



February 2021

SNIPPETS

PRETORIA HIGH SCHOOL FOR GIRLS

WELCOME MRS MOGALE!

By Neha Singh

Mrs Mogale is Pretoria High School for Girls' newly-appointed Deputy Principal of Extra and Co-Curricular and Student Leadership. She taught English and Technology at Bryanston High School and now balances her days between teaching English and her duties as Deputy Principal.

Did you always know you wanted to teach English?

"No, my undergrad is a law degree. I loved English in high school. I loved my languages in high school. I studied law at Wits and then took a break from law in 2012. The idea of education is a calling because it called me to come and teach and I never left."

How do you plan on incorporating the theme 'Inside Out' into leadership and extra and co-curricular activities?

"We are going to start with the Values Program. It is a value per grade. Each of the values focuses on how you look inside out. It is also about self-development and mentorship. Through your extracurricular activities and leadership, you can see yourself as not just being an individual but as part of the school community as well."

Special message for the girls.

"It is about self-belief. High school is the best and the worst time of your life. It is the best time to do anything you thought was impossible even though it is not improbable. It is the worst time because you are always under pressure and constantly under stress."

You can do anything, be anything, and try anything. Never forget to at least try something. One thing!"

Are there any changes that you are implementing?

"There are no changes. I am going to be focusing a lot on the RCL. I want to build a stronger RCL. I think that is the most important thing. Edith Aitken's idea was to build strong, independent women. The voice can be very strong but it can be an empty vessel: It makes a lot of noise but the message actually does not get through. My aim, at the moment, is to build strong voices within the leadership structures that

currently exist.

When you are in an all-girls school, the competition becomes very different. You are competing against yourself and others. You need to be heard but, how you are heard is the most important thing."

Is it a big change for you coming from a co-ed school to an all-girls school?

"Yes, it is. I am used to boys 'chirping' in the back. I am used to calling them 'gents'. I'm used to the girls being shy in the first two weeks, especially grade 8s. I'm used to the drama of boys. So, it's going to be different. I went to an all-girls school, taught at a co-ed school and now I am back."



WELCOME GRADE 8S

By Jasmine Beeforth

On Friday, 12 February, the Grade 8s had their first experience as Girls' High girls. They arrived at PHSG at seven in the morning and were split into houses for a tour of the school.

House Prefects took their respective groups around the school and told them the stories and traditions of Girls'

High, such as the famous tale of Meisie. Unlike previous years, there were no games played and no sleepover.

The girls left at two in the afternoon and although the orientation programme was different from previous years, the Prefects created a happy beginning for the Grade 8s and set the tone for the rest of their journey at PHSG.



DEVELOPMENT IN THE WORKS

By Neha Singh

The Art Centre at Pretoria High School for Girls is undergoing renovation. The project began at the end of 2020 and is scheduled to finish at the end of July this year. Students and Art teachers have shifted their lessons into container classrooms and they are eagerly anticipating the improved facilities.

Some of the renovation includes the elevation of the roofs of the classrooms to allow for more light. The primary focus is to ensure that sufficient light from the east passes through the facility. Insulation is being added to all the roofs and more taps are being installed.

Despite having to move their classes, the Art teachers have adapted to the new teaching experience and have decorated the outsides of the container classrooms with beautiful pot plants. The school would like to thank the staff and learners for their patience and co-operation. Their willingness to adapt has been phenomenal and has certainly not gone unnoticed.



CLOSING 2020 WITH A BANG

"An art, which has an aim to achieve the beauty, is called a philosophy, or in the absolute sense, it is named wisdom." ~Al-Farabi

During October 2020, Tazkia Mahomed Ismail, a then Grade 10 learner, participated in the National Essay Competition, under the auspices of UNESCO, on the legacy of the great 10th century medieval scientist and philosopher Abu Nasr Al-Farabi.

The red-carpet awards ceremony was held in



Tazkia Mahomed Ismail

tandem with the launch of Al-Farabi's book, "The Treatise on the need to Strive for An Excellent State". On 10 December 2020 the event was attended by many eminent international leaders and dignitaries.

