

BOKKOMPIE

2020

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JuneBé du Preez
Micaela van der Walt

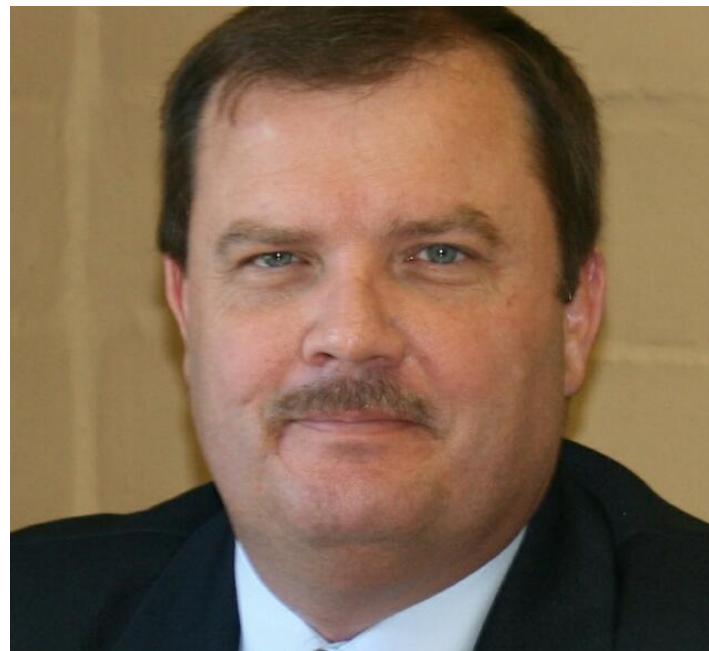
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Uit die hoof se pen



In die onseker tye van Covid het dit ons gedwing om weer tyd as families en gesinne saam deur te bring. We, as a Burgie-family, need each other and we must lean on each other and make a difference in this world.

Hier in die *Bokkompie* kuier ons as vriende en een groot gesin saam en erken ons elkeen se hoogtepunte en soms swaarkrytye.

Let us celebrate life in this time and be thankful for what we have. We must work harder and more diligently to make sure this year is a success.

Dankie vir die redaksie van die *Bokkompie* wat hierdie pragtige uitgawe voorberei het.

Have an awesome 2020!

B. Brittz

Redaktrise brief



Romans 5:3-5 says:
"We rejoice in our sufferings,
knowing that suffering
produces endurance, and
endurance produces
character, and character
produces hope, and hope
does not put us to shame,
because God's love has been
poured into our hearts
through the Holy Spirit who
has been given to us."

New Year, New Decade, New BOKKOMPIE!

What a term it has been, with many events, changes, drama, heartbreaking moments and victories. Met 'n hartseer hart moes ek hierdie briefie oorskryf, omdat so baie in die laaste tyd verander het. Niemand sou kon raai dat 2020 (die jaar wat veronderstel was om dié jaar te wees) sulke drastiese veranderinge sou aanbring wat almal se lewens beïnvloed nie. Things have changed and might never be the same again, but this does not have to darken our hope. Thankfully, we have a Bodyguard who created the universe. He is still on the throne and is in control of everything around us. My prayers go out to everyone who is suffering during this time whether physically, emotionally, mentally, economically or spiritually. 'n Baie groot dankie aan die *Bokkompie*-span wat soveel moeite in hierdie uitgawe gesit het! Baie dankie ook aan al die onderwysers wat tydens hierdie tyd opofferings maak sodat ons leerders nog voort kan gaan met skoolwerk. May the best of your todays be the worst of your tomorrows.

Micaela van der Walt



Elaine Bowles



Carla Esau



Jean-Pierre du Toit



Cassidy Alfredson



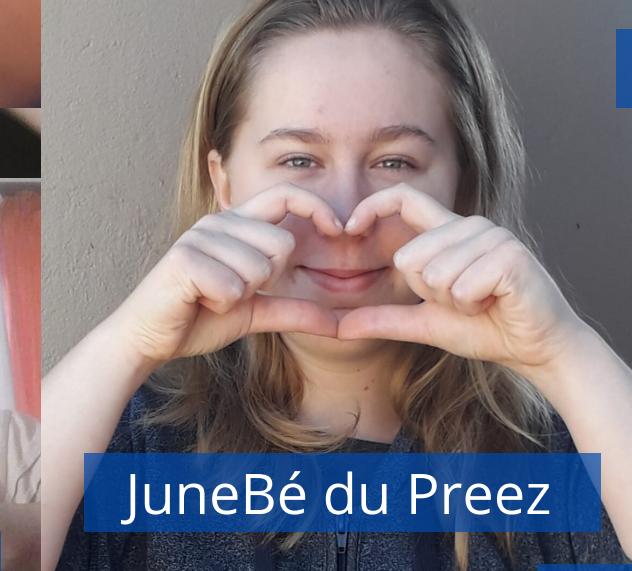
Keziah Murray



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JuneBé du Preez



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Carla-Marie le Roux

LETTERS

to the *Bokkompie*...



