

Fly Refresh '16

Randfontein High School

Make every class count!

INSIDE THIS ISSUE:

Academics	1-4
Culturals	5-7
Sports	8-12
Infrastructure	13
RHS family	14-15
Teacher of the term	16
Valentine's day	17-18
Competition time	19

We have every intention of raising the bar from Gr 8 — 12 and expect every learner to follow suit. Despite all our achievements and wide variety of activities, our core function is academics, or rather academic excellence.

We in 2016 will not only raise the bar but also renew and refresh like our theme for the year, i#RHS Refresh indicates.

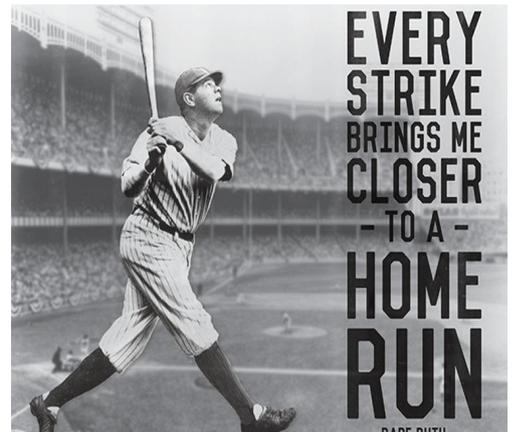
We have a very special Mathematics project, a Bachelor Pass booster and 3 very exciting academic enrichment initiatives.

TAC — or now known as “The Legion of Eagles”, initiative will be led by the Fish Eagle himself, Mr Jason Fisher, our philosophy is achieve, achieve, achieve and achieve well... He will be supported by Grade Heads:

- Mrs West — Gr 9
- Mrs Venter — Gr 10
- Mr Senoamadi — Gr 11
- Mr Fisher — Gr 12

Our Counterstrike Team will look after positions 11 — 20 on our results lists. Mrs Maharaj has Mrs Appelcryn and Mrs Smith join her team.

The new kid on the academic block, Wildcat Strike Action, will be led by Mrs M Henning, our Principal and Mrs J Henning, our Academic Head. Learners who are currently not in the top 20 will be headhunted by them, to join their particular brand of motivation. Their aim... to, in true Wildcat fashion, lift the top 20 learners from their current positions.



A,B,C is the way to Be

Intellectualism is defined as the 'devotion to the exercise of intellect or to intellectual pursuits' by the Merriam Webster Dictionary (2016) . It is with our RHS students that this devotion has been epitomised into its prime root or constituent - dedication .

At our institution of learning , we've allowed our system to incorporate both intellectually-based content as well as inventive and imaginative content to accommodate all kinds of students,

expecting success in every dimension .

Surely the efficiency of this system has been proved by our consecutively achieved 8 year matric pass rate , with astounding 70% Bachelor's pass rate. Need we say more ? It is with every new and innovative system that some failures are encountered within the tenets of the structure .

Every champion , however, possesses the fundamental skill of deriving an unprecedented motivation and drive to move them forward into new realms of success . We have based our 2016 academic projectile on these results , using them as turbulence to boost us to where we need to be.



WHAT'S THE AIM OF THE GAME ?

ACADEMIC PRIZE GIVING

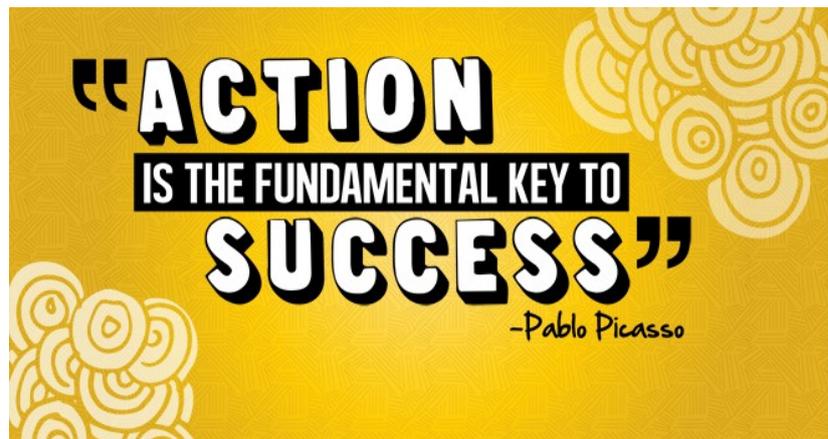
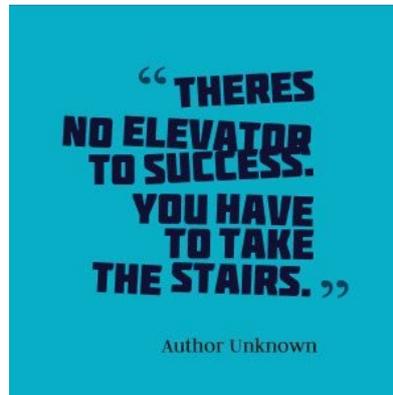
It's here that the prizes are awarded for their extensive use of time, dedication and mind power. The following positions are currently held by our hard working learners.

