



The Weekly Blah

Great Group-Work for Grade Ones!



Grade ones are now benefiting from the process of group-work. They have learnt to:

- Work together happily
- Stay focused on the task at hand
- Work in an unstructured (picturesque!) environment
- Improve their negotiation skills
- Be a good leader and a good follower.
- Draw on each others strength's to produce beautiful work
- Have fun!



Not just a school ~ a way of life



MAD

At the last MAD Outreach session Mrs Wiles' classroom became an art room for the morning and some great artistic talent was discovered! Afterwards, we played pass-the-parcel, games on the courts and hid a treat for each of our buddies in a mini treasure hunt. This week our MAD group got together with the Tereo girls at Somerset House. It is always so nice to see their smiling faces as they run to greet and hug us, their "buddies". We celebrated Nika's birthday, finished off our friendship journals and chatted about our families and schools. Afterwards, we turned up the music and sang along to our favourite songs. Some of us danced with the Tereo girls - they really do have rhythm! We played ball games, climbed the jungle-gym and went for a walk around the school grounds. Everyone had a great time. We really have formed a special bond with these girls.

~ Eltanin James



HEADlines...

New Bell

We enjoyed a very special visit from Mrs Carol Downes who, as many know, was a Pupil, Parent and Chairman of the Board of Governors at this school. She was delighted to be able to see, and ring, our new bell, having experienced this so many times as a pupil here. The purpose of her visit was to meet our new Chairman of the Guild, Mr Kevin Gambarana, and pass on the knowledge and spirit of the Guild. Thank you for your visit and unending enthusiasm and love for Somerset House.



Thank you to our Guest Teachers

With seven staff members attending the Proudly Primary Conference in KZN, we have been fortunate to have skilled people replacing them in the classrooms. We are grateful to Gay Lightfoot, Charmy Haantjies, Judy de Haas, Kyla Daniel and Nadine de Kock for assisting us. Without your help it would have been impossible for our staff to experience this amazing opportunity.

Congratulations to our Sport Participants

We have just experienced a very busy period of sport and we have achieved much along the way. The recent outing to Bridge House was an opportunity for many of our Grade 1 and 2 children to experience a fun match. On the other end of the scale, our Girls and Boys' 1st Hockey teams were dominant at the recent Kenridge Tournament. They will go on to participate in the Western Province Championships. Our rugby matches against Somerset College was superb this week, with all teams registering successes. The list goes on. I am very proud of all our players, especially the seniors who have led by example this week. Very well done!

Chris Storey – Headmaster

head@somersethouse.co.za

Microscopes!

Last week the Grade 7 children were given the opportunity to be the first users of the microscopes which were kindly donated by the Guild. The Grade 7 children are learning about cells and they were able to see the cell wall of an onion and look at some bread mould. Thank you so much to the Guild for enabling the learning process to be a much richer and more hands-on experience.



Poets In The Making!

The Grade 5s have been busy writing their own poems in Drama. They presented these poems to the class and below are a few of the results.

Sharing

There was a mouse
That lived in a little house
He found some cheese
Which he shared with the bees.

So the bees gave him some honey
The mouse thought that was funny
The mouse poured the honey on some pancakes
Which he shared with the sand snakes.

The snakes went home
Then the mouse was all alone
So he called the "Birdie Airways"
So that he could go on one of his surprise holidays.

The birds name was Looney
She thought he was very puny
On the flight I sat next to a selfish bear
And I thought why can't everybody share.

By Claudia Selb and Jessica Hale – Grade 5K

The Wildlife

Monkeys like to fight
And lions like to roar
Hyenas sometimes hunt at night
And eagles like to fly and soar.

Leopards like prey nice and tender
The wolf in the night likes to howl
Warthogs don't mind their gender
While they act like the owl.

In the desert, people on safari
Using only their sticks and binoc
Lions hunt them in the Kalahari
While their watches go tick tock.

The lilac breasted rollers are beautiful
Like the colourful rainbow sunset
While the buck eat plant chlorophyll
The tiger eats a nice plump marmoset.

