



Matters of Principal

This week I attended the inaugural meeting of the Positive Education Society of South Africa (PESASA). This fledgling organisation, with international reach in that it is associated with the Wellness Education Network, aims to drive the principles of Positive Education in schools. The intent is to create an educational environment where the wellness of the entire community is addressed in order to allow for flourishing. I think this could not be more pertinent in these current times. We are constantly surrounded by negativity and must make a concerted effort to find the good around us, to appreciate it and to celebrate it.

Life has drilled down to the little things. Denied easy access to crowds of friends, parties, church gatherings and all those other activities we took for granted, we have no choice but to focus on what we can do and what we can achieve. My wife shared these words with me:

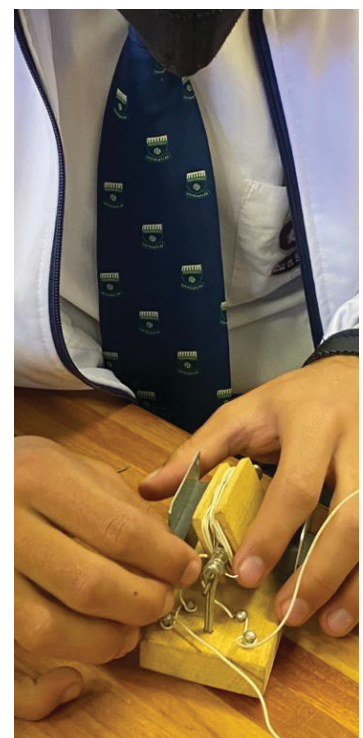
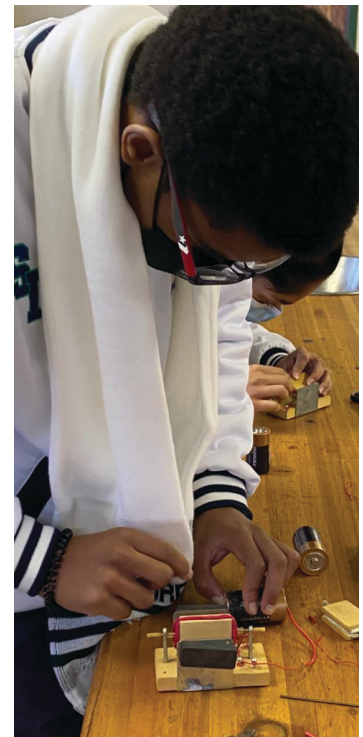
We are all tired. Really, we are. It's a hard road, but it's also a beautiful one. Perhaps we expect too much from ourselves and from others. Perhaps humanity can only make slow progress, like an inchworm. Perhaps we need to celebrate how far we have come. And rest more. And relish simple pleasures. And look for love everywhere. There is a river near where I live. It meanders slowly, peacefully. It doesn't ask itself why it isn't an ocean, or a raging river, or some other thing. It just surrenders to what it is.

Maybe, at this extraordinary time in human history, we too need to surrender for a moment and breathe. Conserve our energy for what we can control rather than raging against what we cannot. Fight for family time. Fight for love. Fight for perspective. Fight for calm and peace and kindness.

God Bless

ENGINEERS AT WORK

The Grade 12 Physical Sciences pupils are currently busy learning about electrodynamics. They learned how a generator converts mechanical energy into electrical energy. This week they also studied the physics behind motors, changing electrical energy into motion, by building motors on a small scale. Stefan Otto and Danish Saleem won the contest and improved their motor by adding more magnets to enlarge the magnetic field. Musa Baloyi did his best to get his motor working.



SNAP SHOT

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ALUMNI NEWS

We would like to congratulate alumnus, Erinn Straughan (Class of 2014), who graduated with a degree in Fine Art from Michaelis School of Fine Art at the University of Cape Town in 2018. She recently got an incredible opportunity to showcase her art piece called "Once upon a Time" at the Everard Read Gallery at the Leeu Estate in Franschoek.

"Once Upon a Time" is meant to illustrate how even the animals of the contemporary era will soon fall to extinction if the world continues upon its current trajectory. One day, these animals will be the creatures of myth and memory.

She explained, "In Africa, we are the keepers of one of the most biodiverse continents on the planet and much of our economy relies upon tourism and our tourism industry relies upon our unique creatures and places. The conservation and preservation of our natural environment and her occupants is not only the right thing to do, it is an act of self-preservation."








Well done Erinn, this is such wonderful news. May your passion and skills continue to raise awareness to protect what we have on earth currently.



STAFF PROFILES



Mr Jack Moshia

- 1 What subjects do you teach? **Accounting and Economic Management Sciences.**
- 2 What year did you start working at the school? **January 2010.**
- 3 What type of music are you in to? **Gospel music.**
- 4 Tell us something we don't know about you... **I'm a good rugby player (scrumhalf).**
- 5 What's your favourite thing to do in downtime? **Household work such as gardening, fixing items at home and helping needy learners in my area with commercial subjects.**
- 6 Name one thing on your bucket list... **To publish an Accounting textbook that would inspire the younger generation to follow this amazing career path!**
- 7 Does pineapple belong on pizza? **Yes, but not for me!**
- 8 Tea  OR Coffee?  **Rooibos.**
- 9 iOS OR **Android?**
- 10 Melktart OR Malva Pudding? **I'm not a pudding man.**
- 11 Cups in the cupboard: **Right side up**  OR upside down? 
- 12 Beach  OR **Mountains?** 
- 13 **Dogs**  OR Cats? 