OVERALL TOP ACHIEVERS :

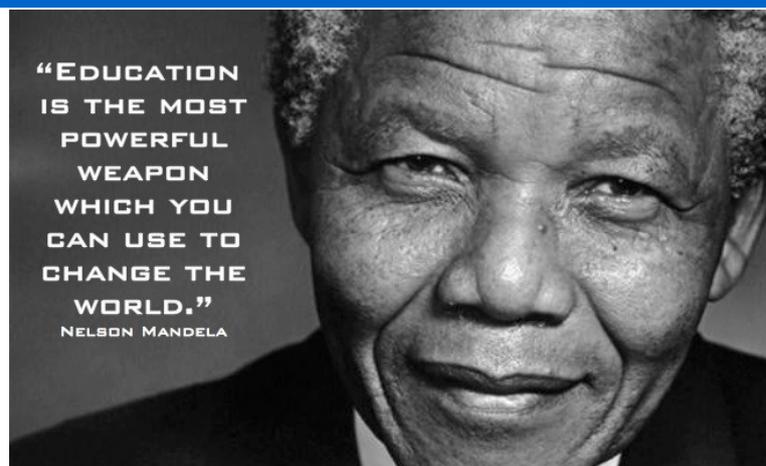
1. LURHAN MARABA
2. ANDISWA BURWANA
3. OBAKENG SEAGENG

BUT Maraba , how do we all get there ?

- Nkanyezi Sikakane



'FOCUS , DRIVE AND NO COMPROMISE'

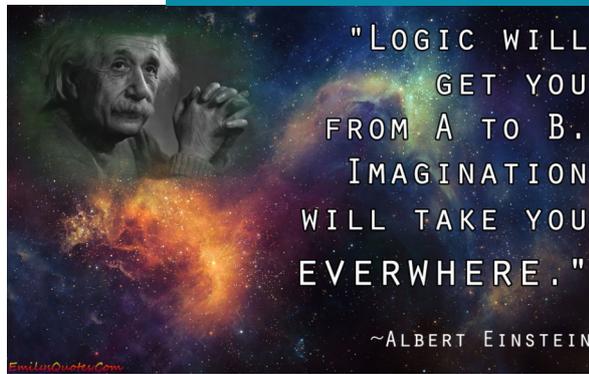
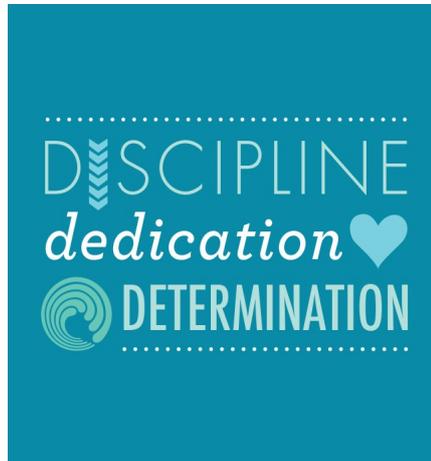


MAKE EVERY CLASS COUNT

As individuals, we are genetically and physically different. A few steps to achieve your personal best!

The **3 D's** that changed Albert Einstein:

- *Determination
- *Dedication
- *Discipline



FOLLOW THESE STEPS TO UP YOUR GAME:

- Ask if you don't understand.
- Listen in class.
- Do not miss a due date.
- Revision.
- Study groups is an option, power in numbers.
- Always be on time for class.
- Homework, it is there for a reason.
- Time management: Planning is key!
- Want it as much as breathing.

- Limpho Thipane

MATRIC COMMITMENT SERVICE

Randfontein High School held its first Matric Commitment Service on Sunday, 14 February 2016.