Learners can now write to the *Bokkompie* voicing their opinions about what is currently happening at VHS, as well as send in creative writing. Feel free to drop your letter in our postbox outside the *Bokkompie*'s office or send it to bokkompie@gmail.com

Matrieks:

My Brutjie, My Bra

Isja

Only a few years old,
en dis alwee ampe tyd om te go

Te go ini grootmens wêreld.
Sonne Juffie of Menee wat sê,
"Matrieks julle moet leer"

Nangaan vi dié se lyn

My naels is al even stomp gebyt
Van wie ga my help meeti grootmens stryd?

Ma jaa...

Matrieks julle moet onthou om kop te hou,
want is net julle wat julle toekoms duidelik ka bou

My Brutjie, My Bra

Isja

Only a few days before you go
-K

My eyes

Mine eyes. Have seen through these shallow
sockets of thought

My eyes have lived as long as I have. They have felt
pain and sorrow, sorrow more than happiness for
every tear that has stained my face my eyes have
made, counted and captured in time

In a way my eyes have felt more than I for they cry
and shine

My eyes have lived along and longed much longer
than I. For a day is a year's worth of glimpses and
emotions that move in to my train of thoughts

My eyes are literally the power of my presence for
without them I am a blind man who has lost his
seeing eye dog wandering in the dark night where
not even the dog could find him

In that I myself cannot see my own presence nor
existence life can be a picture less dream no image
only sound and like sleep in my eye's wiped away

And forgotten

-The Secret Poet



Women's World Day of Prayer

Carla Esau

Women's World Day of Prayer is celebrated annually worldwide by over 170 countries on the first Friday of March. It stretches over different borders and connects people all over the world from different cultures and backgrounds.

This special day started in the nineteenth century, when Christian women from the United States and Canada initiated a day of prayer and cooperative activities to support women's missions at home and all over the world. The emphasis was put on prayer and unity of women around the world. The message of this day is that women need to help each other by carrying each other's burdens and praying with and for each other.

Even though women go through many struggles (such as degradation, abuse, anxiety, and depression), they still get up every day and fight their battles, even when no one knows about the load they are carrying. Statistics SA shows that women are five times more likely to be killed due to gender-based violence in South Africa than the majority of the rest of the world. With all this gender-based violence currently in our country, women should stand together.

The Bible says that a good woman is hard to find and worth far more than diamonds. So men, protect our women. It's the little things you do, like waiting with a lady for her taxi, thinking about how your actions affect those around you, or accompanying a woman when walking through a risky area.

And girls, remember that God gives his hardest battles to his strongest soldiers. If you fall seven times, stand up eight times, and show the universe of what you are made. 1 Corinthians 13:13 reads, "Three things will last forever: faith, hope and love—and the greatest of this is love." So women, love one another and do not tear each other down, because together we can achieve great things.

1 Corinthians 13:13 states that "Three things will last forever: faith, hope and love - and the greatest of this is love." So women, love one another and do not tear each other down because together greater things can be achieved.

'n Groot Seder val

CASSIDY LESCH

A photograph of a man and a woman smiling. The man, wearing sunglasses and a dark jacket, has his arm around the woman. The woman, wearing a light-colored top, is looking up at him. They are outdoors with mountains and a cloudy sky in the background.

Die afsterwe van ons geliefde skoolhoof het 'n groot gedeelte van die Weskus geskok. Die harte van talle leerders en onderwysers is werklikwaar seer en leeg... Meneer Von Zeuner sal beslis nie vergeet word nie, want hy was baie meer as net die hoof van Hoërskool Vredenburg. Hy was die nie-biologiese pa vir baie Burgies. Die lewenslesse en waardes wat meneer Von Zeuner vir die Burgie-familie en die groter gemeenskap geleer het, is goud werd. Mense sal hom altyd onthou as 'n man van integriteit, iemand wat die daad by sy woord gevoeg het.

