

CLIFTON

24 May 2018



CLIFTON

Calling

Making sure teeth are clean for Grade 3 health week. Healthy living is fun!



Grade R boys learning the school war cry. What a wonderful moment to watch these little ones interact with the 'big boys'...



A Message From the College Principal

Reflections and Ramblings

We are only in the third full week of the term and it seems as if we have been at school for longer than that! It has been busy and productive in both the Prep and the College as has been reported upon in previous Callings.

As a parent one is often challenged by what is affecting the lives of our boys and how we can best help them. There is a fair amount of literature which gives good advice and different perspectives as to how to deal with the many challenges we are faced with in this fast-changing world. I have recently come across a new book by Dr Adam Cox, called *Cracking the Boy Code* (How to understand and talk with boys). Dr Cox has written a number of books about the world of boys and has conducted research and spoken at IBSC Conferences. For those who might be interested in his newsletter where he gives a short extract on '*What's he thinking?*', it can be accessed by going to the website and signing up for the newsletter. The website is found at www.dradamcox.com.

We have St Andrew's School, from Bloemfontein, coming to play us over the course of this weekend, across a number of codes. A big thank you to the parents who are hosting boys this Friday. It is heartening to see the positive response we have had to hosting. We will also be travelling to St David's on the 1 June (that is next Friday), with both the Prep and College travelling up to compete. We hope that this will be a repeat of the wonderful tour we had in 2016.

The hockey and rugby games last weekend showcased a wonderful day of sportsmanship, displaying all that is good and special about schoolboy games/sport. The games were played in a good spirit – hard and fair, including good camaraderie afterwards. Both the hockey and rugby sides did very well and it was encouraging to see the way in which the 'B' sides played their games; showing passion, commitment and enjoyment.

On the cultural front we hosted the final of the General Knowledge Quiz, sponsored by Deloitte's and Books and Books on Tuesday evening. This

evening is always well supported by schools in Durban and is a welcome addition to our school programme. We are also looking forward to the Cultural Daze which will be held over two days in the last week of the term.

We are a couple of days away from the mid-year examinations and the teachers and boys have been preparing themselves for these. The Grade 10, 11 and 12 boys start writing their May/June Examinations on Monday 28 May. The Grade Heads will also go over the procedures with their respective grades and discuss what is expected of them. The College has posted a May/June Examination Procedures booklet on the WebDAV. A copy of the timetable can also be found on the D6. The procedure we follow is what the IEB expects for the Grade 12 Senior Certificate Examinations. Time will tell how the boys have done and we wish them all the best. Just a reminder that all the normal extramural activities continue and the boys have no excuse to miss any of their commitments because they are studying. They have enough time to prepare and healthy exercise is good for them. Further information will be sent to you in this regard regarding the Co-Curricular timetable.

In preparing for the examinations I would like refer you to three tips (which I have given out before) which will help your sons to study effectively:

- Where? A place which is quiet and comfortable – but not too much so.
- When? Half hour sessions should be used. They should give themselves short breaks and rewards for covering sections. They should self-test or ask you or a friend to test their memory. They should tackle the worst part first or the hardest subject first – then it becomes easier as you carry on.
- How? Use mnemonics e.g.: spelling of rhythm ... Rick hates yoghurt that has mould! Encourage them to make spider diagrams, re-work examples in Maths and Science. Use numbers to help them remember – e.g. 4 causes of war, 5 results.

Cont...

We wish the boys all the best for the examination period and the upcoming tours.

In conclusion as parents and teachers, we are mentors of the children in our care and I am sure we all agree with the words of Whitney Houston:

*'I believe the children are our future
Teach them well and let them lead the way
Show them all the beauty that they possess
inside....'*

Enjoy the weekend!