The auditorium at RHS is normally a hive for activities ranging from RACA performances, chess, dance and debating tournaments to the more serious school events like valedictions and prize-giving ceremonies. This time the sounds of praise, worship and prayer marked the all-important commitment service for the matriculants.

Three well-known speakers from the community, Dr J Mabuella, Pastor Rueban Daniels and Dr Mzondi delivered powerful sermons that illustrated the Biblical principles of discipline and rewards for diligence.

Praise and worship was led by Terence Mailula and the spontaneous chorus of harmonic worship ushered in the presence of the Lord. Learners, parents and teachers were led into taking their

pledges to strive for the goal of 100% Bachelor passes at the end of the year. This goal is not only the expectation of the current matrics, but also of all alumni who expect the matrics of each academic year to perpetuate the legacy of a 100% pass. "One would think it got easier after eight years of leading with 100%, but the standard just gets more difficult and burning the midnight oil is a must", said one of the matrics.

The matriculants signed the learner pledge in a register and for the next 60 years, matriculants of RHS will sign their stand of commitment.

The pastors prayed for the matrics and the event was followed by refreshments where parents, teachers and learners reflected on the goal for the Class of 2016.



NEO TSOTETSI

DEBATING HER WAY TO THAILAND

If you think that you can get into an argument with any of the debaters and win, think again! They will rebut your argument with good banter and style, leaving you scathed with embarrassment!

Neo Tsetetsi has participated in various debating competitions like SACEE, CONHILL and PAN AFRICAN BOOKS DEBATES where she and her fellow debaters have made their presence known!

Last year in December, her team won the finals at the PAN AFRICAN DEBATES.

She was selected to go to Thailand this year for one of the most prestigious competitions worldwide, The World Schools Debating Championships. It was under the stewardship of Mr J Fisher that she was able to germinate into a fierce debater.

We wish her good luck for Thailand and know that she will represent RHS well.

- Lurhan Maraba



TRENDSETTER



DON'T FOLLOW

DoodlesInvigorate.wordpress.com



“Fiela se kind”

HEREIN LIES A TALE THAT JERKS A SEAS OF TEARS

A production set during the Apartheid era where the laws and systems of this era created strenuous social boundaries which many sought to break. Fiela’s character, a coloured, female farmer, who raises a white castaway, Benjamin , allows viewers to explore the unsettling insensitivity of the authorities in that day . He is taken away by the authorities during their raid. Fiela then goes on a quest through the formidable Knysna woods to find her son.

Due to this undeniable prowess, Cantona James had the opportunity to be casted in the production which took a period of 6 weeks to perform. Fly Refresh had him answer a few questions.

1. Give us a brief, insightful description of who Cantona James is. “ Cantona James is a hard worker, devoted to everything he sets his heart to . He is very dedicated and sometimes this comes across as narcissistic but regardless, he loves all people and enjoys seeing the growth in each of them.”

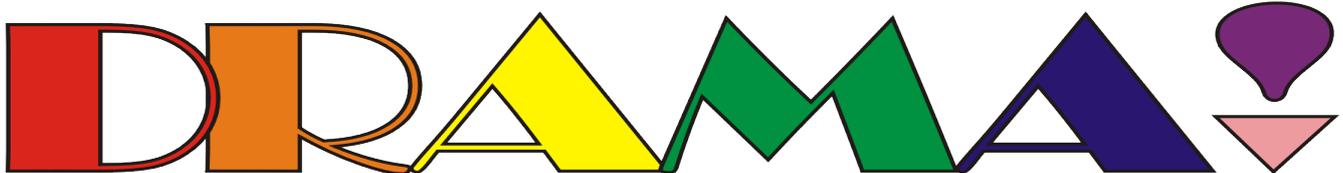


2. You were recently involved in a production over a period of 6 weeks, describe the experience. “It was an exceptional experience ! I got to know great actors and created a powerful network of people for my future. I learnt that in order to make it to the top you HAVE to be able to handle a KING SIZED meal on a small plate.”

3. How do you relate to the content of FIELA SE KIND? “To be honest, I don’t really relate to its content, however, it has really improved my skills as an actor.”

4. Do you see yourself doing theatre as a life-time career? “No, I would love to pursue a career in television.”

- Nkanyezi Sikakane



“Die Einde” @ KKNK

“Die Einde” started its prestigious journey in English as “The League of Extraordinary Boys” written and initially directed by Mr Stephen Kotze but then Ms Jankowitz together with Mrs J Henning accepted the challenge of translating it into Afrikaans. It received numerous awards including placing 2nd at the ATKV Tienertoneel Competition held at Aardklop in Potchefstroom, but its highest accolade was being invited to the Klein Karoo National Arts Festival.