Die liefde wat hy vir sy werk, skool en leerders gehad het, was groot en 'n mens kon dit duidelik opmerk. Meneer Von Zeuner was die perfekte voorbeeld van 'n man wat die vrug van die Gees in sy lewe voortgebring het. VHS sal sy warm glimlag en al die lekker tye wat ons almal met hom kon deel, altyd koester.

Sy bekende woorde "Guts and commitment" sal ons lewenslank bybly ter aanmoediging. Meneer Von Zeuner se nalatenskap sal steeds voortleef en ons sal aanhou bou op die fondasie wat hy so stewig gelê het. Ons as Burgies salueer meneer Von Zeuner se lewe, want hy het 'n vol, navolgenswaardige lewe geleef en ons gun hom die ewige rus by sy hemelse Vader.

VALENTINE'S DAY

Carla-Marie le Roux

Soos hulle sê, gaan groot of gaan huis toe.

Soos hulle sê, gaan groot of gaan huis toe. Op Vrydag die 14de Februarie het VHS vir seker groot gegaan met die jaarlikse Valentynsbal. Leerders was uitgevat in die mooiste uitrustings van formeel tot informeel, maar tog het almal skitterend gelyk.

Learners thoroughly enjoyed themselves on the dance floor and showed us what moving and grooving is really all about. Love was definitely in the air and set the mood for both friends and couples to celebrate the night together. It seemed like the perfect night to have fun and recharge after the long school week. The music kept the learners on their feet throughout the entire evening and catered to everyone's unique tastes.

The school hall, filled with balloons, streamers and beaming lights, created a completely different and unique atmosphere than that of the usual school hall. There was a small tuckshop where learners could buy beverages and snacks to stay hydrated and energised for the night ahead. Overall, the ball set the bar high for the upcoming school dances.

Ons bedank graag die netbalafrigters wat die werklike feetjies agter die groot aand was asook die onderwysers wat hul Vrydagaand opgeoffer het om toesig te hou oor 'n klomp raserige tieners. Dit was vir seker 'n onvergeetlike aand en almal het huis toe gegaan met seer voete en 'n breë glimlag op hul gesig.

What's your love language?

Micaela van der Walt

The five love languages are the five different ways that love can be expressed and appreciated. In the spirit of Valentine's Day, take this quiz to see what your love language is. Choose one letter by each question and see which letter you choose the most to discover your love language.



TURN ME 

Questions

1) I like it when I:

- A)** receive a note of encouragement.
- B)** am given someone's undivided attention.
- E)** am hugged.

4) I:

- A)** value praise and avoid criticism.
- C)** appreciate several inexpensive gifts more than one large expensive gift.
- D)** am affected by what someone does more than what they say.

7) I appreciate it when:

- B)** I am listened to patiently without interruption.
- C)** special days are remembered with a gift.
- D)** someone does many things for me.

2) I like to:

- A)** be complimented on my achievements.
- B)** spend one on one time with a loved one.
- E)** hold hands with a loved one.

5) I feel loved when:

- A)** someone gives me words of acceptance and appreciation.
- D)** someone gives me practical help.
- E)** a loved one holds me in his/her arms.

8) I need:

- B)** someone to look at me if I am talking to them.
- E)** be hugged by a loved one daily.

10) I know I am loved when:

- B)** someone takes the time to understand my feelings.
- C)** I receive a gift for no occasion.
- D)** someone does an act of service for me.

3) I feel loved when:

- D)** people do things for me even if they don't enjoy doing it.
- C)** I receive a gift.

6) I like to:

- A)** be told that I am attractive.
- B)** go to places with someone close to.
- E)** sit close to someone.

9) I enjoy it when:

- C)** my birthday is celebrated with a gift.
- E)** I am kissed unexpectedly by someone I love.

Mostly A

Words of affirmation.

You want people to express their love for you verbally, for example in the form of compliments or reassurances. You want to hear from the person you love frequently and to hear what they are thinking out loud.

Mostly B

Quality time

You want quality time alone with your loved one where you can talk or bond. Distractions while spending time together bothers you.

Mostly C

Receiving gifts

You feel loved when you receive thoughtful gifts. The gifts don't need to be large or extravagant. It's the thought that counts.

Mostly D

Acts of service

You feel loved when someone does a task or something thoughtful for you.

Mostly E

Physical touch

You want cuddling, hugs, and public displays of affection. You want to be physically near your loved one and feel lonely if you have not been close to them.

Wat is “afstand”?