By Alexander van der Merwe, Lawrence Wilson,
Andries Mouton – Grade 5K

News from the Ladybird Class

The Ladybirds (Grade 000) made the most of the lovely weather and enjoyed the outside play area. Budding artist Zara Els created a masterpiece. Matthew Kemp spent some time creating his own 'big machine' while Sebastian Morkel, Ben Cox, Rohan Lourens and Daniel Hanekom enjoyed taking turns on the rocking horse.



Security Update – Tag-reader at Drama Street Entrance

We have installed a tag-reader at the Drama Street pedestrian gate. Those of you with existing tags must swipe your tag at the gate on any weekday between 07h30 and 16h00 in order to programme your tag into that gate. Our Facilities Manager will ensure that the reader is in 'programme mode' between these times until 16h00 Friday 10th September 2010. After this date you will need to make alternative arrangements for your tag to be programmed. Those who do not have tags are reminded that they are available from the Admin office for a deposit of R50.



Artists of the Week

The Artists of the Week are Phumudzo Netshivhongweni and Josephine Cooper in Grade 6 for their beautifully painted still-life of poppies. They were inspired by the summery colours of the flowers and used the contrast between hot and cool colours effectively. They also managed to observe and draw well which served as a good basis for their paintings.



Helderberg Art Eisteddfod Results

There were 47 Somerset House entries into the Helderberg Art Eisteddfod. Well done to all the participants. We are very proud of you! The results are as follows:

Cum Laude	7	Gold	5	Silver	4	Merit	10
Gold+	8	Silver+	9	Bronze	4		

Kingswood College Music Concert

This 49-member band, complete with woodwind, brass and percussion sections, have wowed audiences around the country with their enjoyable blend of popular songs, medleys and light classics. Come and enjoy an hour of delightful music. Previous winners in their class at the Tygerberg Eisteddfod, they are considered one of the best school bands of their kind. Bring your children along to an hour of delightful Music Entertainment!

Date: Monday 30 August

Time: 19h00 – 20h00

All welcome ~ Donations in aid of Red Cross Children's Hospital

Congratulations!

Congratulations to past pupils Sasha- Leigh Fagan, Kamita Prag, Elisa Heusser, Jonty Young-Pugh and Nicholas Hoskings who have been elected as 2011 Parel Vallei Learner Council members (Prefects).

Well done, Dylan!

Dylan is a pupil at the Do Re Me Music School and had his Grade 1 Drum Kit Exam of the Rock School of Trinity College (London) during July 2010. He did exceptionally well passing with 81%. This is a picture of Dylan practicing at home with his electronic set (the neighbour- friendly version!)



Recycling ~ White Bakkie Man returns!

Another absolutely breathtakingly beautiful morning up in the main car park. The sun peeping purposefully around the majestic mountains, her rays delicately highlighting the rocky ridges and perfectly purple peaks of the Helderberg - we are very spoiled! Back to reality...a new candidate for the wheel barrow licence had an unfortunate incident when a bag of shredded paper tumbled from his load.

Class	Weds 14 July	Weds 21 July	Weds 28 July	Weds 4 Aug	Weds 11 Aug	Weds 18 Aug	Weds 25 Aug	Total
7M	45.0	7.0	7.0		16.0	10.0	14.0	99.0
7W	2.0	11.2	37.5	23.0			9.0	82.7
6C		225.9	175.7	67.8	108.3	94.5	7.0	679.2
6W	19.0	26.3	41.8	16.0	16.0	4.0		123.1
5B	27.2	24.2	122.6	10.7	25.8	18.6	16.1	245.2
5K	60.8	47.0	4.5	26.0	62.7		49.2	250.2
4M	7.5	46.5	18.0	6.5	57.0			135.5
4vN	45.4	20.0	4.1	16.0	17.7	2.0	4.7	109.9
3P	20.0	43.5	44.5	66.4	17.4	4.0	22.2	218.0
3U	8.2	5.7	70.2	17.5	64.0		18.6	184.2
2P	59.0	32.0	20.8	76.9	21.0	87.9	10.5	308.1
2T	67.2	43.3	205.5	64.9	19.6	377.3	190.5	968.3
1dP	44.0		7.0	32.0	13.4	2.2		98.6
1R	20.0	2.1	7.0	24.1	8.0	12.0	21.5	94.7
Weekly Total	425.3	534.7	766.2	447.8	446.9	612.5	363.3	3596.7

Debris everywhere and a slight delay in deliveries. Not sure if he passed the test...! The auditors have clamped down on some dodgy weights - they have introduced scales and some random testing...some discrepancies were discovered and some heavy fines dished out. Beware the person who boasts about the size of the fish!