Our esteemed cast and crew, together with a few teachers packed their bags and made their way to Oudtshoorn from 27 March to 31 March 2016. For some of the learners AND teachers it was the first time travelling by air – boy what an experience!

After a gruelling 2 hour technical rehearsal on Monday, 28 March 2017 during which the cast and crew perfected their blocking, lighting and projection they eventually took to the stage on Tuesday evening and again on Wednesday afternoon. By KKNK standards both performances were very well attended. Some audience members were shocked into silence while others were reduced to tears. An audience member commented that it should be compulsory for all learners in South Africa to see this award winning play as it depicts a very serious reality for a large number of them.

During their downtime, the cast and crew took to the streets of the festival and enjoyed the carnival atmosphere

To the brilliantly talented cast and crew “SALUTE!!!”



RHS INVITATIONAL ATHLETICS

Randfontein High School's theme for 2016 is *#RHS Refresh*, in other words, out with the old and in with the new. The weather certainly seemed to take this mantra to heart on Friday, 5 February 2016, during what was supposed to be an entertaining day of athletics, with schools such as Hoërskool Bekker, The King's School, Hoërskool Jan De Klerk and Hoërskool Nic Diederics invited to participate, when it produced a "refreshing" shower of rain.

In true RHSian style the learners and staff took the weather in their stride and made the most of the situation by displaying what can only be described as true RHSian spirit, until, after much consideration, the powers that be, called off the athletic meeting.

This particular meeting used to be attended by the likes of Hoërskool Westonaria, Hoërskool Jan Viljoen, Hoërskool Riebeeck, previously Hoërskool Goudrand and Randfontein High School.

Over the years the local schools withdrew from the meeting until only Randfontein High School was left. In the spirit of their 2016 theme, RHS would like to challenge these schools, to "refresh" and once again participate in this wonderful, annual event.



Ms. Esterhuyse BEFORE the "refreshing rain".



Come hell or high weather, Mrs Thiebaut taking her duty as scribe to the next level.



NOTHING gets the RHSian Tribe down!



Ms. Esterhuyse AFTER the "refreshing" rain.



Our gentleman, Mr Ajam, offering Mrs Appelcryn protection from the storm.

RHSIANS WILL ROAR



Saturday, the 13th of February – a day of omen for those who dared to exist in our presence.

It was on this day that the RHSian pride consumed the tantalizing fruits of success at the annual English Sports meeting in Vereeniging. Sporting strong warriors from Grade 8 – 12, the conquerors arose early to prepare for a day of great success, from the 4th hour of day, the busses charioted our legion away.

Upon arrival, RHSians was openly welcomed and accomodated by Phoenix High School along side Riverside High, Suncrest high and General Smuts.

The opening scene omitted poignant and powerful air to those whose souls were strong enough to behold the majesty of the young. All of this presided by the chiefs of movement, Mr Nimmo & Ms Jankowitz.

- Nkanyezi Sikakane



RHS takes it all

A school with nothing but the wisdom to acknowledge ambition. This year's installment of the Inter-high athletics saw a brand new participant in Phoenix High School, who were the hosts of the event. Naturally, they needed a school to educate them on how it is done and Randfontein High School prepared a sparkling and unforgettable lesson. They ran around the field altogether symbolizing unity. **UNITY!** We strutted our stuff and showed our class by winning the prestigious Spirit Trophy and Athletics Trophy in the oldest English Inter - High Meeting.

This all came from hard grafting from some of the best student athletes in the province and outstanding coaching from Mr & Mrs Bradford, Mrs Smith and many other terrific individuals. One of the athletes, Corné Lovegrove said

that winning the "big one" was a breathtaking experience and was a fitting way to seal his lengthy high school athletic career.

The stars of the show were Katlego Thwani and Deneilio Genade who won Best Female Field Athlete in throwing sports (discus, shot put and javelin) and Best Male Field Athlete in throwing sports respectively.

In addition, both athletes broke their personal best records in their respective events. By achieving the highest ASA score in shot put, they both received a trophy for the Best Athletes in the throwing division overall! It is obvious that they threw the opposition away, in true RHS fashion. The athletes made us all proud but let us not forget about our grade 8 learners. All their practice and dedication paid diligence.