JuneBé du Preez



Ons besef dit dalk nie, maar "afstand" is iets wat reg van die begin af al deel van ons lewens en ons bestaan is. As a baby, we experience "distance" as the intervals between each crawl or how far a foot must reach to take that first step.

Kleuters ervaar "afstand" as die verskil tussen jou en die maatjies se posisie in die speelkamer en wie eerste by die beste blokke kan uitkom. On the first day of primary school, we realise that "distance" is how far your parents are away from you after they've dropped you off at school. En dan begin jy leer dat "afstand" 'n meer wiskundige term word, aangesien jy dit in meters of kilometers kan meet. For a high school student, "distance" is the difference between you and your boyfriend or girlfriend. 'n Universiteitstudent aanvaar dat "afstand" die verskil tussen hul huidige bestemming en hul gewenste toekomstige bestemming is. When we reach maturity, specifically as a parent, the reality is that "distance" is the physical "distance" between you and your child(ren).

Uiteindelik raak "afstand" die verskil tussen jou en jou kleinkinders, as 'n oupa en ouma dalk net foto's het om na te kyk.

Unfortunately, since the beginning of this year, our understanding of the term "distance", has taken quite a turn. At first, the COVID-19 virus was the distance from here to Wuhan, China. But with the first cases reported in South Africa, and especially the Western Cape, distance became a mere 120 km. As the virus spread across the globe, another reference to "distance" emerged, that of "social distancing". Keeping a distance of at least 1.5m between you and another person in a public place limits the chances of you being infected by someone else, but also protects the other person from being infected by you, should you have the virus. Alhoewel die term "social" meer algemeen verwys na "sosiaal verkeer" of kuier, is dit nie tans 'n goeie idee om in groot groepe saam te wees waar die virus vinniger kan versprei nie.

Die uitdrukking "om 'n afstand te handhaaf" is eerder nou die regte manier om jouself veilig te hou. Tydens die grendeltyd waar ons gevra en toe verplig is om afstand te handhaaf van mekaar sodat die verspreiding van die virus beperk kon word, is ons deur die kundiges gevra, gesmeek en toe gedwing om ver van mekaar te leef.

For 11 people living in a shack in a township, distance can become a frustration with everyone in one another's space, literally. But for a single person, isolated and alone at home, distance can become desperation. Everyone's living conditions makes them experience distance differently. For Grade 12 learners, distance means not being able to go on with lessons in a classroom but to learn in front of a computer or television screen. But for two toddlers confined to a small living space, distance can become a battleground. Vir almal voel dit asof jou geliefdes aan die anderkant van die wêreld woon. Selfs bure en vriende het vreemdelinge geword. At the end of 2020, everyone will confess that their understanding of the word "distance" has remarkably changed. Some will experience the freedom of being less confined as a blessing, while others will appreciate their loved ones and friends more. Wat ook al jou gevoel oor "afstand" is nadat die tydperk van isolasie verby is, ons sal nooit weer na die term kan kyk soos voorheen nie.

The lesson is: never take anything close to you for granted and never see "distance" as something that cannot be overcome. Moenie dit wat naby is afskeep nie en waardeer dit wat ver is.

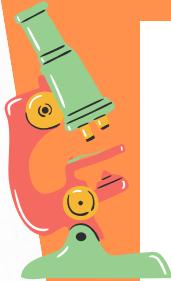
EIERSLUKKER

(s.nw)

Aktiwiteit wat 'n mens doen wanneer jy verveeld is.

Het jy al die eierslukkers op sosiale media gesien? Almal sluk deesdae eiers, suiker en alkohol as deel van 'n sosialemedia-uitdaging.

- Marianne van Rensburg



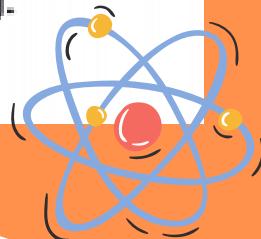
GRENSGRAPPE

(s.nw)

Die Covid-19-grappies wat almal wat jy ken op WhatsApp en Facebook sirkuleer en waarvoor jy lag, maar nie moet lag nie.

Die grensgrappe oor die koronavirus is eintlik in swak smaak, maar dit laat 'n mens darem lag.

- Afrikaans.com



GRENDELGROEPIE

(s.nw)

'n Whatsapp-groepie wat elke dag 'n foto van iets besonders uit hulle greneldag vir mekaar stuur om positief en in kontak te bly.

Ons grendelgroepie inspireer mekaar elke dag via Whatsapp.

