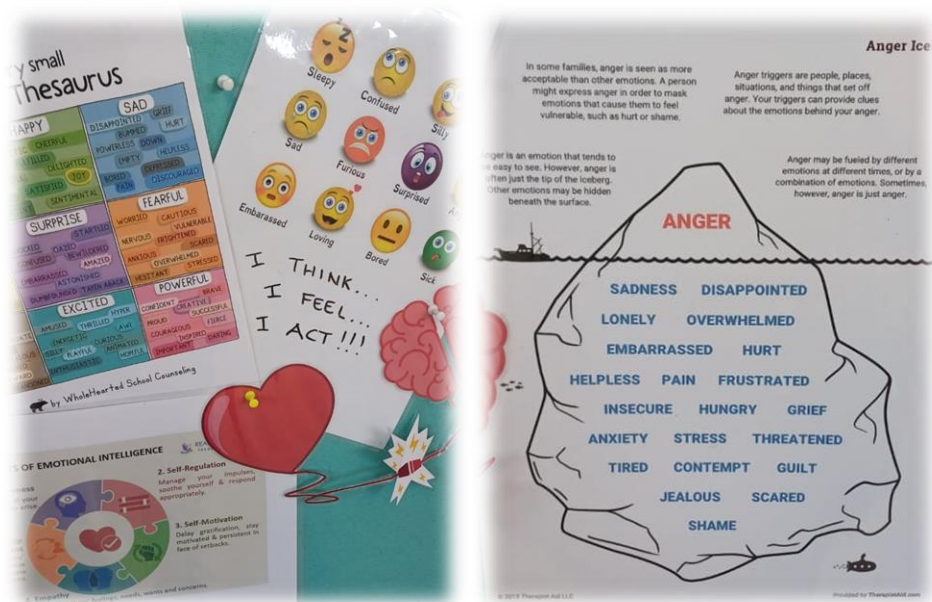
We are facing an emotional epidemic that is so disruptive and destructive to mental health and physical well-being that an article in the Wall Street Journal suggested that "it is responsible for taking more lives than smoking, drinking and not exercising, combined." This weapon of mass destruction is so harmful that the University of London said that if not managed effectively "it is six times more predictive of cancer and heart disease than cigarette smoking, high cholesterol and elevated blood pressure."

What is this emotional epidemic that is being referred to?

### **STRESS!**

There are two types of stress. Acute stress and chronic stress. Acute stress is the normal stress that we feel when our ego is threatened and we feel a poor sense of coping and control. This stress can be good as it keeps us motivated, alert and ready to respond. Our bodies produce adrenalin to help us respond to stressful situations. Chronic stress, however, is caused by repeated exposure to an unhealthy or toxic situation. Without intervention this prolonged stress may cause neurological disorders and physical illnesses and diseases. The symptoms may be physical or emotional. Common reactions to a stressful event can include: **disbelief, feelings of fear, shock, anger, sadness, worry, numbness, frustration, changes in appetite, energy, desires, and interests, difficulty sleeping or nightmares, concentrating, and making poor decisions, physical reactions (such as headaches, body pains, stomach problems), increased use of tobacco, alcohol and other drugs.**

Some ways to cope with stress: reduce screen time and instead take walks, exercise, use breathing and relaxation exercises, eat healthily, get enough sleep, unwind, do something fun, start a new hobby, connect with community and faith-based organisations or simply ask for help.



Kind regards and AMO!

Mrs Gail Sentoo

School Social Worker

[gails@amberfieldcollege.co.za](mailto:gails@amberfieldcollege.co.za)



# More Amberfield news!



## EXCITING NEWS SPECIAL SCHOLAR Gym membership!

Planet Fitness has joined forces with your child's school to launch an exciting new wellness initiative. Now offering **specials on all joining fees** to help you reach your health & fitness goals.

At Planet Fitness we believe that health & fitness should be the core foundation for all children. That's why we've arranged to provide you with the know-how, skills & inspiration to encourage you & your children to lead a healthier lifestyle.

Scholars wanting to make use of their gym of choice in **off peak training times** can

Join Planet Fitness for only **R99<sup>\*</sup>** p/month

OR

Scholars wanting to make use of their gym of choice in **peak training times** can

Join Planet Fitness for only **R199<sup>\*</sup>** p/month

## TEENS TRAIN FOR FREE ON A PARENT'S MEMBERSHIP.\*

Always staying abreast of international fitness trends, Planet Fitness boasts world class facilities & equipment, including indoor running tracks & swimming pools at many of our gyms. In addition, Planet Fitness also offers a wide variety of cutting-edge studio & floor-based classes. For more info, go to [www.planetfitness.co.za](http://www.planetfitness.co.za)

### HOW TO GET STARTED:

- Call your nearest Planet Fitness Club and make an appointment
- Please bring along both your ID's and your child's report card
- Make a booking for our induction programme

\*T&C's Apply



planetfitness

You're now on your way to meeting the new you!



*More Amberfield news!*



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