

REFLECTIONS OF THE WEEK

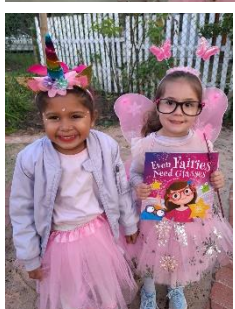


TERM 3 WEEK 8 (8 SEPTEMBER 2023)

BOOK DAY!



Today the campus was filled with many different book characters as the Prep School children celebrated Book Day and the Pre-Primary children celebrated the culmination of their Book Week. What fun way to celebrate reading and the weird and wonderful worlds that we can escape to through books. Our Grade 1 and 5 Buddies enjoyed some time together and there have been many reading and book-inspired activities to fill the day.





Our very own published author, Christine Toogood (Grade 7), spent some time reading her book to the Grade 4s. She has really inspired them!





Anja Stoeckigt, who has illustrated a number of children's books, joined the JP this morning to share one of the stories she has illustrated. The children were enthralled by her reading and enjoyed asking questions about her job. A special thank you to Anja and her loyal companion, Charlie, for visiting us in celebration of book day.



The Senior Prep children were thoroughly entertained by Murray Williams who spoke about book "My First Wild Island Adventure". Lesley Downey, self-published author inspired the children – anybody can write a book! Steve Chadwick, local adventurer, explorer and author – shared some of his experiences and chatted about his book about our local mountain range.



CAMPS BAY 7S RUGBY FESTIVAL

The U9, U11 and U13 boys participated in 7s tournament at Hamiltons Rugby Club hosted by Camps Bay Primary. Playing in this tournament had a lot of positive factors for the future of SH rugby as we came against teams that we usually do not get to play. The boys played their hearts out and left everything on the field, which led to some fantastic results and some good learning experiences. The results were as follows:

- U9s Vs Camps Bay: won 4 - 1
- U9s Vs The Grove: lost 2 - 0
- U9s Vs Milnerton: won 3 - 2
- U11s vs Camps Bay: won 15 - 10
- U11s vs Parklands: won 20 - 15
- U11s vs Milnerton: lost 20 - 10
- U11s vs The Grove: won 30 - 20
- U13s vs Camps Bay: drew 15 - 15
- U13s vs Parklands: drew 10 - 10
- U13s vs Milnerton: won 20 - 15
- U13s vs The Grove: won 20 - 5



SPECIAL PERSONS' DAY

Last Saturday, Oakwood celebrated Special Persons' Day. Our pre-primary children were able to invite two special people in their lives to spend a morning with them, taking part in fun activities the teachers set up in the classrooms. There was cookie decorating, construction, a scavenger hunt, nail painting, a photo booth and art! Our special people were also spoilt with a delicious 'harvest table' of sweet and savoury treats that each family contributed to especially for the day. This annual event is a highlight for our children and it is wonderful to see the meaningful interactions between our littlest students and their special people. Thank you to everyone who attended for making this another wonderful day spent making memories at Oakwood.



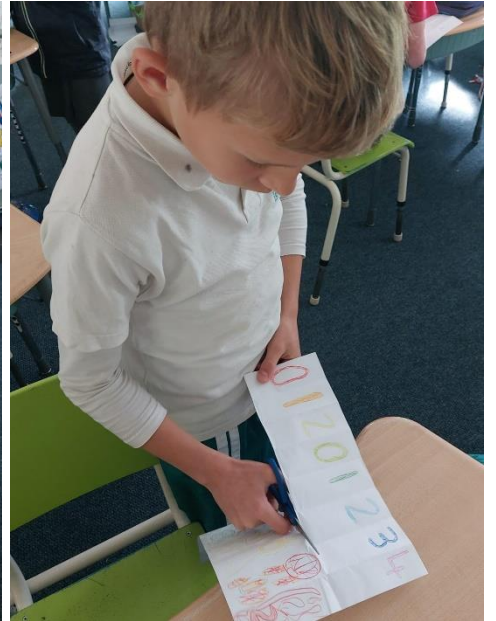
ARBOR DAY!