- Duane en Diana Snyman



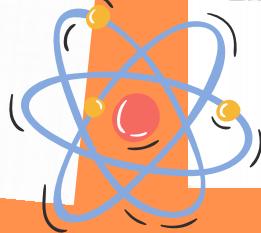
"COVIDAG"

(s.nw)

Wanneer jy nie weet watter dag van die week dit is nie, want jy is elke dag by die huis.

Watter dag is dit vandag?
Dit is "Covidag".

- Alecia van Zyl



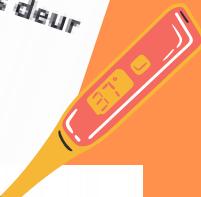
AFSTANDSKEPPING

(s.nw)

Sosiale distansiering - jy kuier saam, maar apart.

Die beste manier om gesond te bly is deur afstandskepping.

- Algemene woord wat in die media gebruik word!



KIEMKOESEN

(s.nw)

Elke hoes laat jou koes - voorsorg is immers beter as nasorg.

Ek is maar liewer 'n kiemkoeser, daarom bly ek by die huis.

- Algemene woord wat in die media gebruik word.

Social distancing? What to do?

Carla-Marie le Roux

Are you bored in the house and in the house bored? I know that I am. Luckily, we have come up with a few things to try out during these desperate times—not involving cutting your hair!

- **Tie-dye something!** Over the last couple of weeks, teenagers all over the world have been tie-dying old clothes and I must admit that I've also hopped onto that trend.

- **Make your own mask!** You could make your mask personal and exciting.

- **Find a new hobby.** This might be the perfect time to develop your skills, or find something to spice up your life, whether it's learning a new language (try using an app, for example Duolingo), baking, or even writing something of your own.

- **Play some board games with your family.**

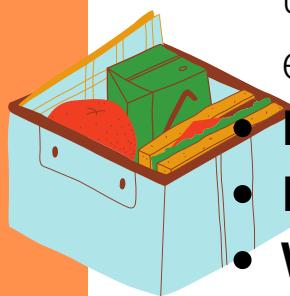
- **Have an indoor picnic with your family.**

- **Watch the sunrise.**

- **Create a playlist that suits your taste of music.**

There are some free apps available that you can use, like Spotify and Deezer.

- **Try journaling.** Maybe it's not for everyone, but some people find it helpful to express their thoughts and feelings.



- **Redecorate your room.** Are you tired of your room's look? Well in that case, hop onto Pinterest to find some inspiration.
- **Make your own sanitizer!** Yes, you can indeed make your own sanitizer using the right ingredients. Try searching safe ways online on how to do this.
- **Start a virtual club online with your friends, for example a book club, and set a time for you to video call each week.**
- **Tour a city or a museum on Google Maps.**
- **Stargaze or cloud gaze in your backyard.**
- **Listen to an audiobook.** Audible has currently made their audio stories and books available for FREE while schools are closed. Try this link for free audiobooks:
<https://stories.audible.com/start-listen>.
- **Go for a quiet walk in the morning to clear your head and start the day feeling refreshed.** Remember to do this safely by wearing a mask and maintaining a 1.5m distance between you and other people.
- **Listen to 8D music.** If you haven't heard of it, look it up. It's pretty cool.
- **Clear out your wardrobe.** This is the best time for decluttering and spring cleaning.
- **Cook dinner** for your entire family.
- **Take a break from social media** and just let yourself be.

I hope my suggestions help you to stay busy. I know staying at home can be boring, but it is necessary to stay safe. Here is my advice to you: plan your days, keep up with schoolwork and stay productive.



HAIR 101

KEZIAH MURRAY

The definition of hair is “a protein filament that grows from follicles”. These days, hair has become so much more to us than this. It has become a symbol of culture, heritage, a statement, or, in some cases, it is even the crown and glory of our lives. I investigated how different hair types affect people's time, way of living and thinking.



I asked the following questions to seven females in our school about their hair:

1. What does your hair mean to you?
2. What are your go-to products?
3. How long is your hair routine in the morning?
4. Do you think different hairstyles are important?
5. How many times do you wash your hair per week or month?

NADINE SMITH



1. My hair is a part of my culture—it is a strong indicator of my ethnicity. People can immediately tell my ethnicity from my hair and I am really proud of my heritage and that my texture is different. As I have become more culturally aware as I've grown up, I've come to love my hair and be proud of it.
2. OGX Moroccan Curling Perfection Defining Cream, Tresemme Botanical Co-wash, John Frieda Frizz-ease, Take Charge Curl-boosting Mousse, VO5 Wet Look Stay Gel, Perfect Touch Freezing Gel.
3. It depends on how much time I have, but usually 32 minutes.
4. The first and foremost reason to select a good hairstyle is because it can enhance your look and personality by using the right hairstyle. So yes, I think different hairstyles are important.
5. Every second day.

