



MESSAGE FROM THE MARKETING DEPARTMENT

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What an awesome U14 Festival we held on Saturday the 25th of May!

Our sincere thanks go to our sponsors for partnering with us to make this event the success that it was.

We would also like to thank all HBC parents, staff and pupils who came out in support of this annual event; selling refreshments, braaiing, assisting with administration and First Aid, especially cheering on our teams with all their might!

To all HBC and visiting hockey, netball and rugby teams we say well done in your matches. Congratulations in particular to the players who were recognised for their outstanding performance.

On Sunday 26th May we welcome home Lee Den Hond from her successful

summit to Mount Everest.

A fun morning was enjoyed by all at the Pre-Prep Mothers Madhatters Tea Party!

We're delighted to introduce the newly appointed Vice Councillors and Sports Captains as well as the Stop Hunger Now campaign.

The competition results of the budding artists in the Prep.

We have had a busy two weeks with many Co-Curricular fixtures, as well as Interhouse events. The list is endless ...

Happy reading!

Candice Gibson
Marketing Department



U14 SPORTS FESTIVAL REPORT



SPORT	NO OF MATCHES
Netball	40
Girls Hockey	16
Boys Hockey	16
Rugby	12
TOTAL	84



HeronBridge College hosted the U14 Festival on 25th May. It was, as always, a great experience for all the visiting schools, as well as our own teams.

The codes represented are Hockey, both boys and girls, Netball and Rugby. It is one of the few festivals that cater for Juniors only and it is a highly sought-after Festival to attend.

All teams experience a full day Festival-type tournament. Hockey teams play 4 games; Netball teams play 4 games and Rugby play 2 games each.

In total 84 games were played across the sports codes.

Each sporting code had a Man of the Festival.

The Esprit de Corps Trophy was won by the following schools per code:

Rugby: Crawford Lonehill

Hockey: KHS

Netball: Sutherland

Congratulations to them for their outstanding spirit during the day.

A big thank you to all involved as it was once again a spectacular event.

The U14 Sports Festival Team would like to

say a **Big Thank You** to all our sponsors for your generous prizes towards the Grade 8

Raffle.

Kim Jelley

Head of Co-Curricular : College

PLAYER OF THE MATCH	
GIRLS HOCKEY	
Daniella Walker	1
BOYS HOCKEY	
Dale Scrutton	2
Ruku Nyabeze	1
NETBALL	
Paige Goldie	1
Caitlyn van den Berg	1
Tayla Nicholls	1
Phumi Khumalo	1
Bellar Gazimani	1
Georgina Tasioulas	1



U14 SPORTS FESTIVAL HIGHLIGHTS





WELCOME HOME ~ LEE DEN HOND



"Yesterday, I stepped back into South Africa, after two long months, to the most spectacular welcome home at the airport. When I stood on the summit last week, at the top of the world, I did not feel alone - I felt the support and love of all my friends and family, and the people supporting this journey, and the spirit of the children. I asked people to climb this mountain with me, and you did. Words cannot express the gratitude I have for the success of the last two months and the love and support received. I don't think it is something that I will fully comprehend. Thank you for climbing this mountain with me. I could not have done it alone." From **Lee**.

MOUNTAIN BIKING

On the 18th May, two HBC pupils took part in the third leg of the Burry Stander Memorial Series MTB league.

The races took place at Thaba Trails, south of Johannesburg, which has been called 'Johannesburg's toughest MTB trail'.

James Moore (Grade 6) came second in his category, and Michael Moore (Grade 10) came 9th in his category, earning valuable points towards their series log rankings which are used to determine the provincial team for 2013.



Summit info from peakfreaks.com



April 18th: Arrived at Camp 1



April 21st: Camp 2 check-in



May 5th



May 10th: It's time to climb



May 18th: Final Summit—
"the push" is on



May 19th: Summit

No 8. Lee Den Hond: South African 09:10hrs NPT

"Third" South African Woman to summit.



PRE-PREP MOTHER'S MAD HATTERS TEA PARTY

The HeronBridge Grade R learners enjoyed a happy morning with their moms celebrating Mother's Day. The event was a Madhatter's Tea Party and the mothers came out in all their splendour with their wonderful hat creations. Lots of fun was had by all and everyone left with special memories.