Yours faithfully



GERRY GOEDEKE
COLLEGE PRINCIPAL

Mezher's Meander

On Friday afternoon Messrs Ravenscroft and White will be joined by Mrs Achmad at the U9 rugby festival at Northlands Primary. Messrs Goedeke, Bresler and Mezher will be at the College hockey matches being played against St Andrew's at various venues. On Saturday Messrs Mezher, White and Ravenscroft will be at the Prep rugby matches being played away at Highbury. Messrs Knowles, Goedeke, Bresler and Mezher will be at both the College hockey matches being played against St Stithians and the rugby matches being played against St Andrew's at Riverside. Mr Boniaszczuk will be at the chess trials taking place at Northlands Primary.



Clifton Results

COLLEGE RESULTS

(All results are for Clifton against the equivalent age groups or teams unless otherwise stated)

Clifton results from the Cross Country league race 4 hosted by Curro Hillcrest on 16 May:

Boys U14 & 15

96 runners (4.2 km)

24 Connor McRobbie

71 Adam Wang

75 David Dingani

90 Mark Maree

96 Ché Arenhold

Boys U16 & 17

94 runners (6,3 km)

5 Matthew C-Nordengen

6 Ryan Gatonby

35 Matthew Doyle

44 Ryan Godbolt

62 Oliver Kidd

74 Niam Govender

75 Joshua Holmes

91 Leo Bega

Debating

Our seniors debated in the 7th round of the DCDL on Thursday 17 May at Fatima. The motion was: This house believes that states should take measures to limit the spread of American Pop Culture.

Results are as follows:

Clifton 1 vs Thomas More College : Clifton won. Best Speaker was Andrew Sparks.

Clifton 2 vs Holy Family College : The debate was forfeited as HFC couldn't make it.

Hockey vs Northwood

First XI won 2-1

Second XI drew 2-2

Third XI lost 0-3

Fourth XI lost 0-10

U16A won 4-3

U16B drew 0-0

U16C lost 1-4

U16D won 1-0

U14A won 3-2

U14B lost 2-3

U14C drew 3-3

U14D lost 2-6

Rugby vs Northwood

First XV lost 27-41

Second XV vs Northwood Third XV won 36-14

Third XV vs George Campbell Second XV won 22-10

U16A lost 51-7

U15A lost 47-5

U14A lost 53-0

U14B vs Northwood u14C won 34-0

Take a look at the photos Skye Meaker took on Saturday:

<https://meakerphotography.shootproof.com/gallery/6707614>

<https://meakerphotography.shootproof.com/gallery/6708095>

<https://meakerphotography.shootproof.com/gallery/6707779>

PREP RESULTS

Prep Rugby Results vs Chelsea, DNC, St Henry's and Westville:

First XV vs Chelsea won 15-10

Second XV vs Chelsea lost 0-14

Third XV vs Durban North College First XV lost 27-29

Fourth XV vs Chelsea Third XV drew 0-0

Fifth XV vs Westville Fourth XV won 37-24

U11A vs Chelsea lost 14-21

U11B vs Chelsea lost 5-26

U10A vs Chelsea won 25-10

U10B vs Chelsea lost 15-20

U10C vs Chelsea won 15-5

U9A vs Chelsea lost 5-45

U9B vs Chelsea lost 10-25

U9C vs Chelsea won 40-5

U9D vs St Henry's Marist U9A lost 10-15

Results from the tennis league matches played on 21 May:

Clifton 1 vs Virginia 1 won 30-15

Clifton 2 vs DPHS 2 lost 19-44

Clifton 3 vs DPHS 3 lost 18-45

Clifton 4 vs St Benedict's (Pinetown) won 54-9

Clifton 5 vs Winston Park won 8-3



Clifton Congratulates



Todd Howard (left) and William Dowsett (centre) who have been selected for the SA U18 Water Polo Team to take part in the 4th FINA Men's Youth Water Polo Championships in Hungary from 11-19 August. Thomas Hill (right) has been selected as a non-travelling reserve.

Matthew Montgomery (seen here in action) who is with the CSA U19 squad at a training camp until Sunday.