Grade 00 take a hop, skip and a jump to Grade 3.

The Dormice are learning all about the exciting job of teaching this week and they visited Grade 3 to find out what it is going to be like in "big school", sitting in "big desks". What fun!



Dr Mike visits the Fieldmice (Grade 00)

Dr Mike (Dr Beviss-Challinor) spent a morning in the Fieldmouse class explaining to the children what a doctor's job entails. He came with his large doctor's bag and the class were entertained and educated about all the equipment there in.



Andrew listening to Michael's heart using his father's stethoscope.



Dr Mike taking Matthew's blood pressure.

Dion: He taught us to hear our heart with that thing that goes in our ear -a stethoscope.

Aidan: He said no running around with ear buds in your ears.

Jaime: He said when we cough, we must put our hand in front of our mouth.

Campbell: He taught us that if the medicine is not yours you don't take it.



Grade 2 Masks

The Grade 2 Thöle class enjoyed a fun lesson creating African masks with Student Teacher Ms Heidi Such.



Sports News

INTERSCHOOLS MOUNTAIN BIKE RIDE RESULTS FROM FRIDAY 20 AUGUST

- U7 Boys 1st Nicholas Cilliers; 2nd Jake Love; 3rd Nicholas Lombard
- U7 Girls 2nd Nicola van Rensburg
- U9 Boys 1st Matthew Cilliers; 2nd Daniel Love
- U11 Girls 3rd Jessica Meissner

Somerset House ended the day on 68 points versus Beaumont Primary's 54 points. Congratulations! Please note the course has changed slightly for all riders with a new start and finish away from the car park which means that all age groups do 3 laps except the U11 who still complete 2 laps. The next ride takes place on Friday 3rd of September at the Helderberg Farm. Registration at 14h30; ride starts at 15h00.

CONGRATULATIONS, MARAIS!

Following on from the Western Cape GoJu Ryu Karate championships held on 17 July Marais competed in the National event held on 14 August at DF Malan Sport Centre, in Stellenbosch. Congratulations, Marais with another silver medal for Kata in your division! We look forward to the IOGKF World Friendship Tournament (Ubuntu) to be held in October at Stellenbosch.





HOCKEY

This is a photo of the U9 team that played against Beaumont on Thursday and also at Rhenish last Saturday. They have won all the games that they have played this season except for Thursday when they drew 1-1 against Beaumont.

RUGBY VS SOMERSET COLLEGE: 25 AUGUST 2010

All our teams dominated proceedings from the start. All our teams played as well-drilled units, supporting each other and off-loading at the correct moments. Our junior teams all won by significant margins and managed to defend their own try-line well.

On the senior front the U11B started off rather shakily and allowed the opposition to score some early tries. Some motivational words from Mr Taylor behind the posts made our boys realise that they could succeed. They emerged victorious with a score of 20-15. The U11A team also played with a lot of guts and determination, scoring five tries in all. They are also linking well in midfield and managed to get a lot of their possession on the front foot. The highlight of the afternoon was the way in which our U13 team turned the tables on our previous outing to The College. Our boys were focused and determined to show that their previous result was not to be repeated. Keegan Ahern lead his team from the front and after scoring a sensational first try, set the tone for the afternoon. Many spectators will agree that the manner in which the boys are playing the laws to their advantage, sets them apart from their opposition and creates a solid platform for domination. After Wednesday's performance there are too many boys who need mentioning for their part in the success of our team, but never-the-less these deserve special mention:

On flyhalf Justin de Nysschen played a pivotal role in linking forwards and backs and also kicked superb up-and-unders to create pressure on the opposition. David Wilson must be commended for the way in which he shadowed the opposition flyhalf in the first half and managed to prevent them from attacking the inside gap. Well done boys.