The relevance of this particular national competition is its emphasis on bilateral relations, universal connectivity across time, generations and continents, the empowering leadership of youth and the global humanistic ideals as promoted by Al-Farabi and Nelson Mandela.

Tazkia placed 3rd nationally and was awarded certificates for both herself and the school. She received numerous prizes including a copy of the book, which highlights the integral qualities essential for the leader an "Excellent State".

Tazkia claims "It proved to be an enriching, over-arching experience that I drew a lot of wisdom from and could network with international VIPs."

Another national competition that she was competing in, at the same time was the 2020 Social Justice Writing Competition. With the theme being 'Gender-based Violence in South Africa', she was lauded as one of top 3 winning authors in the country out of hundreds of national entries.

Her piece was a combination of a poem and a creative essay titled "The Blue Eye", which will be published in the '2021 Social Justice Stories' book. She is currently attending workshops to

assimilate the editing process and have an opportunity to collaborate with other authors and peers, as well as making videos including a biography and synopsis to showcase the writing piece.

Her work will be published and available around May 2021.

Arin Sithole also took part in the SASDB and CSA&G Writing Competition, placing in the top 30, she too will be published and we look forward to reading her work.



Arin Sithole

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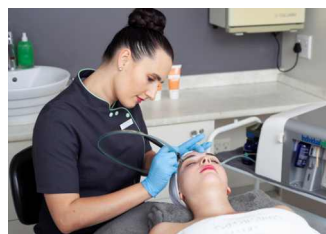
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NEW FRENCH WORKBOOKS

A huge thank you to @Aeronautic_Solutions for the generous donation of custom workbooks for our Grade 8 and 9 French Students. The books were authored by Mrs Maré and Mrs Weideman, who are both French teachers at PHSG and saw the need for a fun, exciting way to learn a foreign language.

Tertia Pienaar from Aeronautic Solutions was eager to jump on board and assist the school in making the dream a reality by sponsoring 600 colourful, professionally printed and bound workbooks.

Mrs Pienaar joined us today to officially hand over the workbooks to Mrs Erasmus, Mrs Maré and Mrs Bakam (HOS French).

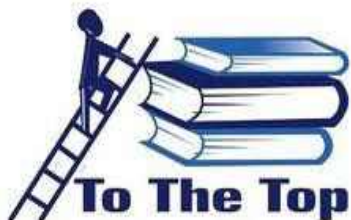


ACROBATIC DANCING

Congratulations to Megan Roux, who had a busy end to 2020!

Megan qualified for the SA Acrobatic Dance Championships after competing in the Gauteng North Acrobatic Dancing Competition in November 2020, where she placed first in her section. She earned her SA Colours in Acrobatic Dancing. Megan also participated in Stage Quest Dance Competition in November 2020, where she and her dance group won 3 gold medals and one silver medal.

Great job, Megan. We are proud of you!



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FIRST AID

Well done to Rebecca Ruth-Pullen, Grade 11, on achieving her Level 3 First Aid Certification!

Rebecca, we feel safer with you around.

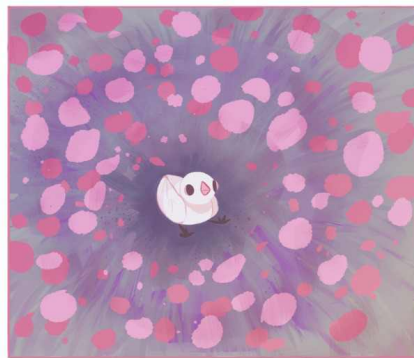


NAG DIVING

Congratulations to Georgie Dillon on outstanding results in the National Age Group Champs in 2020:

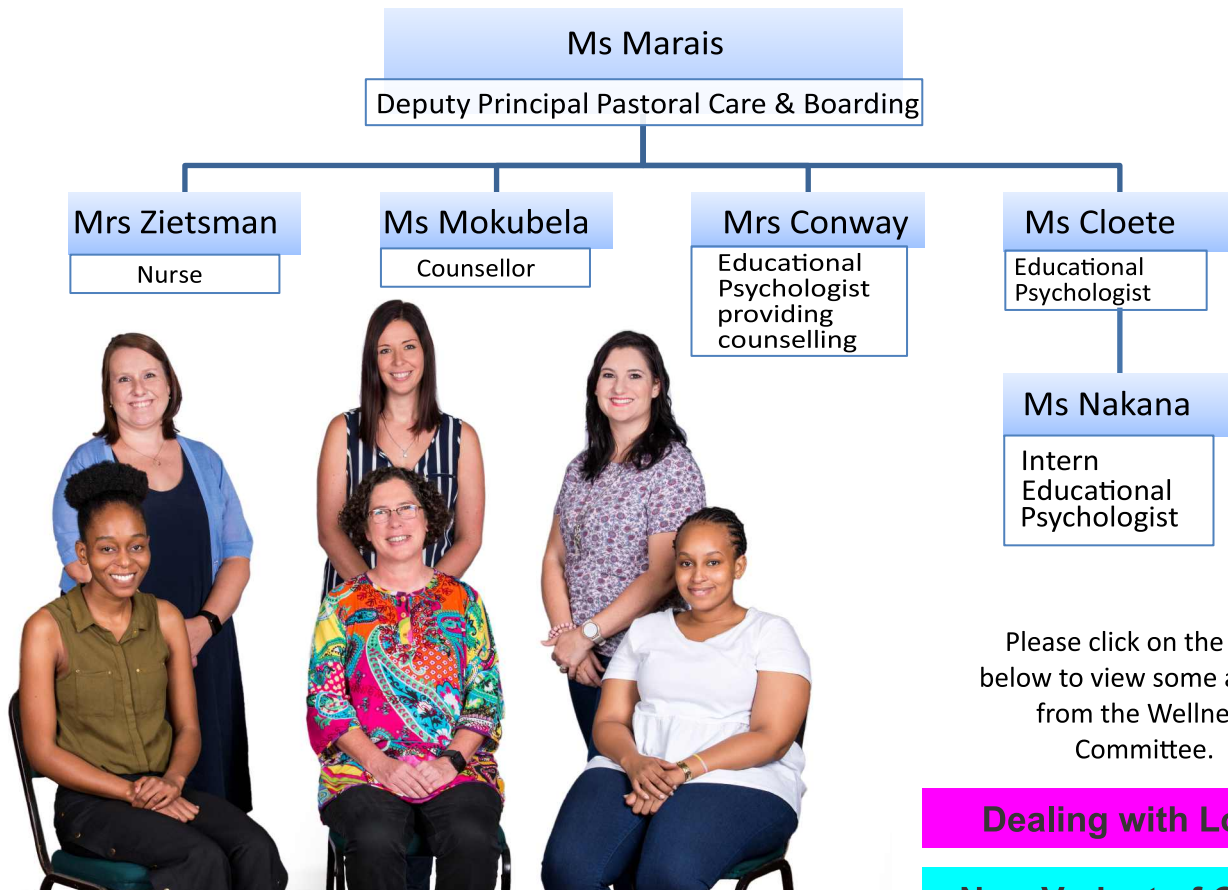
- 5th place in the 3m dive
- 6th place in the 1m dive
- 2nd place in the Platform dive
- 1st in the mixed synchro

Georgie placed 2nd overall and qualified for the South African Team. Well done, Georgie!



MIKA BENAMI

MEET THE WELLNESS TEAM



Front: Ms Nakana, Ms Marais, Ms Mokubela
Back: Ms Cloete, Ms Conway, Mrs Zietsman

Please click on the links below to view some articles from the Wellness Committee.

[Dealing with Loss](#)

[New Variant of Covid](#)

2020 Matric Results

[Click here for more photos](#)

**Congratulations to the 2020
Matrics on their outstanding
results!**

**281 Candidates with 386
Distinctions and 91.8%
achieving access to apply for a
Bachelor's Degree (Entrance to
University Degree Course).
107 Learners achieved an
average of over 70% or more.**

PRETORIA HIGH SCHOOL FOR GIRLS

7 DISTINCTIONS

Taylor-Jade Muller	90.1%	Average
Kyra De Gray Birch	87.7%	Average
Isabelle Wanders	89.6%	Average
Nadia Pentz	87.3%	Average
Kelsey Fortuin	84.1%	Average