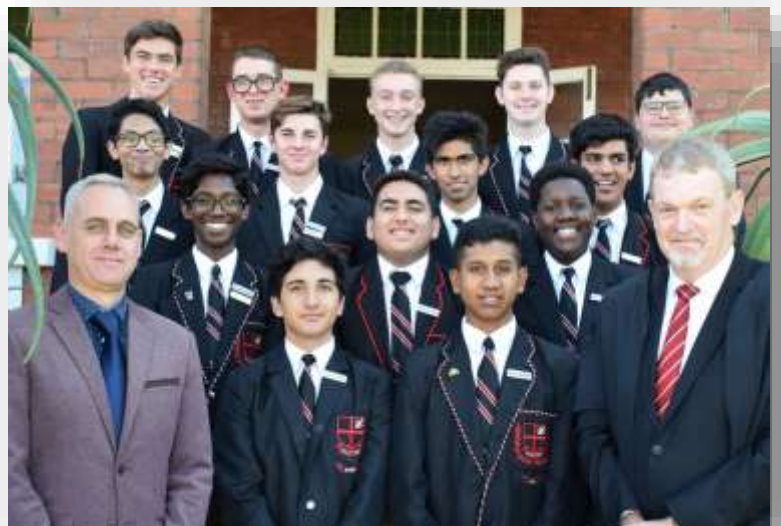


Connor Buck (Grade 9) who has been selected to represent South Africa at the World Junior Open Water Swimming Championships to be held in Israel in September.



Cameron Vernes (Grade 8) who passed his Grade 5 Trinity Vocal Pop and Rock exam with a high merit.

Our newly appointed Clifton Ambassadors who will be assisting the Marketing Department by taking families on tours of the campus during which time they will showcase our facilities and personally share their Clifton story.



Clifton Cameos

Grade 2 Art lesson. The long 'i' sound in phonics is the perfect time for us to create beautiful lighthouses



Grade 2 projects on our Green Hub outing. We really had fun completing them at school together

Clifton Health & Wellness

We are delighted to announce the recent upgrade to our strength and conditioning, biokinetic and physiotherapy facilities at Clifton school. Headed up by Oliver Cash, Kerryn Rodwell and Lynne Mackey respectively, we are indeed fortunate to have these qualified, passionate professionals on campus, ensuring that Clifton sportsmen are physically prepared, well-conditioned and rehabilitated.



In 2015, Oliver was appointed Head Coach of Strength and Conditioning at Westville Boys' High before accepting his post here at Clifton towards the end of 2016. He is also the Olympic Weightlifting coach at CrossFit DBN West, a competitive CrossFit athlete, a competitor in the SA Weightlifting champs and a first side rugby player in KZN's First Division.

Oliver's primary role at Clifton is to prepare top performing sportsmen, physically as well as mentally, for the demands of their chosen sporting field. You will find Oliver in the High Performance Centre, which is now used exclusively by the boys after closing to the public at the end of last year.



Kerryn Rodwell is well known to the Clifton Family. Her Physiotherapy practice has moved to new rooms off Venice Road and her fabulous new offices can be found under the Art Block. The facility will now offer both Physiotherapy and Biokinetic services. This exciting addition ensures a more holistic approach to keeping individuals injury free and rehabilitating them to their best potential.

Kerryn qualified in 2006 with her Honours degree in Physiotherapy and has worked as a Physio for athletes from different sporting codes training for the Commonwealth Games. She has travelled as the Physio for the South African WheelChair Basketball team to Belgium, worked as part of the team to treat the All Blacks Rugby squad in 2009 in Durban and took on the role of physio for the Clifton First Rugby XV in 2013. She was selected as the Sharks U18 Physio in 2017 and has been reappointed for the 2018 season. She has a hands on approach to treating injuries and believes that preventative treatment is key in all sports.



Lynne has practiced as a biokineticist for 9 years. In 2008 she completed her internship year under Jimmy Wright at the Sharks Medical Centre. Her passion for surfing led her to compete on the SA surf tour where she represented her province at numerous national champs. In 2016 she won the SA Masters Surf Title. Lynne currently runs a thriving practice in the Morningside area working with sportsmen and woman from various sporting codes. She thrives on being able to help individuals struggling with their injury to regain full strength and to help them return to their sport.

What a great team we have right here at Clifton!