Bridget Joubert
Grade R Teacher





PREPARATORY STUDENT LEADERS

NEW PREPARATORY VICE COUNCILLORS



Back Left to Right: Chelsea James,
Deyna Barnard,
Front Left to Right: Cameron Shekelton,
Benjamin Smyth, Dylan White

SPORTS CAPTAINS



Back Left to Right: Chelsea James (Netball),
Ashley Kreft (Cross Country), Shen Reddy (Chess)
Front Left to Right: Luke De Swardt (Football),
Jimmy Bartlet (Cross Country), Dylan White
(Climbing)

**HB SCIENCE EXPO
COMPETITION**

**PLEASE REFER TO
THE SCHOOL COMMUNICATOR
AND
ELECTRONIC NOTICE BOARD
FOR MORE INFORMATION.**

**HeronBridge
COLLEGE**

COLLEGE SCIENCE EXPO week commenced Mon 20th May to Fri 24th May!

PARENT VIEWING

Date: Thursday, 30 May, The Hub

Time: 18h00 - 20h30



ART WITH HEART

The Prep Art department recently held the first HeronBridge Prep School Art Competition on the theme *'With Heart'*. We received many wonderful entries and I am pleased to share with you the results.

The following children were placed first in their grades:

Grade 1 Kayla Martin 1J

Grade 2 Gabriella Edwards 2S

Grade 3 Sidney Benard 3V

Grade 4 Tyla Potgieter 4B

Grade 5 Alan Honeybun 5B

Grade 6 Julia Singer 6T

Grade 7 Deyna Barnard 7M

Sidney Benard was the overall winner in the Junior category and Deyna Barnard was the overall winner in the Senior category.

Well done to all our budding artists!!!!!!

Lisa Mellows

Prep Art Department



The Rhino by Sidney Benard



The eye by Deyna Barnard



Some of the art prizes



From Left: Kayla Martin, Gabriella Edwards, Sidney Benard



From Left: Tyla Potgieter, Alan Honeybun, Julia Singer, Deyna Barnard



We would like to invite you to join us every Sunday at 09H00. Our services are held in the HeronBridge College Baobab Auditorium and are open to all denominations. We offer Kidz Church for the young as well as a youth group for the teens. We look forward to hosting you and your family.



SAVE THE RHINO

It is said that *"to understand a man, you've got to walk a mile in his shoes"* – or in this case, tracks!

We would like to extend a heartfelt and sincere **"thank you"** to yourself, your staff and especially to your students with their families. The 2013 Rhino Companionship Walk was concluded as a tremendous success, both in terms of funds raised for South African National Parks' Honorary Rangers, as well as an educational exercise to the youth of South Africa.

Through your support on the day, we managed to raise R200,000.00 which has already been paid (without any deductions whatsoever) into the bank account of the Honorary Rangers. Congratulations to Cedarwood College for producing the winning mascot, Kopano. Our judges were extremely impressed with the level of efforts made by every single entrant, and it caused much debate and deliberation to choose a winner. The students' artworks were also of exceptional quality and we wish that every single entry could win – but in the end it came down to three specific artworks; **Amber Tilling Richards (9 years old) from HeronBridge College**, Tholakele Nkosi-Pereira (15 years old) from Reddam House Waterfall and **Cole Burrill (7 years old) from HeronBridge College**.

We are also pleased to confirm that most people that did the walk opted for the White Rhino Trail (7.5km), which is the furthest distance. As most of you know, Darren

"Whackhead" Simpson was incredibly entertaining and we wish to commend him for taking his time to be the master of ceremonies on the day. A special thank you to all our sponsors for helping wherever they could. The schools that took part in the 2013 Rhino Companionship Walk are Reddam House Waterfall (whom had the most entrants for the day), Redhill Primary School, Summerhill College, Crawford College Lonehill, Cedarwood College, Dainfern College, Kyalami Primary School, HeronBridge College, Pecanwood Primary School, Reddam House Bedfordview, Summit College.