Winning the trophy is a memory which they will never forget and they might even tell their grandchildren about it.

Mrs Henning will not rest on her laurels. She has already recognized the potential threat that might come next year so she has ordered that all athletes enter Mr Byrne's strenuous winter program. As they said on Back To The Future, "Where we're going, we don't need roads."

Indeed, there is a school in a town that's known all around and won't let you down!

- Agisang Sibanda &

Nokwazi Dlamini



JUKSKEI @ RHS

2015 was a remarkable year for Jukskei

In 2015, Randfontein High School saw six learners attending the South African Junior Jukskei Championships in Kroonstad. This is a major achievement for RHS, as Jukskei is the new sport on the proverbial block at our school. One of our learners, Thandeka Deleki, a newcomer to the sport, developed to such an extent that she too had the opportunity to participate in Kroonstad.

At the Championships in Kroonstad in December 2015, the learners were assessed and Provincial Academic Invitational Teams of junior players were selected. We as #RHSians are very proud to have one of our learners, Mulisa Raedani, included in this team. According to Mulisa, she was “super surprised” to be selected as she did not think her name would be called. The players who were selected for the Provincial Academic teams, played against each other on 5 December 2015 in order to determine the final team of players. “On the 6th, our team played and won both our matches” said Mulisa.

#RHSian Jukskei players do not only impress on the field, but also off the field. Various coaches commended our learners on their behaviour as well as the pride they displayed at being #RHSians.

Jukskei continues to flourish, seeing more newcomers interested in playing the sport every year. RHS learners take their commitment to this sport very seriously and start practising in March with the winter development plan continuing until the start of the formal season in August.



Mulisa Raedani, strutting her Jukskei stuff.

Jukskei Stars Spread Knowledge

Members of the Jukskei team visited Kagiso schools to spread the Jukskei gospel.

History tells us that Jukskei is a dominantly white sport. Never before have people of colour shown an interest in the sport. RHS did not receive this memo. We see someone for who they are and what abilities they possess. Our school is an anomaly because we perform superbly and we know no boundaries. Our Jukskei team generously took it upon themselves to perpetuate this message amongst township schools in

They taught the students various techniques and the rules of the game. The learners who were educated responded well and were enthusiastic about the sport. Our team also generously provided them with Jukskei equipment.

In addition, these players expanded the game and created more competition. Their act displayed kindness, progression and they deserve all of our plaudits!

- Agisang Sibanda

Sportweni delivers once again!



During the early morning hours of Tuesday 29 March, a young, enthusiastic u/14 Rugby boys team, Senior boys Hockey team and First team Netball girls departed from school to Port Shepstone for the Sportweni Sports Tour. All teams received personalised, individual coaching from top coaches around South Africa.

Our learners were 100% committed and focussed at every coaching session as well as their matches.

The high lights of the tour was the team building exercises on the beach, where each team bonded and learnt the importance of communication in a team sport.

With all the new skills and game plans learnt, our teams are excited and cannot wait to put it into practice.



CAUSE FOR CELEBRATION

RHS UNDERGOES AN INFRASTRUCTURE UPGRADE



Randfontein High School recently found itself the most fortunate recipient of an infrastructure upgrade, which kicked into gear in November 2015 and has all who work, attend or who are affiliated to the school, extremely excited.

Randfontein High is extremely proud of its facilities and takes the utmost care to look after what it has, but upon closer inspection one can't help but notice the water damaged ceilings, rusted down-pipes, etc. that are directly linked to 60 years of continuous use and natural deterioration, all of which will now be a thing of the past, thanks to this wonderful project. The Safety and Security of the learners at RHS takes precedence and as such the installation of palisade fencing along the entire perimeter of the school is probably one of the most valued facets of this project.

Randfontein High School proudly declares themselves to be "Trendsetters in Motion" and will most certainly be "trending" once this project has been completed, and as luck would have it, this project falls agreeably in line with our annual theme "*i#RHS Refresh 2016*", as we will definitely be "refreshing" current codes of good practice and making room for "refreshing" new ideas and projects including our facilities.

RHS WELCOMES NEW STAFF

Randfontein High School would like to take this opportunity to extend a very hearty welcome to Mr T Byrne, Ms M van Blerk, Mr T Damoense, Mr C Herbst and Mr J Swart. The Principal, Mrs Henning, often jokes that you have to be a little bit crazy to fit in at Randfontein High and these new staff members are certainly proving their wackiness and willingness to fit in.