As a School we celebrated Arbor Day on Thursday by planting 10 Pin Oak trees around Webb field. Mr Odendal and his team prepared the holes for these trees ahead of time, for which we thank them. Each child in the school was then involved in moving the trees into the holes, replacing the sand and giving the freshly planted tree it's first water. Planting a tree is a wonderfully selfless act – we do it for those still to come. In the same way, we benefit daily from the actions of those long gone. My hope is that Thursday's activity will bind these young people to our school in a lasting and authentic way, and that in years to come they will seek "their" tree out, perhaps even to show to their children, and remember fondly a blustery spring morning many years removed. (Mr Huggett)



TIME AND WEATHER!

Concepts of time are always challenging. In order to try and gain better understanding and grapple with the concepts of time, the Grade 3s created digital, 24hour clocks. These clocks took careful work and consideration – they are not as simple to create as analogue clocks. Now, we can compare the different representations of time and using the colourful, creative clocks to learn to tell the time proficiently. Orals and work continued this week. The Gr 3 Meteorologists were predicting a variety of weather warnings and suggestions, it was good fun for all.



FOOTBALL VS CURRO SOMERSET



Last Friday, our football boys braved the chilly and very wet conditions to honour their league matches against Curro Somerset. Matches were played at Somerset House and in particular, we commend our U7 & U8 boys who played in quite heavy rain. The weather cleared up as the afternoon progressed. Curro Somerset are one of the top football playing schools in our league and the matches were competitive and played in a good spirit. Well done to all our teams. The results were as follows:

AGE GROUPS	SCORES
U7	Lost 2 – 1
U8	Lost 2 – 1
U9	Won 4 – 1
U11	Drew 1 – 1



ROBOTICS CHALLENGE

Grade 1H took on an exciting robotics challenge this week, building mini-golf courses with rotating putter arms. It was their first experience with both coding and model construction. Their goal: to guide the ball into the hole using their robotic arm. Grade 1E was tasked with enhancing 1H's course, improving both functionality and aesthetics. 3B's challenge was to streamline the design, removing unnecessary elements, and introducing a ball-navigating ramp. This collaborative process taught our pupils valuable problem-solving, teamwork, and creativity skills as they built upon each other's ideas, preparing them for future challenges.



INTER-HOUSE CHESS

Our Chess players also had their turn to play Inter-House matches this week. Matches were played in the Junior Primary, Middle Prep and Senior Primary phases. Thank you to all those who participated in the matches. The results were as follows:

	JP	MP	SP	POINTS
1 st	Peregrine	Hobby	Hobby	Hobby 16
2 nd	Hobby	Peregrine	Lanner	Lanner 9.5
3 rd	Lanner	Lanner	Peregrine	Peregrine 11.5



The overall winner of this year's Inter-House Chess Competition is: **HOBBY**



CONGRATULATIONS TO OUR GYMNASTS

A number of our gymnasts have been hard at work preparing for the Western Cape Championships. Their hard work has paid off and we would like to congratulate them for their awesome achievements:

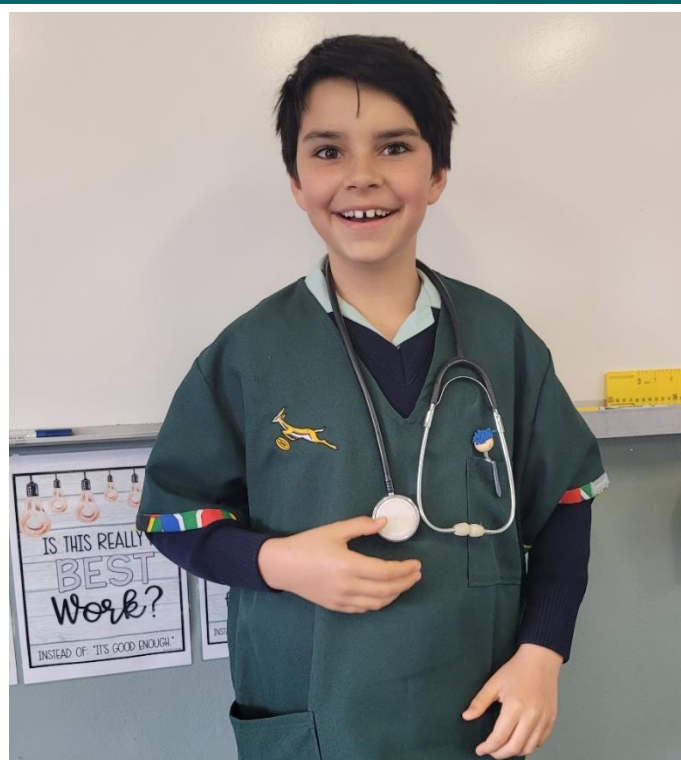
- Hugh Welby-Cook who received a bronze medal in the Men's Artistic Gymnastics division
- Amelia Benvenuti & Chelsea Clayton both competed in the Women's Artistic Gymnastics Level 4 in Saldanha Bay last weekend and both earned a spot in the Western Cape Team to participate at the National Championships in Pretoria on the 5th October.
- Amelia also won a bronze medal for her floor routine.