6 DISTINCTIONS

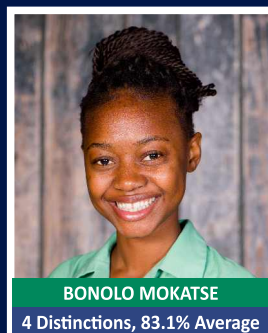
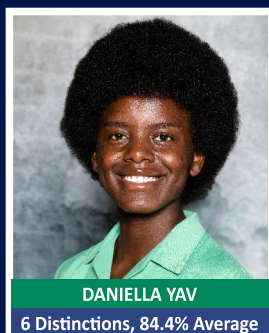
Jade Kühn	87.2%	Average
Daniella Yav	84.4%	Average
Ruby Lutwama	82.5%	Average
Hannah Mitchell	82.1%	Average

5 DISTINCTIONS

Angelique Teixeira	86.0%	Average
Hope Muchiri	84.8%	Average
Phenyo Mokwena	82.4%	Average
Alessia Coetzee	82.1%	Average
Chantelle Van Tonder	81.8%	Average
Danielle van Zyl	81.4%	Average
Rebekah Campbell	80.5%	Average
Devika Kumar	79.7%	Average
Malemane Nkwana	79.1%	Average



TOP TEN



STAFF NEWS

March Birthdays

3 Miss E Van Niekerk (Academic: Art)
3 Mr S Mashishi (Support Staff)
4 Ms K Rankapole (Academic: Life Sciences)
7 Mrs P Mashilo (Hostel)
7 Mrs I Le Roux (Academic: Consumers)
9 Mr L Santawane (Operational Assistant)
13 Ms K Mokgothu (Operational Assistant)
14 Mrs A Boustead (Academic: English)
16 Miss G Mohohole (Academic: Consumers)
16 Miss S Anderson (Counsellor)
24 Mr M Du Plessis (Academic: Art)
29/3 M Mr Inama (Support Staff)
30/3 Mr C Ndobela (IT)

Congratulations

Ms Abigail Lightbody returned to us as Mrs Abigail van Heerden and Ms Anli Mulder returned as Mrs Anli Lombard. Ms Corné van Zyl got married during the first week of February and is now Mrs Corné Rautenbach. We wish the happy couples all the best.

Mrs Brimecomb gave birth to her first child, Joshua, and we welcome him to the PHSG family.

Mrs Basson, Mrs Bullock and Mrs Mangena have announced that they too are pregnant and will be adding to the PHSG family.

Welcome

Mrs Mogale joins us, from Bryanston High School, as the Deputy Principal Extra and Co-Curricular and Student leadership. Our new academic staff members are: Mrs Bakam (French); Ms Mcengwa (Consumer Studies); Ms Mohohole (Physical Science); Mrs van Rooyen (English) MrsEysell (Life Orientation) and Mrs van Zyl (German). In a temporary capacity, Mrs van Schie is substituting in the Accounting Department while Mrs Brimecombe is on maternity leave, and Ms Mokoena is substituting for Mrs Weideman in English and French.

Also joining the staff on the support team are Mr Mahlangu (Laboratory Assistant); Mrs Conway (Counsellor), Ms Nakana (Counseling Intern) and Ms Cloete (Part Time Educational Psychologist). We await the appointment of our HOD position for Languages, and in the interim Ms Cýrus will be teaching English.



