



Weekly Newsletter

H I G H S C H O O L

DATES 2 DIARISE



Emotional
Intelligence @elkanah

Dear Parents

19 October 2017

Seize the Day!

Emotional Intelligence is such a glorious concept. It makes the shadowy world of individual intellect more understandable. Every student is being developed at Elkanah House and the most important part of that is the development of their capacity to read, analyse, decide and DO. It is easy not to work, not to read, not to grow, to blur lines, to make poor choices, to disregard good advice and to allow opportunity to slip by. That's what it means to be a person who poorly synergises intelligence in its raw form with emotional intelligence.

Emotional Intelligence is an amplifier; a way of living that takes raw talent and applies it more effectively in life. It transforms a student, pushing their limits, pushing their sense of comfort and making their success durable. Durability is everything. Building this quality is not simple, nor is it always popular. Elkanah House is committed to that. A student that can withstand the buffets of hard work, events, social outreach and homework will do better and better every year. Building this stamina; building emotional control; discipline, drive and self management are all elements in the creation of an emotionally intelligent student. There is no room in the life of a deeply successful person for petulance, lack of humility, low drive, low work ethic and lack of interest.

Elkanah House is deeply committed to producing the very best young people that we can. We have a wonderful track record of success. Our Valedictory was an example of this. We said good bye to a grade, filled with strength, dignity and deep seated commitment to being great. That was the best of privileges for a teacher. Soulshine (the open, loving warmth of the heart) is always better than sunshine.

Mr Pete le Roux
Grade 12 Head/Life Sciences HOD

17 October
Gr12 Final Exams
Commence

28 October
Grade 10 Dance

9 November
Sport & Cultural
Awards Evening
(By Invite Only)

13 Nov- 1 Dec
Gr10 - Gr11 Exams

20 Nov - 1 Dec
Gr7 - Gr9 Exams

6 December
Valedictory Service
@ Joshua Generation
Church, Wingate
Road, Sunningdale
18h30 for 19h00
COMPULSORY

Q U O T E

"With men this is impossible, but with God all things are possible."

Math 19 v 26

Prefect Portfolio's 2018



Head Girl
Cat Loeijs



Head Boy
Benrico vd Watt



Junior Grade Guardians
Misty Farquhar & Ethan Adams



Deputy Head &
Matric Committee
Morgan Obermeyer



Matric Committee
Jade Stuckie



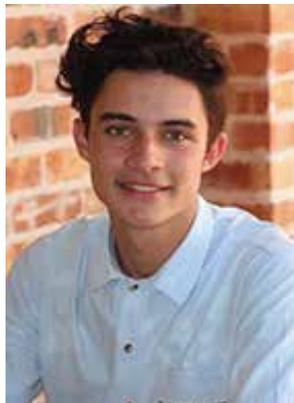
Matric Committee
Samantha Knupp



Culture
Liam Herbst



Sport
Dario Hendrickse



Head of Sapphire
Liam Stoops



Head of Emerald
Jordan Kohn



Head of Ruby
James Hazell



Outreach
Silibaziso Mupereki



Outreach
Reese Brits



Environmental
Chloe Dreyer



Revival
Forgiveness Kolela

New Prefect Camp 2018

On Friday, October 13, the High School formally welcomed the prefect body of 2018. To kick off our journey in our new roles, we set off for Elands Bay Guesthouse for the prefect camp. Once there we began a weekend of enriching leadership training, team building and the laying of a foundation for a phenomenal year ahead.

The weekend was led by Ms. Elizabeth Retief as our grade head and Mr. Carl Fourie as head of leadership at Elkanah House. Through their instruction, we were briefed on the mantle we as prefects must uphold and, moreover, were given stellar leadership training to be able to do so. We engaged in tasks that explored team building and unity. In doing so, we learned a great deal about our own strengths and weaknesses as individuals, along with our functionality as a unit. During the weekend we solidified our vision for the year ahead. This included the allocation of portfolios. After much deliberation, our final allocations left each of us satisfied and abundantly passionate for our roles in the coming year. We were able to put this passion to use in setting out our major goals for our time as prefects. These planning sessions provided opportunity to further explore our team dynamic. Our time, however, wasn't solely serious matters, as there was no shortage of laughter during the weekend. The camp, of course, gave us the opportunity to create and strengthen some powerful bonds between each of us. This was arguably the most valuable of the weekend's experiences. We grew closer as a team and will carry with us into our duties a sense of trust and co-dependancy in our newfound family.