Well done to all our gymnasts, we wish you well as you prepare for Nationals.



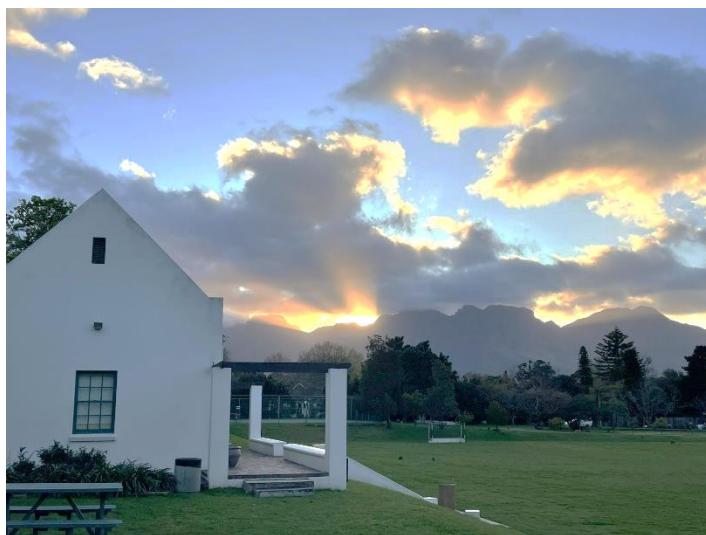
SHOW AND TELL BY "DR ETHAN METHAR."

Ethan (Grade 4) delighted the class with his stories of helping his dad in his veterinary practice. Definitely a budding vet in the making!



SPOTTED ON CAMPUS

How lucky are we to call this home-away-from home?



KENRIDGE HOCKEY TOURNAMENT CHAMPIONS

Our Girls 1st Team headed off to Kenridge Primary in Durbanville last Friday afternoon to participate at their Hockey Tournament on their beautiful astro. Our girls had a super afternoon and were most grateful for this opportunity ahead of the WP Top Schools Tournament taking place on Friday 8th February. Our team results were as follows:

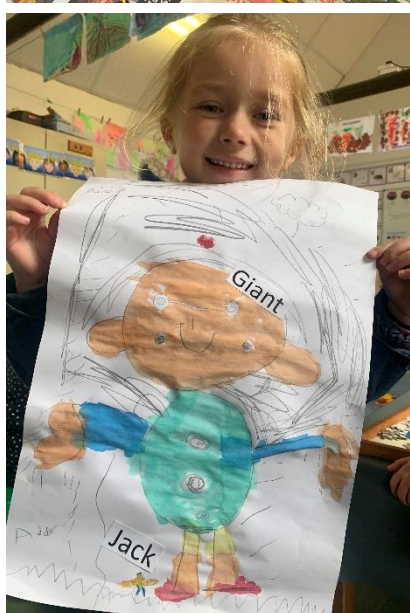
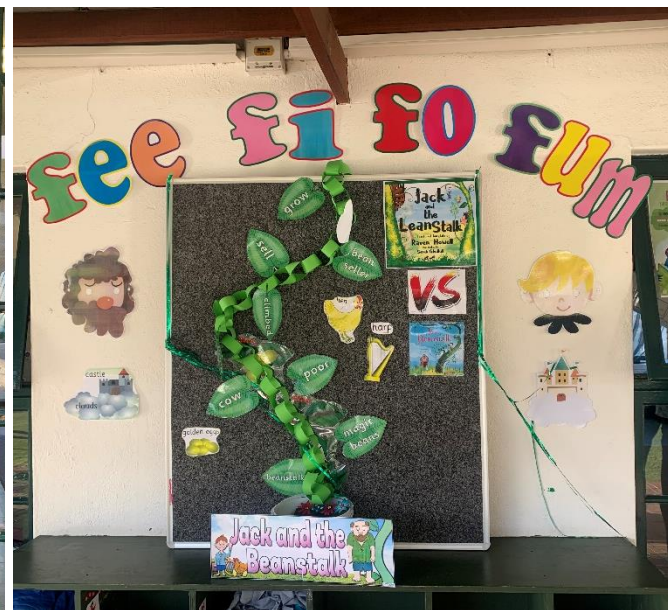
- Vs Rhenish Won 2 – 0
- Vs Bridge House Won 7 – 0
- Vs Kenridge Won 1 – 0

Somerset House won the tournament and were presented with gold medals at the prize giving. Congratulations Girls, we are very proud of you.