Joshua Brimecomb



Front Row: Ms Mokoena, Mrs Phuti Mogale, Ms Mohohole

Back Row: Mrs van Zyl, Mrs van Rooyen, Mr Mahlangu, Ms Mcengwa, Mrs Bakam

Insert: Mrs Eysell



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worthy cause now!**

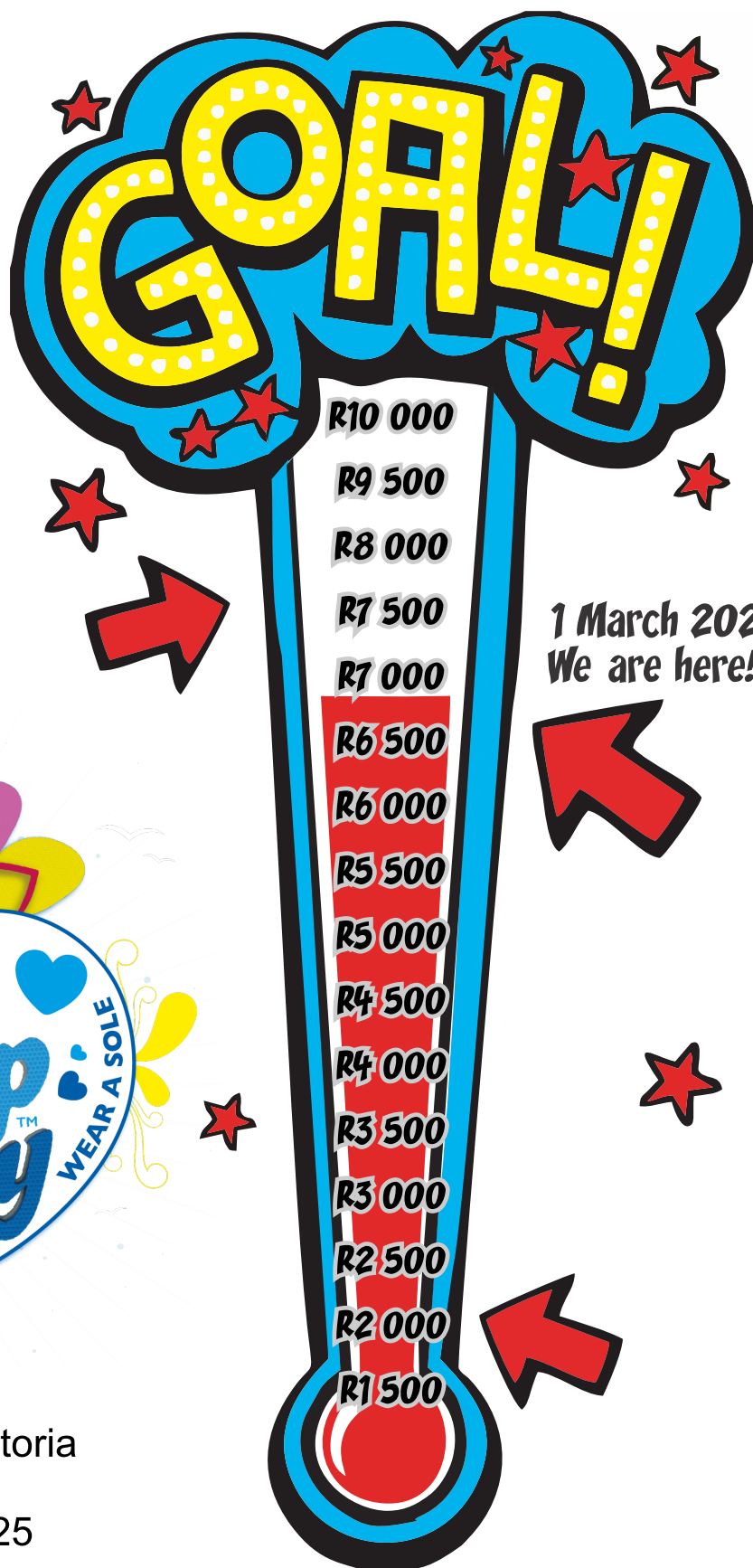
**Once the PHSB
Barometer has
R10 000.00
all learners will be
permitted to wear
flip flops to school.**

**With our support,
children and
teenagers fighting
childhood cancer
will know that they
never have to
stand alone.**



Banking details
Account Holder: CHOC Pretoria
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Reference: PTA: PHSB

**PHSB is celebrating
Flip Flop Day on
18 & 19 March**

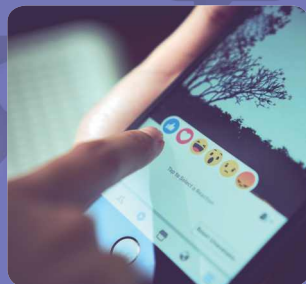




'Likes' are a simple way for users to show that they like a post on social media. This could be anything from photos and videos to status updates and comments. The feature is widely used on several social media platforms and is extremely popular on Instagram and Facebook. It is often used by children to measure the success of their social media post and gauge opinion. However, it can also bring a number of social pressures, particularly if users start to question their own levels of popularity.