Again, we would like to thank every single person on your team that aided in the success of this event. We trust that this initiative will set the tone for many other corporate companies and businesses to engage with their local communities. Let us strive to ensure that there are always ample fresh rhino tracks on our beautiful planet.

Kind Regards

Tammy Weatherilt



HBC Mascot



After becoming concerned about the current rhino poaching problem, Connor and Erin Esterhuizen decided that they wanted to do something to help. Along with their cousin, Jenna they chose to sell Easter eggs and sweets to raise money. They then donated that money, an amount of R500.00 to SPOTS: Strategic Protection Of Threatened Species which is a conservation and anti-poaching organisation.

Well done, Erin and Connor.

Thank you for showing us how to live WITH HEART.



PREP INTERHOUSE SPORTS

At the end of last term, a number of key Interhouse events took place in the Prep School. If you are in any way involved in the Prep, you will know that all inter-house events are hotly contested affairs - these were no different. After a fun-filled and competitive week, the results were as follows:

Football	1st	Turaco
	2nd	Barbet
	3rd	Weaver
	4th	Starling

Netball	1st	Turaco
	2nd	Barbet
	3rd	Starling
	4th	Weaver

Cross Country	1st	Weaver
	2nd	Barbet
	3rd	Starling
	4th	Turaco



Mr J-P Lubbe
Preparatory Head of Co-Curricular

MAJOR PRODUCTION ~ CINDERELLA

Save the date ... Details to follow

Matinees | 2:30pm
Wednesday & Friday
Evening | 7:00 pm
Tuesday, Thursday & Friday



2014 SCHOLARSHIPS

We congratulate the grade 7 students who have been awarded Scholarships for 2014. Over 70 applicants wrote the Scholarship examinations and we were encouraged to see the considerable interest shown in HeronBridge College.



UN DEBATE

The United Nations is an international organization whose stated aims include promoting and facilitating cooperation in international law, international security, economic development, social progress, human rights, civil rights, civil liberties, political freedoms, democracy, and the achievement of lasting world peace.

And on the 13th of May, HeronBridge Debating took steps into the UN! The South African Institute for International Affairs hosts Mini United Nations Debates where children from a variety of school have the opportunity gain first-hand experience of the United Nations.

HeronBridge College entered three teams and debated as India, Samoa and the United States of America on their country's position on the third Millennium Development Goal – Promoting gender equality and empowering women. What makes this particularly challenging is that you can not simply debate as you believe, but that your arguments must be in line with your country's stance on international issues – a school in diplomacy by anyone's standards.

Our teams did very well and managed to craft policies that brought together diverse opinions and nations. Mpho Mudau received runner up as an individual speaker out of more than 70 individuals and our USA team were recognised as third delegation in the caucus of more than 20 "countries".

If our world rests in the hands of these politicians, we can all sleep soundly.

Kim Muddiman
College Teacher (Debating)

UN Debating from Samoa:
Jessica Hall, Mpho Mudau,
Rebecca Cullum



UN Debating from the USA:
Kyle Thompson, Jemma
Muller, Valentine Chisango

UN Debating from India:
Katelin de Vlieg, Ofentse
Moduka, Mia Boddenberg



Mpho Mudau
Runner up Best Speaker at UN Debate

HBC AUTHORS

Emma Stacey and Rebecca Cullum (both Grade 11) have been selected as contributors to the Paperight Young Writers Anthology.

It's been a very competitive selection; the standard set for the anthology is very high, so we hold your work in very high regard. All submitted entries were anonymised and read by a panel of 8 judges who narrowed down the submissions through three readings over a period of 3 months. The anthology will consist of publishing approximately 27 poems, 10 essays and 16 short stories (from all the English, Xhosa, Zulu, Afrikaans and Sotho submissions) as well as 20 illustrations. This is an extremely narrow selection from the hundreds of submissions we received from around the country!

We look forward to seeing the anthology in print, and if you ask really nicely, the girls may even sign it for you.