Team	Result
U8A	Won 8-0
U8B	Won 16-1
U9A	Won 9-2
U11B	Won 20-15
U11A	Won 31-5
U13A	Won 21-7

CHESS CHAMPIONSHIPS

Our semi finals of our Chess Championships take place this afternoon. We would like to congratulate the following players who have made it through the knockout stages and will be in action today:

Juniors (Grades 1 – 3):

Ziggy Schulte vs Ethan Lombard
Travis Norris vs Freddie Cooper

Middle Prep (Grades 4 and 5):

Dylan Ribbans vs Alistair Christmas
Tristan Brazer vs Grant Jansen

Senior Prep (Grades 6 and 7):

Marcus Nel vs Josh van der Merwe
Michael Burke vs Jordan Haantjes

The finals will take place on Tuesday 31st August at 18h00 in the dining room. Finalists will play the best of 3 matches. Parents of finalists are invited to enjoy this evening with us. Refreshments will be served.



CHESS

Our league fixtures have come to an end and we congratulate all our team players for their very successful season. Somerset House ended up in second position overall. Special congratulations to Nicholas Whaits who won all his league matches this season.

KENRIDGE DAY/NIGHT HOCKEY TOURNAMENT

Somerset House continues to be a name that hockey playing schools are wary of. Our Girls and Boys 1st Hockey Teams played in Kenridge's Day / Night Tournament which was held at Stellenbosch University last Friday. A total of 12 girls and 12 boys teams participated at this tournament and schools included Kenridge, Panorama, Durbanville, Table View, Somerset College, Monte Vista, Bastion, El Shaddai, Eversdal, Brackenfell and Somerset House.



Our girls 1st team made it through the pool stages, winning all 5 matches, with a total of 21 goals being scored with no goals being scored against us. We also received 3 bonus points as a result of the number of goals being scored. The team played against Somerset College in the semi final and won that match 1 – 0. We were then up against the mighty Eversdal who are always tough competitors. Somerset House managed to take advantage of a scoring opportunity

midway through the final and then managed to hang onto their lead. There was great excitement as the final whistle blew ~ our girls had won the tournament and were presented with gold medals. Congratulations to the entire team: Ash Rutherford (Captain), Natasha Furness (Vice-Captain), Ashley Smithers (Goalkeeper) Sinead van Eeden, Emily Dyssell, Emma Demes, Badenhorst Maria Small-Smith, Sophie and Bella Gebers, Katya Schulte, Sarah Wilmans, Anne Turner, Ingrid Badenhorst and Dara Steingaszner.

The boys were really excited and showed enormous promise in the group stages. We scored victories over Kenridge B, Eversdal, Bastion and Brackenfell; and managed a strong draw against College. As runners up in our pool with four wins and one draw and no goals conceded, we went into our semi against a strong Kenridge A side. After regulation time and extra time the scores were level and so we went to flicks. 'Keeper Chris made a number of superb saves and brace of flicks from Nic secured our spot in the final.



Here we met up with College again and dominated the final. We were unable to score, despite a number of opportunities and College never once threatening our goal! Extra time came and went and once again it came down to 'One-on-ones' with the 'keeper. Cue rising heart rate for a second time in as many matches! Ultimately, College held their nerve a little more than we did and in spite of a brave showing by the boys, we went down. Well done to College; but especially well done to the boys for overcoming the disappointment of the previous weekend and showing just how big their hearts are! Congrats boys- you played superb team hockey and made your school and coach proud!

Not only was it a fantastic experience for the team with each player playing their vital role in the success, but Somerset House were also presented with some of the top awards at the end of the tournament. Sinead van Eeden and Keegan Ahern received prizes for sportsmanship, Maria Small-Smith won the trophy for the top goal scorer with 7 goals and Ash Rutherford and Nic de Villiers won the trophies for the players of the tournament. This is a fantastic achievement to have so many awards being made to our pupils ~ we are extremely proud of all of our players.



Our next big challenge is the WP Invitational where the top two or three schools in each zone are invited to participate. The boys will be playing next Friday 3rd September at Hartleyvale Stadium in Cape Town and our girls will be playing at the same venue the following Friday, 10th September. This season may turn out to be the best season ever ~ we wish our two teams the very best of luck!