What parents need to know about **SOCIAL PRESSURES LINKED TO 'LIKES'**



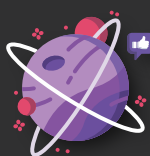
DAMAGING TO SELF-ESTEEM

Your child may use likes to measure their own self-worth, with more likes instilling a greater level of confidence and acceptance amongst their friends and peers. However, children who only receive a small number may in turn feel a sense of rejection or isolation and could potentially suffer from low self-esteem issues, impacting them in other aspects of their life such as at school or in social settings.



UNREAL VIEW OF THE WORLD

Your child may follow celebrities or other popular individuals on social media who receive millions of likes. Not everything on social media is a true reflection of the world and your child may feel pressured into behaving in a similar way in real life or posting similar material in order to feel popular and achieve a similar level of self-worth.



AN ADDICTIVE FEATURE

Like features encourage children to stay online for longer. In doing so, your child is likely to engage with apps for longer periods than they otherwise would have wanted, checking their phone more frequently, including at night when they should be asleep. This could contribute towards screen addiction which can cause sleep deprivation and consequently a lack of focus during the next day at school.



COMPETITIVE CULTURE

Children will often compare the number of likes they receive for their post against their friends or followers, possibly evoking emotions of jealousy or resentment. In a bid to increase their own status and receive more likes, this could lead to a competitive culture in which children try to better one another, potentially leading to them engaging in more and more riskier activities.



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Safety Tips For Parents

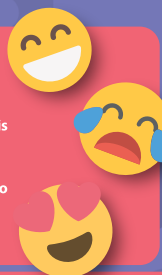
FOLLOW OR BEFRIEND YOUR CHILD ONLINE

Using the same social media sites as your child and connecting with them online will allow you to keep an eye on what their interests are and who may be influencing them. Following their likes will help you build a picture of what your child is being exposed to and what they find interesting.



MONITOR MENTAL HEALTH

If your child does post on social media, it is important to monitor their feelings and emotions, supporting them and encouraging them to talk to you about what they may be experiencing. Explain to them that not everything online is real and that life is not dictated by how many likes a post may or may not get.



ENCOURAGE HOBBIES OR OTHER ACTIVITIES

Try to help reduce your child's screen time and need for social media through encouraging them to do other things such as a sport or hobby or simply playing with friends outdoors. Supporting them to take up other activities that they enjoy can also help build self-esteem and increase their own confidence.



DISCUSS THE REAL WORLD

Talk to your child about online perceptions and about what they feel is and isn't important in their life. Try to establish an open and honest conversation and speak about what they feel is acceptable to post online and if they feel pressure to conform.



HELP TO BUILD YOUR CHILD'S SELF-ESTEEM

Try to help build your child's self-esteem through positivity and praise and listening to them if they are struggling with the way they look or feel. Talk to them about the positive aspect of their personality and help them understand that looks aren't everything. Try not to criticise or blame your child which could compound any negative thoughts they are already feeling.

Meet our expert

Pete Badh is a writer with over 10+ years in research and analysis. Working within a specialist area for West Yorkshire Police, Pete has contributed work which has been pivotal in successfully winning high profile cases in court as well as writing as a subject matter expert for industry handbooks.