ANKE WILLIAMS

1. I love my hair. It's probably my favourite feature. I try to take good care of my hair. If my hair doesn't look nice, I feel "ugly".
2. I use Carol's Daughter shampoo and conditioner and OGX Coconut Curls Styling Milk.
3. Not long at all, maybe 5-10 minutes.
4. Definitely! I feel like your hair is a way for you to express your style and yourself creatively and different hairstyles are the perfect way to do so.
5. Usually 2-3 times a week.



CHERNELLE CLASSENS

1. Everything, it makes my face!
2. The green bottle Organics shampoo and conditioner.
When I want it wet, I use Flexi Styler Gel.
3. I usually do a bun which takes 5-7minutes. When I style it, it takes about 10-20 minutes.
4. Not necessarily. Unless I am going out or something, then yes. It's always good to look presentable.
5. Two times a week.



CHERNELLE THOMPSON

1. My hair defines my personality. If my hair is, like we say, "on fleek", nothing could bother me.
2. I use Palmer's shampoo and conditioner and styling gel that benefits my hair if my hair is being worn natural.
3. My morning routine is at least ten minutes long.
4. Yes, I do think different hairstyles are important, because your hairstyle really predicts your mood and personality for the day.
5. I wash my hair twice a week when it's being worn natural.

ANAM NONGXASA

1. My hair is my second priority, right after my face.
2. Palmer's Olive Soothing Shampoo, MPL Hair Oil, Palmer's Olive Oil Conditioning Spray Oil, Olive Miracle Anti-breakage Cream, Palmer's Black Castor Oil Deep Conditioner and Vaseline.
3. It takes about 15 minutes to undo my protective style and 5-10 minutes to carefully comb it out.
4. It's all about expressing oneself. If you feel like changing your hairstyle every day, then go for it, hun!
5. In a month, about 2 times. Every second week.



TAMRYN VAN WYK

1. My hair honestly means everything to me. It defines who I am as a person.
2. I use curl-defining mousse to define my curls a bit more, Cantu Curl Power (naturals), a hydrating gel, Cantu Shea Butter, tea tree oil and coconut oil as a moisturiser every night as well as a moisturiser from Cantu.
3. To be honest, it takes 20-25 minutes a day. I won't be surprised if it takes me 30 minutes.
4. Yes, it is very important as it is an aspect of my personality. Having a new hairstyle can instantly change the way people look at you. This is one of the reasons why I decided to go natural.
5. I wash my hair every second day because of all the different products I use.



JORDAN STOFFBERG



1. My hair isn't my true crown and glory and I'll cut it off in a heartbeat. There are many ways to make up identity and femininity without hair. We don't need it.
2. Avon Advanced Techniques Shampoo and Conditioner, Perfect Touch Freezing Gel, Jon Frieda Frizz Ease Deep Conditioning, John Frieda Ease Dream Curls.
3. My routine is different every day, but it usually takes about fifteen minutes to get it perfect.
4. No, I feel that my usual hairstyle has become part of my identity. If the style were to change, I would feel different initially.
5. Because I try to protect my hair from heat to keep it healthy, I wash my hair every second day and I usually wear it wet.

JEUGKAMP

Lianka Jordaan

11 van VHS se landsdienslede het van die 21ste tot die 23ste Februarie 2020, 'n jeugkamp bygewoon te Wemmershoek.

Gedurende die kamp was daar baie nuwe vriende gemaak en verhoudings gebou. Almal moes meestal oor die weg kom, aangesien jy nie altyd by slegs jou skoolmaats gesit het nie. 'n Vriend by die landsdiens is anders as skoolvriende. Hoekom sê ek so? Wel, julle leer mekaar beter ken soos julle meer kampe deur die jaar bywoon en hierdie vriende groei saam met jou in geloof. Verhoudings is ook gebou terwyl ons aan talle spanbou-aktiwiteite deelgeneem het. Dié aktiwiteite het verskeie hindernisbane behels. Jy en jou groep moes mekaar dan help om dit te voltooi. Ons het ook ons deel arbeid gedoen. Dit is altyd 'n hoogtepunt, want dit is een van die landsdiens se waardes. Dit het behels dat ons hout en dennebolle moes versamel vir 'n groot "bonfire", wat almal later die aand geniet het.