Mr Byrne, a qualified fitness instructor and a very experienced cricketer, is in charge of the Physical Education Training (PET) component of Life Orientation and will also provide the school with his expertise when it comes to coaching cricket and athletics. Mr Byrne is also the owner of Fitness Freaks, a company which offers various fitness packages including fitness boot camps.

Ms van Blerk is teaching Afrikaans and Social Sciences to the Grade 8s and 9s and will also coach athletics and netball.

Mr Damoense is teaching Tourism and Economic Management Sciences. Mr Damoense has already proved himself to be a favourite amongst the learners, getting into the groove of the Spirit Trophy.

Mr Herbst, who is a qualified pastry chef, is teaching Consumer Studies to the Grade 10s, 11s and 12s and believes that by sharing his passion for all things food, he will be able to equip the learners he teaches with the necessary skills to become entrepreneurs.

Mr Swart is teaching Technology to the Grade 9s and Engineering Graphics and Design to the Grade 10s and 11s. Mr Swart, who comes from an excellent rugby background, would like to bring rugby back to RHS and make our teams THE competition to beat.



The latest editions to the RHS family

Ms. Ketse

1. What primary & high school did you attend?

Primary school: James Ntungwana

High school: Thanduxolo Secondary school in the Eastern Cape.

2. Why did you choose RHS?

I chose RHS because it's advanced on so many levels, personal growth will be evident.

3. What do you enjoy most about teaching?

I love to interact with students and to learn about their backgrounds and cultures. Most of all I enjoy sharing my subject knowledge with them.

4. Who is your role model? Why?

My mother, because she is a very strong woman who can take on any challenges which comes her way.

5. What do you do for fun?

Listen to music (Don Williams).



Ms. Mecuur

1. What primary & high school did you attend?

Randfontein Primary & Randfontein High School.

2. Why did you choose RHS?

Well, I started my journey at RHS about a decade ago and to this day I am forever thankful for the morals and values that was installed in me by striving to be better. I always wanted to be part of the change that RHS stood for by giving back to my community.

3. What do you enjoy most about teaching?

Working and interacting with students, knowing that you can make a difference in their lives by sharing and planting seeds of knowledge that has been gained over the years.

4. Who is your role model? Why?

Undoubtedly my mother, she has inspired be me a lot. She has taught me many principles in life and I believe I am who I am today because of the many sacrifices that she has made for me.

5. What do you do for fun?

Traveling from time to time, discovering hidden gems in South Africa, as well as spending time with friends and family.

TEACHER OF THE TERM AWARD



To kick off 2016 on a good note , the Fly Refresh committee has decided to launch a “Teacher of the term award” to honour and recognize teachers who work tirelessly on a daily basis and yet manage to give delightful lessons in the classrooms .

In Term 1 , this prestigious award goes to ..
MRS.A.THIEBAUT ! The Fly Refresh Committee and certainly the learners at school would love to thank her for her outstanding contribution to the school and in her overall assiduity in her work. Not to mention the effort that she puts into ensuring that school admin is on track.

A word with the winner

1. Did you always want to be a teacher ?

“ No .. not really . I actually wanted to work in a hospital . However, as time passed , I realised that I wanted to become a teacher – I have been loving it ever since !”

2. What inspires you to excel in your profession ?

“To get more information about my subject and finding better strategies to improve learners’ marks .”

3. What was your favourite moment of the term ?

“ To be honest , it was marking my learners’ homework and seeing the immense effort that they put into their drawings and in answering questions , it makes me feel eager to teach them more.”

4. Who is your influence or inspiration ?

“ Well ,quite a lot of people ... but mostly Mrs.Appelcryn and Mrs.Henning . Their optimism , drive and work ethic always inspires me to do better.”

5. What are your goals this year ?

“ I would like to surpass the goals set by Mrs.Henning – like the 70% pass rate .I also want to inspire my learners to go into varying geography fields .”

6. Name one interesting thing about yourself .

“ I’m a fan of ONE DIRECTION.”

- Lurhan Maraba



A thing called love...

1. How long have you two been together?

Mr Van Vliet: 30 years.

Mrs Van Vliet: 30 years.

2. How many Valentine's days have you spent together?

Mr Van Vliet: 31 .

Mrs Van Vliet: 31.

3. What's the worst and best gift your partner has ever given you on Valentine's day?

Mr Van Vliet: Worst gift - Forgot Valentine's Day .

