

CARACAL NEWS



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FROM THE PRINCIPAL'S DESK:

Dear Parents:

1. CELEBRATION!

HS ELSPARK HAS WON THE INTERHIGH ATHLETICS FOR A SECOND YEAR IN A ROW!

More detail and photos on page 5 and 6.

2. REMINDER OF SGB BY-ELECTION 11 MARCH 2023

Please be reminded that the SGB by-election is scheduled for Saturday 11 March at 8:00. A copy of the official notification that was sent on 10 February 2023 can be seen on our website at www.news.hselspark.co.za/wp/newsletters

4. TEST/EXAM SESSIONS UNTIL LAST DAY OF TERM

Please note that the official Paper III of the mid-year exams, for English Home Language as well as Afrikaans First Additional Language, will be written on 23 and 24 March. See p.4 below.

3. FEEDBACK ON INCIDENTS OF 15 - 17 FEBRUARY

Thank you to all parents and learners who gave their full cooperation during the last three weeks. Some issues still need to be addressed, but the bulk has been dealt with. Thank you also to all parents on the School Governing Body who spent hours with meetings and hearings.

Peace after Anxiety

Anxiety is an increasingly common experience in our world. There are rumours of war, and threats to safety and security. Around the world there are conflict and change across cultures. In our personal lives we wonder about our safety, the security of our children, and what the future may look like. And if we are not careful, our thoughts can easily lead us into anxiety. We can be swept into the spiral of overthinking and worry.

In Fil 4:6 Paul tells us to be anxious for nothing, but to submit everything to God in prayer. After all He is the creator of the universe and director of history and He has the power to protect us and direct our lives.

If we are careful to guard our thoughts and submit them to God, God says that He will Give us his peace - the peace that surpasses all understanding (Fil 4:7) So even in the most anxious times, we can rest in assurance that God is with us.

Mr. J van Niekerk

"Success is not final, failure is not fatal: it is the courage to continue that counts."

Winston Churchill

TOP ACHIEVERS 2022

On Thursday 02 February and Thursday 09 February 2023 Hoërskool Elspark celebrate the top achievers of 2022. The learners was honoured with academic and sport awards which include; small trophies, special trophies, certificates and scrolls.

Here is the top academic achievers for 2022 in their grades:

Grade	Name and Surname
8	Ntombizethu Mngomezulu
9	Thandolwethu Mzolo
10	Kopano Kekane
11	Dominic Piti



Here is the top sport achievers for 2022 in their grades:

Award	Learner
Rugby player of the year	Lebogang Makgeta
Netball player of the year	Nthando Motha
Soccer player of the year	Iphehile Motloun
Most improved soccer player of the year	Clinton Jinya
Athlete of the year	Uyathandwa Honde



ACADEMIC EXCELLENCE

We are almost done with our term one tests and other formal SBA tasks. What is academic excellence? Academic excellence is the demonstrated ability to perform, achieve, and/or excel in scholastic activities.

Keys to Academic Success

1. Accept responsibility. Remember that you alone are responsible for your academic achievement.
2. Discipline yourself.
3. Manage your time.
4. Stay ahead.
5. Help yourself to ask for help.
6. Be present and prompt,
7. Don't quit.
8. Communicate with your teacher.
9. Be committed.
10. Take ownership.

How can you as the parent help your child during exams/tests?

1. Set realistic expectations.
2. Be an example.
3. Be aware of the early warning signs, which can include lack of sleep, loss of appetite, and being easily distracted.
4. Ensuring your home is calm, productive, and supportive space in which your child can learn, can make a big difference.
5. Emphasize the importance of having a healthy mind and help your child to proactively relieve stress by taking regular breaks and even interacting with friends.



ACADEMICS



TEST TIME TABLE TERM 1 2023

DATE	GRADE 8	GRADE 9	GRADE 10	GRADE 11	GRADE 12
17 Feb Fri.	NS	EMS (BS)	IT/CAT	Geo (Theory)	English
20 Feb Mon.	English	English	LS	Afrikaans	EGD
22 Feb Wed.	EMS (Acc)	Tech	Tourism/Technical Subjects	PS/Tech Science	Geo (Mapwork)
24 Feb Fri.	SS (History)	NS	History	Geo (Mapwork)	LS
27 Feb Mon.	Maths	EMS (Acc)	EGD	English	IT/CAT
1 March Wed.	Tech	Afrikaans	English	History	PS/Tech Science
3 March Fri.	EMS (BS)	SS (History)	Geo (Theory)	LS	History
6 March Mon.	English	English	PS/Tech Science	IT/CAT	Geo (Theory)
7 March Tues.	Maths	Maths	BS 1.5 hour	EGD	Tourism/Technical Subjects
8 March Wed.	CA	CA	Maths/Maths Lit	Maths/Maths Lit	Math/Maths Lit
9 March Thurs.	LO (Task)	LO (Task)	Geo (Mapwork)	BS 1.5 hour	Acc 1.5 hour
13 March Mon.	LO (Task)	LO (Task)	LO (PET)	Acc 1.5 hour	BS 1.5 hour
14 March Tues.	LO (Task)	LO (Task)	Acc 1.5 hour	LO (PET)	LO (PET)
23 March	Afrikaans Paper 3				
24 March	English Paper 3				

INTER HIGH 2023

HOËRSKOOL ELSPARK HAS WON THE INTER HIGH ATHLETICS
FOR THE SECOND YEAR IN A ROW

Well done to all our athletes!

Here are some of our athletes in action vs other schools:



DISTRICT CHAMPIONSHIPS

SOME OF OUR BEST ATHLETES WHO PARTICIPATED IN
THE DISTRICT CHAMPIONSHIPS:



VOLEYBALL TROPHY WINNERS

VOLEYBALL ATHLETES WHO WON TROPHIES LAST SUNDAY



WINTER SPORT

Winter sports has been introduced simultaneously to new and older learners. We encourage all learners to participate and try out for sports. According to UNISA, positive experiences that sports and an active lifestyle bring play an important role in a young person's life. Physical exercise is good for the mind, body and spirit. Team sports help teach learners accountability, dedication, leadership and other skills.



Here is a few other positive reasons:

1. Many athletes do better academically
2. Sports teach teamwork and problem-solving skills
3. Physical health benefits of sports
4. Sports boost self-esteem
5. Reduce pressure and stress



Learners can currently participate in the following sports at Hoërskool Elspark:

1. Rugby
2. Netball
3. Hockey
4. Volleyball
5. Chess
6. Archery
7. Tennis



The Black & White 50th Celebration Parents Event of Saturday 18 February was postponed until further notice.



OTHER

Please note: Closing date for Application for subsidies on school fees was on 28 February 2023.

Any person/organisation interested to hire the school hall/entertainment area/field can phone

Nicole at 0118893 2013/4.