Kim Muddiman
College Teacher



Emma Stacey
Grade 11B



Rebecca Cullum
Grade 11C



REFLECTIONS FROM ROME

It was an honour and privilege for me to attend and present at the First International Conference on Mindfulness in Rome recently. Research and applications of mindfulness have grown exponentially across the globe in recent years. Feedback from various professionals at the conference continues to indicate that mindfulness has a positive effect on our general health and well-being. Of particular interest were the mindfulness interventions being done with children, adolescents, and their parents, both in clinical and educational settings. In these populations, mindfulness interventions were shown to have made improvements in the following:

- Self-regulation & emotional regulation
- Self-awareness
- Relationships with others
- Stress reduction
- Resilience & Resourcefulness
- Attention & Concentration
- Executive functioning
- Less disruptive behaviours
- Academic achievement

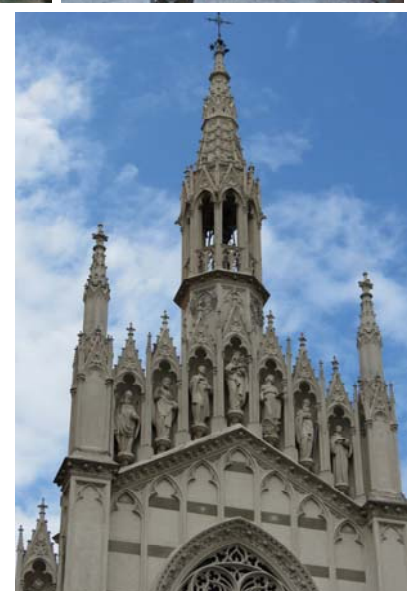
All this inspiration in a magnificent

city! Enjoy the "reflections" and feel free to contact me for any further discussion on mindfulness.



Carey-Ann Dellbridge
Educational Psychologist

Mindfulness: Keeping our attention and awareness focused in the present, as it unfolds moment by moment, with an attitude of compassion and non-judgement.





COLLEGE HOCKEY



Thank you to Broadacres Physio for sponsoring our girls Hockey Shirts!

Standing left to right: Megan Smith, Paula Edwards, Lisa Parmenter, Shannon Waller, Sonia Chitate, Emma Little, Kayley Cock, Angie Mbiya, Megan van Wyk, Megan Taylor (Captain), Rebecca Cullum.

Sitting left to right: Candice Burger (Head of Hockey), Dani Goosen, Erin de Kock, Lwazi Maseko, Tori Cooper, Tanah Abraham (Coach)



Aitken Cup - Boys Hockey Team:

Standing left to right: Bryan Uphof, Craigan Woodward, Dale Scrutton, Jethro Anderson, Chris Pautz, Rowan Reeve, Luke Jordan, Michael Dauberman, Matthew Bush, Joshua Thistleton, Gareth Stubbs, Paul Scrutton, Brolin Janneker.

Sitting left to right: Gavin Hulse (manager), Wonder Khwoane (V captain), Michael Tucker (coach), Matthew Burke (captain)

Absent Kyle Thompson, Michael Jenkins.



SERVICE, THE HEART OF HERONBRIDGE

Stop Hunger Now 2013

As part of our Outreach programme this year, the Preparatory School is very excited to once again be participating in the Stop Hunger Now initiative to provide nutritional meal packs to the pre-schools we support in Diepsloot.

As you may know, this is a project facilitated by the organisation called Stop Hunger Now SA, where we raise funds to pay for the raw materials and then have the fun of actually packaging them into meal packs.

This year we will be raising the funds in a hands-on way that involves the effort of the children themselves.

We would ask for your kind assistance in encouraging your child to work throughout the term to raise as much as possible towards this worthy cause. Perhaps you could encourage this as their 67 minutes of service in honour of Nelson Mandela this year.

Our collection deadline is Friday, 2 August 2013.

We look forward to a bumper harvest of food. Watch the Heron and our Facebook page for updates on our collection.

Teresa Porter

Prep School Outreach Coordinator



Treasured

JOIN US FOR A LADIES NIGHT OUT WITH GUEST SPEAKERS

HARMONY DUST & CRISSY MORAN

Date

SOLD OUT

Second Night Opened

Time

19:00 - 21:30

07 June 2013

Dress

COCKTAIL WEAR

Cost

R 80.00 PER TICKET

BRYANSTON BIBLE CHURCH
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