Elke aand het een van die volwassenes 'n boodskap tydens godsdiens aangebied, waaroor ons moes nadink deur die loop van die volgende dag. Ons moes daarna weer terugvoer gee deur te sê of die boodskap ons persoonlik raak. Wanneer ons godsdiens doen, kom die hele groep bymekaar en aan die einde sing ons 'n paar liedjies. Daarna het ons om 'n groot vuur gesit en gesels, en net die tyd saam geniet!

Die dogters het in een groot gebou, wat in verskillende kamers opverdeel is, geslaap, terwyl die seuns in houthuisies geslaap het.





Die wonderlikste kos is deur twee tannies vir ons voorberei. Die tannies het ook in gedagte gehou dat sommige kinders nie sekere kos, soos byvoorbeeld vleis, eet nie. Die kos was altyd warm wanneer jy dit gekry het en daar was altyd genoeg vir almal om te eet! Voor etes is daar 'n spesiale landsdienslied wat ons altyd sing as 'n gebed.

Elke kamp is op 'n nuwe plek. Hierdie kamp was tussen pragtige natuurskoon, omring deur bome en plante. Buite is daar wasbakke vir jou om jou eetgerei in te was en ook dromme waarin jy jou orige kos kan skep. Daardie kos word dan óf vir die diere gegee óf dit word as kompos gebruik.

Juf. Coetzee het ons vergesel en selfs aan die aktiwiteite deelgeneem. Vir elke kamp is daar 'n "kamp-pa" en "kamp-ma". Die groepe het ook groepleiers gekies om alles goed te organiseer.

Dit is die perfekte omgewing om óf iets nuuts te leer doen óf selfs om nuwe vriende te maak. Jy vergeet van die wêreld daarbuite en geniet net die samesyn, sonder om te stres oor wat by die huis of skool aangaan.

Wat benodig jy vir die kampe?

Jy hoef nie veel saam te neem nie, net: 'n kussing, slaapsak, toiletware, klere en eetgerei. Jy kan ook snacks saamneem as jy regtig sou wou.

Hierdie is sommige van die leerders se kommentaar oor die kamp:

"Ek dink dit was baie lekker en sien uit na die volgende een." – **Cassidy Summers**

"Wanneer is die volgende kamp? Want ek is beslis daar." – **Brunithe Julies**

"Dit was 'n besonderse ervaring. Kan nie wag vir die volgende een nie." – **Heimar Jordaan**



DIE KRAG VAN "SAAM-SING"

Cassidy Lesch

Vanjaar sal die verhoog beslis oorgeneem word deur die asemrowende koor van VHS! Die groep is groter as ooit tevore en die beker van talent loop oor. Liedjies van alle soorte word gesing om almal te akkommodeer, natuurlik. Die koor sal definitief groot sukses behaal weens die oefeninge waar daar 'n konstante positiewe atmosfeer in die lug is.

Die koor is vanjaar onder leiding van mnr. Van Hooi. Weens sy passie vir musiek wat soos 'n paal bo water staan, is sy mikpunt om die koor van VHS na hoër hoogtes te neem. Dit verg baie van hom as mens om met só 'n groot groep leerders te werk. Sy harde werk en hope geduld gaan nie ongesiens verbygaan nie, die koor gaan nog baie bereik. Al is al die buitemuurse aktiwiteite vir die res van die jaar gestaak as gevolg van die pandemie, beoog die koor om VHS in die toekoms by die Eisteddfod te verteenwoordig.

Daar is geen twyfel daaraan dat hulle nie hul mikpunt, om Cum Laude terug te bring, sal kan behaal nie. Die res van VHS moet vierkantig agter hierdie koor staan, want iets so eenvoudig soos sing, kan die Burgie-familie net nader aan mekaar bring.

"This year I've had the privilege of overseeing our beautiful choir. What a ride it has been so far! To be honest, the very first few choir practices were a bit rocky. Everyone was still trying to find their place, their voice in this thing called choir. There were moments where we were singing our lungs out and moments of us being "so over it". Imagine being in class the whole day and then after all that still being on your feet, warming up, and singing the same song over and over again. It is tiring. Finally, after all the work we put in, we performed in front of the entire school. Every single one of us was so nervous. After only a few practice sessions, they did very well!"