FEE FI FO FUM

We hear Grade R children talking about characters and settings and wonderful stories. This week we focussed on Jack and the BEANSTALK and then compared the story to Jack and The LEANSTALK. During our creative routine we combined the stories and created a beanstalk and the leanstalk that helped the Giant to return home. It required a lot of motor planning, fine motor co-ordination and fun!



GRADE 2 NIGHT LIFE

Life at Night does not mean only nocturnal animals being active! Some people work at night to keep us safe. This week we had some visitors whose jobs involve working at night. Bob the Construction worker and Fireman Sam popped into Grade 2 to share their stories of working night shifts and what their different jobs entail. Their detailed power point created much discussion around the topic!



BOYS 1ST TEAM WP U13 TOP SCHOOLS HOCKEY



We received the exciting news this week that our Boys 1st Hockey Team have qualified to participate in the WP U13 Top Schools Hockey Tournament which takes place next Friday, 15th September, at Western Province Hockey Club in Rondebosch. De Hoop won the Helderberg boys League, Beaumont came 2nd and Somerset House 3rd. All 3 teams will now participate against the top teams from each of the geographical zones within Western Province. We wish our boys well as they prepare for next week's tournament.

EXCEPTIONAL SERVICE

We were sent this picture of Latscha – our wonderful Security Guard who works at the Drama Street entrance who definitely went above and beyond his duties to shuttle children to their parents' cars in the pouring rain. We are so grateful for the wonderful support staff that we have on campus.



NEWS FROM GRADE 3 BAINES



Well done to Grade 3 Baines for some excellent Dancing Eisteddfod results and to Hugh for gymnastics achievements. In Grade 3 the children also had to find the irregular verb in the past tense form for the present tense verb. Phew, look at them learning about all these incredible things!



ADVERTISING

The Grade 4s have been learning about advertising. They had to work together in groups and analyse different adverts and the techniques being used.



AFTERCARE FUN!

The children have had so much fun at the Prep School Aftercare with all the new things to do – playing "ping-pong" and in the sandpit are the highlights of the day!



THE GREAT BIG ENORMOUS TURNIP



In Grade 00, the children explored the book "The Great Big Enormous Turnip" and incorporated it into all their classroom activities. By exploring books and creating art pieces, the children were developing their creativity and imagination while also improving their literacy skills. Book Week was a great opportunity for children to discover new books and authors, and to develop a love for reading that can last a lifetime!



FROM THE LEARNING SUPPORT DEPARTMENT

Creating a sensory-friendly homework/study space

Creating a homework/study space that is more sensory-friendly for your child may make their experience more positive, reduce feelings of anxiousness / discomfort / frustration, and promote focus. As every child has a different learning style and sensory preferences, every family would have different factors to consider for their home working space.

Below are a few ideas for creating a supportive area for children's homework and studying:



1. Create a routine: Creating a regular routine for homework time allows this task to become predictable, which in turn helps reduce stress or anxiety. Consider the time of day, the routine before homework (e.g., snack, changing out of uniform, time for play/movement, etc.), place, and the order in which tasks are tackled.
2. Select a quiet space: Studying or doing homework in a busy area, such as the dining room table, may not be the best solution for every child due to background noise from others, the TV, radio, etc. If it is not possible to find a quiet area, consider noise-cancelling headphones to reduce the noise. Some children may prefer studying/doing homework with music. In this case, you can consider the use of earphones/headphones connected to a device. Furthermore, try to reduce visual distractions, such as turning the Television off and having a clean table surface by removing any clutter.
3. Make it ergonomic: Just as you would consider ergonomics for an adult's office, one would also consider this aspect for a child's home working environment. To do this, use the "90-degree rule", whereby the child's hips, knees, and elbows are at 90 degrees when sitting. Ensure that your child's feet are touching the ground or on a footstool.
4. Adjust the lighting: Use natural light, where possible. Ensure that the homework activity or studying material is well-lit to avoid straining the eyes.
5. Add movement: Movement plays an important role in a child's learning experience and can be calming/organising for many children. This can be included in their homework routine by allowing for movement breaks in between tasks or every 20-30 minutes (depending on your child's age), i.e., going for a bathroom break, walking, playing hopscotch outside, etc. You can also encourage your child to alternate their postural positions, i.e., standing and working on a vertical surface (e.g., chalkboard), sitting on a yoga ball, etc.
6. Include sensory tools: If your child may require certain sensory tools (e.g., fidget toys, weighted lap pad, etc.) to promote a calm, focused, and alert state, these should be readily available.
7. Lastly, where possible, provide the opportunity for multi-sensory learning. When children engage in activities using more than one sensory system (such as sound, sight, touch, movement, taste, etc.) to learn new skills, they are able to remember the new skill more easily and attend to the activity longer. An example of a multi-sensory homework activity can be practicing phonics words or forming letters by going outdoors and writing in the sand or using twigs and leaves to form the letters.

MOUNTAIN BIKE RACE – DERBY 4

It has been some time since our last Mountain Bike race and our cyclists were excited and rearing to go. The race was organised by Paul Roos and took place on the Bethlehem Farm, Kylemore. We had a total of 8 cyclists registered to participate in the event: Milan Porter, Matthew Scheepers, Tobias Wever, Cai Davies, Emma Wever, Zac Davies, Stefan van Wyk, and Daniel van Wyk. It was a challenging course and our cyclists did extremely well to finish their races.

Well done to all our cyclists and a very special mention to Zac Davies and Stefan van Wyk who really lived out our school motto of “Non Nobis Solum” - Not for ourselves alone! Both cyclists started the race and along the route came across a cyclist whose breaks had failed and who had crashed into a bush. Without hesitating, both Zac and Stefan stopped their race, to stay and comfort the injured cyclist. This selfless act of kindness makes us very, very proud. Thank you both for giving up your race that you were so looking forward to competing in, to assist another cyclist, in need. We celebrate your actions boys and commend your service and selfless actions.



Special thanks to Mr Johann van Wyk who acted as our Somerset House manager on the day and to all our parents for your wonderful support of our cyclists. We appreciate your time and effort, thanks very much!



INTER-HOUSE HOCKEY

Our Inter-House Hockey matches took place this Monday and Tuesday afternoon. It was lovely to see so many children involved in these whole school events. Sadly, the weather was against us so some matches had to be played indoors. Having said that, we are most grateful to have this facility available. Congratulations to all our pupils and to PEREGRINE who won overall on the day.

	HOBBY	LANNER	PEREGRINE
U7	9	14	7
U8	14	9	10
U9	2	4	7
U10	2	7	5
U11	12	5	12
TOTAL	39	39	41



SOMERSET COLLEGE MINI RUGBY FESTIVAL

On Saturday the U7s, U8s and U9s took part in the Somerset College mini-rugby Festival. It was a great outing for our boys. The coaches were extremely proud of the performances that were exhibited in the matches and are very excited to see how these boys come together as senior teams over the next few years. The U9s were particularly impressive not losing any of matches and drawing with a team that beat them earlier on in the year.

- U7s vs College A: lost 4 - 2
- U7s vs Rhenish A: lost 4 - 3
- U7s vs College B: won 5 - 2
- U7s vs Rhenish B: won 4 - 3
- U8s vs Rhenish B: won 2 - 1
- U8s vs College A: lost 1 - 0
- U8s vs Rhenish A: lost 2 - 1
- U8s vs Generations: won 3 - 1
- U9s vs College A: won 4 - 2
- U9s vs Rhenish A: drew 2 - 2
- U9s vs College B: won 9 - 0
- U9s vs Rhenish B won 3 - 2



GIRLS ENJOY A BOOTCAMP SESSION

Our U10 & U11 Girls enjoyed a Boot Camp session in one of their final netball practices of the season. Well done, Girls!



BASKETBALL FUN IN PE

There were shrieks of excitement this week as the Grade 5s were treated to a Basketball session in their PE lessons. The boys now have an understanding of just how challenging it is to shoot the hoops. Great fun was had by all!

