

Glen Austin High School

Newsletter: August 2017



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Upcoming Events

Event	Date
GAHS vs Acts: Boys'	31 July 2017
Principal-Parents	3 August 2017
Open Day	5 August 2017
GAHS vs Blue Hills College: Boys' Soccer	7 August 2017
Public Holiday:	9 August 2017
GAHS vs Midrand High: Boys' Soccer	14 August 2017
GAHS vs Hope Fountain: Girls' Soccer	16 August 2017
Voting: 2018 Prefects	
GAHS vs Noordwyk: Boys' Soccer	21 August 2017
GAHS vs Noordwyk:	23 August 2017
GAHS vs Hope Fountain: Boys' Soccer	28 August 2017
GAHS vs Midrand High: Girls' Soccer	30 August 2017

From the Principal's Desk

Dear Parents,

A hearty welcome back to the new term. I trust that you all had a wonderful break, and are now rested and focused for the term to come.

Our learners truly shone at the Provincial Land Service Camp. Their leadership skills were on full display, and I have no doubt that they will continue to astound us when they represent the school at National level.

Looking back on Term 2, there are two matters I would like to address:

Learner Performance Excellence

As this is the first year that Glen Austin High School took part in Dance as an extra-curricular activity, we are ecstatic and humbled by the excellence and commitment displayed by those who competed at Provincial level. Two dancers in particular are to be highly commended, namely, Keagmogetswe Mohtlaabane and Buhle Masuku.

Further opportunities will be constructed in order to develop the leadership skills of our learners. We will also endeavour to maintain an environment in which learners can showcase their individual talents and potential. We look forward to further regional and national championships in future.

Educator Commitment

Without the tireless dedication of the personnel at Glen Austen High School, the abovementioned achievements would never have been possible. It is only because of these stalwart educators that the Grade 12 Winter School Programme could have been as successful as it was. Their willingness to sacrifice their own holiday will no doubt benefit the Grade 12 class of 2017 immensely, and I am confident that their Preliminary Exam results will reflect this.

I would personally like to thank Miss Iyer and Mrs van den Berg for their hard work while attending the Provincial Land Service Camp during their holiday. Although undoubtedly stressful, your devotion and boundless enthusiasm made the camp a truly memorable affair for every learner involved. Thank you for your ardour and steadfast loyalty to the learners.

It is my sincerest wish that the forthcoming term proves to be both an exciting, as well as successful one.

Yours sincerely,

H.A. Abbott

Principal: Glen Austin High School



Mr H.A. Abbott



Update Centre



Academic Matters: Mr. van Niekerk

I sincerely hope that the July break proved a relaxing one, as Term 3 has officially begun, and academics is once again at the forefront of the school's agenda.

Reports will be issued on Friday, 28 July, and can be collected at reception. Parents should note that, in many cases, there has been a significant drop in marks from Term 1 due to examinations. As such, many learners will be disappointed with their results. Rest assured, however, that the school will continue to offer intervention in the form of our after-school support programme. Parents are requested to assist us in our efforts to help these learners overcome any setbacks and to display their true potential.

English, Mathematics, and First Additional Languages will be included in the after school programme for Grades 8-11. Grade 12's will have extra classes in all subjects after school, as well as on Saturdays. Please note that if your child has failed a particular subject, it is compulsory that they attend extra lessons.

Parents, please be advised that the analysis of marks will be discussed at the Principal-Parent meeting on 3 August for Grades 8-12. You are kindly requested to attend.

Parents can make appointments with the Vice Principal to discuss further intervention strategies, as well as to arrange meetings with subject educators.



Learner Conduct Column: Mr. Moyo



The running battle with unkempt hair, as well as poorly-worn uniform, continues to present disciplinary challenges for the school. Grooming and personal hygiene is quite a challenge at the beginning of the new school term, partly because a large number of learners return without having shaved off their elaborate holiday hairstyles.

To remedy the situation, the school will take learners who do not conform to the uniform policy to task, and will ask parents to fetch these children from school. We would like to sincerely thank the parents that have made sure that their children have been thoroughly groomed before the start of the term.

Glen Austen High School prides itself on immaculately groomed learners. Grooming, in another sense of the word, also implies getting ready for a new term, both physically and mentally. We wish to impart this culture of etiquette to our learners, as without this pride in one's appearance, the youth will never be 'ready' for tomorrow.

Subject Head Corner



Science: Mr. Sibanda

This term will no doubt prove exciting for all grades.