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<https://ico.org.uk/media/about-the-ico/consultations/2614762/age-appropriate-design-code-for-public-consultation.pdf>, <https://www.familylives.org.uk/advice/primary/health-and-development/helping-your-child-build-self-esteem/>

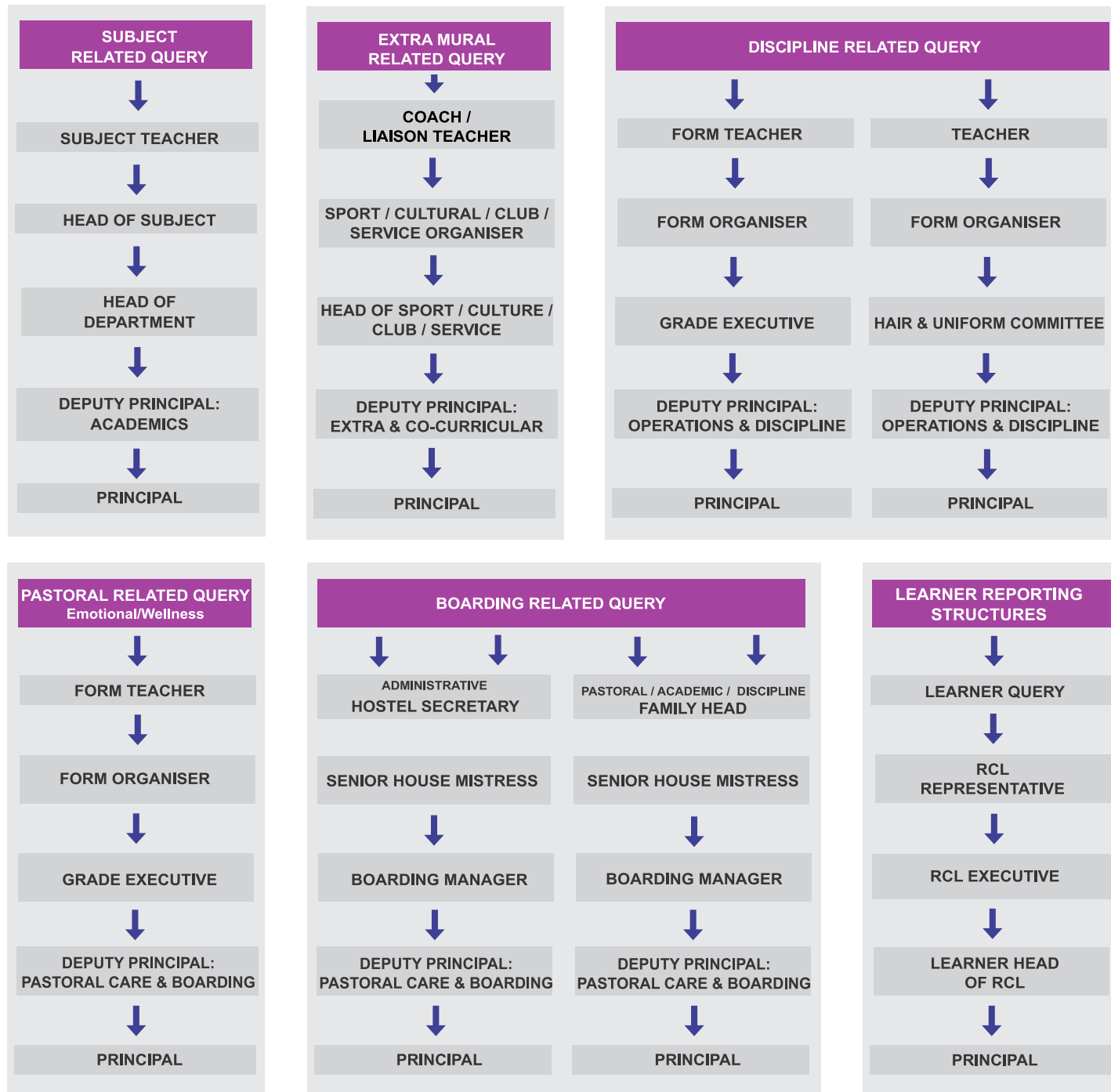
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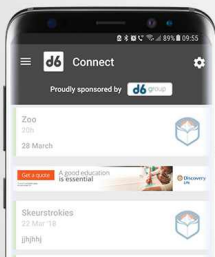
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Should all these avenues fail to address your concern, please contact the School Governing Body.

EVENTS

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Mobile Application

Once you have installed the Application, you will need to enter your Name, Surname, ID Number, Country, Cell Phone Number, Password and Email Address.

REMEMBER TO CONNECT TO YOUR DAUGHTER'S PROFILE!