Contribution from Bystander – What’s in a Word?

Now, when one consults the OED – no, don’t look so puzzled, Bystander has told you about the OED before – the Oxford English Dictionary – the place where you can check the exact nuance of useful little, everyday words, like, for example, Hyphomycetous (Nuance; - *Show variations of shades of colour like clouds, hence of tones, feelings, musical expressions, etc.* Of French origin; first known use in English in 1781; from the French root *nue* (cloud) itself based on the Latin *nube*. – OED). But we digress. As I was saying, when we consult the OED we find: -

Fuller: - *One whose occupation is to full cloth* (An Old English word; unknown origin; Latin root *fullo*) – But this doesn’t get us much further does it? So how about Full? Now we see several alternatives, and one of those is what we’re looking for: -

Full: - Again based on an Old French word *fouler*, itself based on the Latin *fullare*: - *To tread or beat cloth with the purpose of cleansing and thickening.* And so: - *To beat or trample down; also to destroy.* (1641). And then, of course the adjectival use: -*Having within its limits all it will hold* (1607; Greek root)

So that’s it, in a nutshell – isn’t it? To beat or trample down.

Six rugby games against Somerset College. Six victories. 45 tries to 7. 237 points against 37 – a cool 200 ahead. And not just by chance; solid scrums, dedicated tackling, improved handling and kicking and the determination to get over the line.

Surely by any definition Full and Fuller are the mots juste (you can look that one up yourselves!) for the day.

We certainly fullled College (its obsolescence renders this usage somewhat tortuous). More colloquially our score-board was certainly full.

And of course our rugby coach? – Fuller (not forgetting Mr Harley who is of course the *sine qua non* of it all)

So, as last week, congratulations to the boys for fulfilling their potential and to Mr Fuller (et al) for wreaking such a change in their play.

PLEASE TAKE NOTE OF THE FOLLOWING:

- The Bridge House Netball Festival scheduled for tomorrow, Saturday 28th August, has been cancelled.
- The hockey matches against Somerset West Primary School will take place on Tuesday 31st August. No other sport will take place on Tuesday.
- The Chess Championship finals take place on Tuesday evening at 18h00.
- Inter-House Chess Matches will take place on Friday 10th September at 13h00.

<i>Week 8: Week ending 3 September 2010</i>			
Mon	30 Aug	08h10 - 09h10 14h30 19h00 - 20h00	Helderberg Eisteddfod - Strings JP Play Rehearsal Inter-house Spelling JP Staff Meeting Kingswood College Touring Music Concert
Tues	31	18h00 18h30	Helderberg Eisteddfod – Strings Hockey Matches vs SWPS (A) - No other sport practices Chess Championship Finals ADHD Workshop at Vergezicht
Wed	1 Sept	12h30	Helderberg Eisteddfod - Keyboard Oakwood Spring Outreach morning Family Lunch Rugby Matches vs Rhenish (H) U7A and B, U8A, U9, U11 and U13
Thurs	2	08h30-10h10 till 15h00 14h30-16h00 18h00	JP Play Rehearsal Extended Senior Choir Practice Boys Hockey Practice – U11 / U12 Invitational Spring Music Concert
Fri	3	10h30 - 11h45 14h00 - 16h00 14h15 14h30 13h00 - 20h00	JP Play Rehearsal Festival of Music Rehearsal - Senior Choir only SP Staff Meeting (Review) Mountain Bike Inter-schools - Helderberg Farm WP Invitational Hockey Tournament at Hartleyvale. U13A Boys
Sat	4	09h00 - 13h00 08h00 -13h00 08h00	5c Towers of Hope Competition - Waterstone Village Eikestad Primary B League Hockey Festival U9, U10, U11 & U13 U12 Hockey Tournament (Hartleyvale, Cape Town)

Helderberg ADDH Support Group

Topic: *Sensoric Modulation and ADHD*. Guest Speaker: Amy Rode
 Tuesday 31 August at 18h30 for 19h00
 Vergezicht Private School, 27 Morkel Street, Somerset West
 Entrance R10.00. For more information contact Tina (Tel: 083 273 0877)