Best - Like to keep it a secret.

Mrs Van Vliet: Worst gift - Yellow slippers.

Best - O lala.

4. Do you two find any value or significance in celebrating Valentine's day?

Mr Van Vliet: We have each other. Every day should be a Valentine's day, which it apparently is.

Mrs Van Vliet: Not so much. For me my birthday and Christmas are more important. I don't even remember my wedding anniversary, how must I remember Valentine's Day?

5. Does your partner show their affection towards you even more on Valentine's day?

Mr Van Vliet: Yes - I feel special .

Mrs Van Vliet: My husband always shows affection towards me.

6. What are your hopes for the next Valentine's day with your partner? Do you already have something planned?

Mr Van Vliet: Seeing that I reached old age, I planned something special for the next Valentine's day. But I cannot reveal the secret otherwise Mrs van Vliet will know.

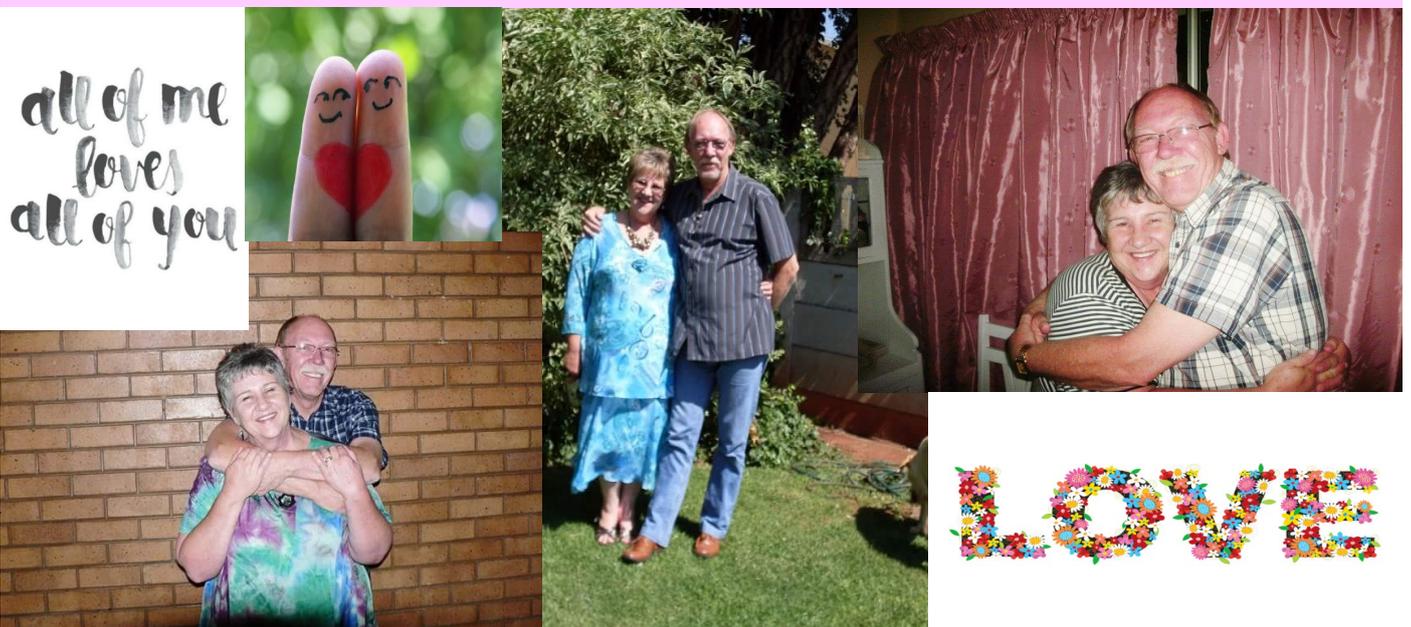
Mrs Van Vliet: I want a romantic weekend away. Just the two of us.

7. Would you specify Valentine's day for romantic relationships only or any relationship?

Mr Van Vliet: Valentine's day is supposed to be a romantic day, but seeing that I have a romantic marriage, Valentine's day is just another day.

Mrs Van Vliet: Valentine's day should be a romantic day spent with the special one in your life.

- Kwazikwenkosi Biyela



Young love

Letlhogonolo Manyise and Mashadi Lebogo

1. In a relationship, both new and old, there are a lot of challenges to face. What is the key for success?

M - I was always told communication is the key to a lifelong relationship, I never believed it until I actually got into a relationship with Tlhogi. It really does help talking about everything and anything, making it easier for us to resolve our issues before it multiply.