The Grade 10s will get to enjoy doing practical demonstrations in Chemistry this term. Quantitative and qualitative analysis are integral components of a career in the exciting field of Science; learners will need to use their senses to make observations and deductions: they will note colour changes, temperatures, and effervescence, among other things, when chemical reactions take place.

Grades 11 and 12 will also enjoy carrying out experiments in electromagnetism.

The Science department is fully stocked with chemicals for these practical experiments, as well as for the formal assessment tasks in which they will showcase their scientific knowledge for a contributing mark to their Term 3 results.

We encourage learners to be punctual for lessons, and to be probe into the unknown and discover the truth.



Extra-Curricular Corner



Land Service: Miss Iyer

The Land Service team attended the Gauteng Provincial Land Service Camp from Friday, 30 June to Monday, 3 July. It was a special year for Glen Austin High School because we acted as the hosting school for the camp.

The learners participated in many activities that tested their character, willpower, strength and wit. Glen Austin High School Learners demonstrated great enthusiasm, and many of our learners led by example.

The result of their efforts earned four of our learners the opportunity of being chosen to represent Gauteng at the National Land Service Camp later in the year, hosted in Durban. The learners that were chosen as National Representatives include: Nompumelelo Bhila, Mokgadi Ngubeni, Nthabiseng Matepe and Kabelo Mneyembane. Kabelo was also chosen as a junior club leader.



We are exceedingly proud of all of our Land Service learners.

Dance: Mrs. Van den Berg



Keagmogetswe Mohtlaabane and Buhle Masuku represented the Gauteng Provincial tournament at the Dance Sports School League that took place late last term.

We have heard only positive feedback from our learners, and we are exceedingly pleased to announce that Gauteng garnered a second place overall at the tournament.

Extra-curricular dance will once again commence this term for the summer league. We look forward to building on this great foundation, and harbour high hopes for our talented young dance champions.

A Dose of Inspiration

Failure Does Not Define You

Written by Nicoleen Davies

No one enjoys failure. Regardless of whether it be not meeting a personal expectation, under-achieving or outright failure, disappointment is common in all of our lives. For our children and, in fact, for most people, it takes some doing not to internalise this disappointment and eventually start to doubt yourself, thinking that perhaps you aren't good enough, smart enough, especially when you have applied a lot of time and effort.

But, History has shown us that many of the greatest success stories are those of individuals who triumphed over adversity and countless set-backs. The list is impressive: Walt Disney, Oprah, Colonel Sanders - founder of Kentucky Fried Chicken, Sir Isaac Newton, JK Rowling – the world's first billionaire author of the Harry Potter series, Albert Einstein, Fred Astaire, Stephen King, Lady Gaga... the list goes on.

Self-pity derails you

Barbara Corcoran, a "shark" on the US Shark Tank show, started out as a waitress and managed to self-create a multibillion dollar real estate company. In observing her successful and unsuccessful sales staff, she noticed that whilst they all failed at some point, those that didn't stop to feel sorry for themselves, and were resilient, bounced back quickly and moved forward to the next deal.

It is always easier to blame the circumstances that led to the failure, to look for reasons beyond yourself to justify what happened. This is an important point. We have to teach our children to be resilient, to bounce back and learn from these experiences, from their mistakes. Often, the greatest learning comes from failure. Too often our children let this failure define who they think they are, becoming their benchmark for life.

How can you help your child counteract feelings of self-pity? Help them to learning to laugh at and not take ourselves too seriously – this will definitely help to overcome those feelings of self-pity. Help build up their self-esteem in small incremental steps. If they feel good about themselves, a let-down won't take them to the depths of despair. Also, encourage them to have a fighting spirit, to not just give up. In essence you will be teaching them to fight for themselves and to not just accept their reality but to actively work to change it to help them succeed.

Take Responsibility

In every negative situation, we have to find ways to counteract the self-doubt, pity, disappointment and fear we may feel. We have to take personal responsibility for our lives. We have a choice to decide how we want to respond to a set-back and this choice will have a major impact on our sense of self-belief and happiness.

It takes courage to fail

You may wonder how you can help your child in these situations. Instinctively we want to protect them and shield them as much as possible from the feelings and consequences they are experiencing. But, by letting our children learn from these scenarios, they are building valuable life skills. These include resilience, creative thinking, various coping skills and even the ability to collaborate as they learn they sometimes need other people to help along the way. Here are a few thoughts on what you can do:

Failure doesn't define you: Continued

- **Guide your child** – when things go wrong, talk them through it. Ask them why they think things went awry, how they felt when it happened – getting them to actively think about it may just show them what they could have done differently. This helps them to learn from their mistakes and to take responsibility for their part in it.
- From a young age, **encourage** your child to try different things, with different approaches. This will show them what they are naturally interested in and good at or not.
- Remind them that we are all **unique** with unique talents. In time, they will discover what their uniqueness is. Often our children try to emulate others and what is perceived as being special about those people. You can never truly be happy until you are happy with and love yourself.
- **Don't limit** your child by being an overbearing, overprotective parent – unless they are placing themselves in danger. They have to learn for themselves through trial and error.
- **Manage their expectations** - too often life just happens and when things go wrong it doesn't need to mean that the world has turned against you. Let downs happen. Encourage your child to persevere, to try their best, to not give up but, if things go wrong, remind them that it is okay and there is always a next time.
- **Be a role model** – your children will observe how you deal with frustration or setbacks and will mimic the behaviour. Try to show restraint when you are feeling frustrated.
- **Delay gratification** – this is such a valuable lesson to learn. Our children live in an instantaneous world – information is at their fingertips, friends respond immediately to texts but the downside is that they expect everything to work the first time and have a sense of entitlement. By teaching them to delay gratification, they learn vital skills to help them cope with frustration, set-backs, disappointment and anger. Learning to wait for something, or to work for it, will stand them in good stead in later years.
- **Nurture self-control** – basic things like keeping your room tidy, hanging up your wet towel – these things gradually teaches our children self-control. They learn that certain things are expected of them and go without saying. This will translate into habits and eventually a good work ethic and discipline, which should help them when things don't always go as planned.

On a final note – remind your children the only way to succeed in life is to never give up on themselves. Every life experience ultimately shapes them into a better stronger person. Success is also a personal definition and is defined by what makes them happy in life.

Other sources:

<http://www.businessinsider.com/successful-people-who-failed-at-first-2015-7>

<https://www.psychologytoday.com/blog/happiness-purpose/201305/refuse-self-pity>

About Life Talk[®] Forum

Our mission is to create happy, successful and fulfilled youth, guided by sound values. Life Talk is a non-profit organization dedicated to raising awareness, stimulating discussions and seeking solutions to the challenges faced by parents and their children.

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AFTER SCHOOL PROGRAMME: TERM 3/ 2017

Day	Sports	Extra Classes	Invigilation
Monday	Junior and Senior boys soccer matches (Ndabaningi, Botsanzira)	Gr12 – English (Gill)	NCUBE SATUKU POTGIETER NGALEKA
Tuesday	Girls soccer practice (Iyer, Chipu)	Gr 9- English (Joubert) Gr10 – Math/Math Lit (Mazula, Katsande) Gr12 – Eco, Life Sci, CAT (Botsanzira, Potgieter, De Kock)	SIBANDA MUKHABELE MUTADZA VAN DEN BERG CHIPU
Wednesday	Girls soccer matches (Iyer, Chipu) Dance (Van Den Berg) Chess (De Kock)	Gr 8- Mathematics (Mutadza) Gr 9 – Afr/ Zul (Van Den Berg, Ncube) Gr12- Maths/Math Lit (Mazula, Katsande)	JOUBERT SIEBERHAGEN POTGIETER SATUKU KATSANDE
Thursday	Junior and Senior boys soccer practice (Ndabaningi, Botsanzira) Art Club Snr (Moyo) Land Service (Van Den Berg)	Gr 8 – English (Brock) Gr 9 – Mathematics (Mazula, Katsande, Mutadza) Gr10 – Phys (Sibanda) Gr 11- Mathematics (Mazula) Gr12—Afrik/Zulu	DE KOCK NCUBE BROCK NGALEKA
Friday			
Saturday	Matric classes		

**GRADE 12 SATURDAY CLASSES: TERM 3**

Date / Saturday	Subject/s
29 July	VA/Phys/Buse
5 August	Life/CAT/Econ
12 August	EGD/Acc/Geog
19 August	VA/Phys/Buse
26 August	EGD/Acc/Geog

School Bus Information

The school buses leave the school at 4pm everyday. The D6 Communicator is used to keep in touch with parents and advise of any departure time changes. During exams or if there are no afternoon activities parents may be advised that the bus will leave earlier. Transport changes are communicated by means of the D6.

If there is an away sports game, parents are required to pick up their children from GAHS at the indicated time. This notification is included with the required indemnity letters.

Sports cell phone number: 074 851 4655

Drivers' Supervisor: Sam 062 961 0021



D6 Communicator

All-important information regarding the school, such as important dates and homework will be uploaded onto the D6 Communicator.

Follow the link and keep in touch with us:

<http://www.school-communicator.com/download.php>. Ensure to set the application to allow notifications and alerts to pop up for on your pc or mobile device.



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