By Sunday, we departed the camp with vision, excitement and a steadfast unity. We are overjoyed and beyond proud to be able to serve the school in the coming year and vow to make it one for the record books.

(Submitted by: Morgan Obermeyer - Deputy Head 2018)



Mrs Leech - Maternity Leave

We would like to wish Mrs Leech all the best as she starts her maternity leave this week. Her son, Jack Edward is due on 6 November and Mrs Leech will be at home with him until the start of term 3 2018. This is an exciting time for her and her family; however, her Elkanah House family will miss her greatly!

We welcome Mrs Smit who will be taking over Mrs Leech's lessons and tutor group for the duration of the maternity leave. She has been doing a thorough handover with Mrs Leech this week and we know that EMS is in good hands!

Crazy Sock Day@Elkanah House

Elkanah House, in association with West Beach Clinic, celebrated Crazy Sock Day on Monday, 16 October in order to create awareness of Mental Health and endeavour to remove the stigma associated with mental illness. Pupils and Staff wore colourful socks in honour of the day. The aim was to celebrate our individual uniqueness, to have fun and to normalise issues associated with mental health. The Elkanah grounds were beautifully decorated in colour by all who supported this initiative.

Dr Farzana Mohideen –Botes, a psychiatrist at West Beach Clinic well-familiar with our community, was invited to speak to the school about mental Health. Her engaging and caring demeanour and her informative talk made her a perfect fit for the occasion.

Currently, 10-20% of children and teens experience mental disorders. If untreated, these conditions severely influence children's development, their educational attainments and their potential to live fulfilling and productive lives. But an ill-informed and damaging attitude among some people exists around mental health that can make it difficult for some to seek help. The problem with mental illness is that it is not a tangible ailment; it cannot be seen in the physical and hence, often misunderstood. Thus it is important, that we raise awareness of Mental Health amongst our pupils and aim to remove the stigma that is associated with the illness. Many of our pupils have reported experiencing anxiety attacks, depressive feelings and feelings of suicide at times. It is important that they feel supported on their journey by their school and by their peers.

We will invite Dr Botes back to Elkanah House at the start of term 1 in 2018 to address you, our parents, on the topic of Adolescent Mental Health at a Breakfast meeting. Please look out for communication on this in the New Year.

WHO, 2017, Mental Health, World Health Organisation, http://www.who.int/metal_health/world-mental-health-day/en/, accessed 18/10/17

Submitted by: Mrs Ilse Pretorius
HOD Life Orientation



Sports News

Karate

Congratulations to Ruan Louw who took part in Destiny, the official National Championships for Sports Martial Arts, Jiu-Jitsu, Breaking and Mixed Martial Arts (MMA) and received Silver for Destiny Saga Jiu-Jitsu, Gold for Destiny JJ Grand Champ and Silver for MMA categories. Well done, Ruan.

Lauren Bonthuys took part in the Allen Fourie Memorial Karate Competition in September and received a gold for Kumite (fighting) and silver medal for Kata.

Swimming

Zac Ellis competed in the Heritage Day swim in September which is a 4,8 km event held at the Oceana Powerboat Club in the Waterfront. He improved on his 3rd place from last year, winning the men's division in a time of 01:06:53. Well done to Zac.

RESULTS

Cricket

U14 v Tygerberg High – Won by 6 wickets

Player of the match – Andre Nieuwoudt who scored 16 not out and took 4 wickets for 22 runs

1st XI v Table View High – Won by 4 wickets

Player of the match – Jorgen Pettenburger who scored 28 and took 4 wickets for 9 runs

Tennis

U13 v Jan van Riebeeck - Drew 3-3: Player of the match - Jason Hill

1st Boys v Blouberg International – Lost 4-10: Player of the match - Ryan Nuttall

3rd Boys v Reddam Durbanville - Lost 4-8: Player of the match - Andrew Beveridge

4th Boys v De Kuilen High - Lost 2-10: Player of the match - Noah Lewis

Girls' Hockey

Team 1 v Settlers – Won 9-0: Player of the match – Kira Gossow

Team 2 v Table View High – Won 4-2: Player of the match – Jade Thompson

Team 3 v CBC – Lost 2-1: Player of the match – Carly Londt