2. How did the relationship come about?

L - "This is a funny story" Tlhogi says. He jokingly expressed Mashadi as rather a stalker than a crush, it all started at Geography during the 7th period last year February when they started having conversations and Letlhogonolo asked Mashadi for her number, they spoke for a good 6 months before making it official on the 22nd of August.

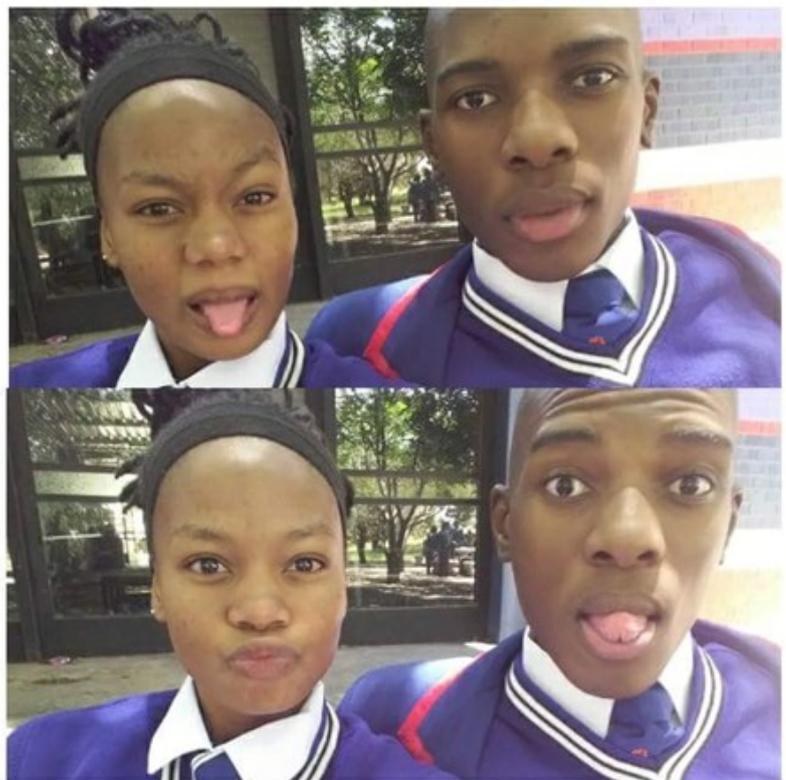
3. You are very close to the end of your High School career, are you two going to the same tertiary institution, if not how are you going to deal with the distance?

L- We're used to the distance issue, we have made it less of an issue by seeing each other whenever we can, so to answer your question we will be able to handle distance.

4. Valentine's Day was a week ago, did you have anything planned?

M - Unfortunately not, we were at school that Sunday for the Matriculant Commitment service.

- Bontle Mfati



Selfie swirl

24 FEBRUARY 2016

During break Limpho Thipane and I , travelled miles around the school searching for people to compete in the selfie competition – WE WERE NOT DISAPPOINTED !

The purpose of this novel project is to rejuvenate the school and to make the learners participate in activities at school. We received many entries for the competition amid many complications such as most of the girls ensuring that their hair was in the right place, getting an enhanced tone by standing in the sun and even offering to get a “wefie” to avoid being alone. Nevertheless, it was an interesting and exciting experience for everyone .

#Selfie

CONGRATULATIONS PRECIOUS MOT-INGWE!

You have won yourself a pair of headphones!

- Lurhan Maraba & Limpho Thipane



Yo whaddup Fly!

Top 10 @ 10

THE FLY REFRESH CREW HAS COMPILED A TOP TEN AT 10 PLAYLIST FOR YOU TO JAM TO WHILST DOWNING THOSE SANDWICHES ! SO NOD YOUR HEAD AND MUNCH AWAY !

TOP 10 SONGS

- 1.WHIP AND NENE /SILENTO
- 2.BABA KA GIRL
- 3.ROLL UP
- 4.SON OF A DRAGON
- 5.100K MAKASETTA
- 6.COMPOSURE
- 7.DJ MSHEGA GET DOWN
- 8.DJ SNAKE BIPOLAR SUNSHINE
- 9.LOVE COLOUR SPIN
- 10.WE DANCE AGAIN

- Nkanyezi Sikakane