Was it perfect? Nope. But I can say with confidence that I am very proud of every single one of them. This is only the start and I can't wait to see them only become better and better over time. It takes a lot to be able to stand in front of so many eyes watching you. We really wanted to be a great choir and like anything worth building, it requires a lot of hard work. We were lucky to have Miss Shanje Kotze helping us throughout the term.

Music is very powerful. Music can reach where words often can't. Though our time together has been cut short for now by COVID-19, I am still looking forward to when we all gather again. Oh, how amazing is it going to be when we all gather together again! As a choir, we are still planning on bringing the best songs and performance for our school. You can be sure that the best is yet to come. I want to thank Miss Shanje Kotze for investing in our choir and principal, Mr Brittz, who has been cheering us on from day one! We can't wait to sing the roof off again!"

Mr M. van Hooi

**"I would rather write 10,000 notes
than a single letter of the
alphabet."**

— Ludwig van Beethoven

"On your marks, get set, GO!"

CASSIDY LESCH

Red and blue were the only colours visible on the VHS sportsground at the annual inter-house athletics gathering.

Team Monrose took the lead in every category possible with team Columbine following shortly after. The cheerleaders of both houses invested a large amount of effort for their teams to ensure that they grab everyone's attention. The singing and cheering of the supporters kept the energy of the athletes high and alive

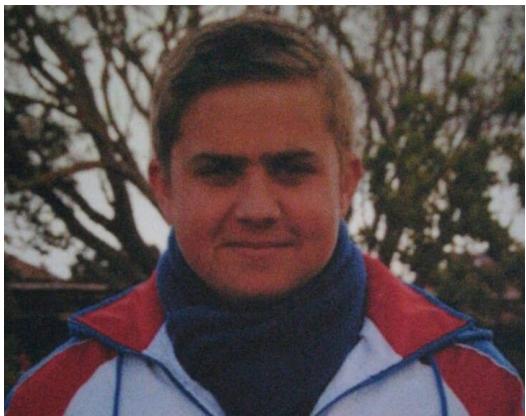
The large number of participants at the inter-house athletics made everyone truly proud. Jaden Lewis and his record-breaking performances in long jump had everyone talking about this outstanding achievement.

Each year the Burgies try to jazz up the inter-house athletics and we wish to see more Burgies crossing the finish-line. It was with great pride that team Monrose took the winning spot this year with athletics, but team Columbine—there's always a next time!

TERM AWARDS 2020

Carla Esau





BESTE TENNISSPELER:
DIEGO VASCONCELOS



BESTE KRIEKETSPELER:
ASHTON VAN WYK



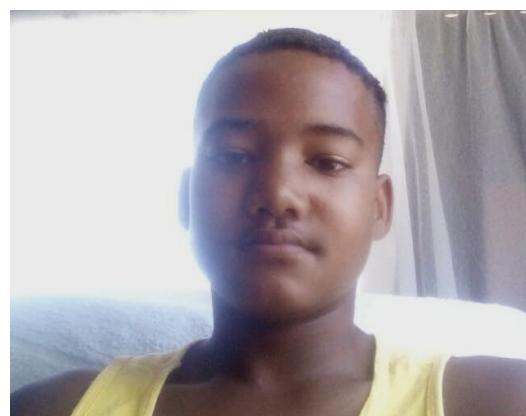
BESTE SEUNSATLEET:
JADEN LEWIS



BESTE DOGTERSATLEET:
SANET DE JAGER



BESTE GOLFSPeler:
THOMAS ABRAHAMS



BESTE SWEMMER:
SERGIO VRAAGOM





ALMAL BEGIN ONDER...

JuneBé du Preez

Almal, ja, almal begin onder in die lewe. Of dit nou President Ramaphosa is wat as 'n jong man sy politieke tandes moes slyp, of Chad le Clos is wat sy eerste swemles moes kry.

Of selfs meneer Brittz wat as jong onderwyser vir sy eerste dag by sy eerste onderwyspos opgedaag het... ALMAL begin onder in die lewe!

Op die eerste skooldag van 2020 het al die graad 8's met gemengde gevoelens by die hekke van VHS ingestap.

Sommiges was benoud oor die nuwe ervarings, terwyl ander opgewonde was oor die vooruitsigte van 'n nuwe fase. Maar... of hulle dit wil erken of nie, almal het een ding in gemeen gehad. Hulle moes weer onder begin!

Vir party mense is dit 'n gevoel van moedeloosheid, die besef dat hul weer stukkie vir stukkie 'n nuwe paadjie moet ooptrap.

Dat hulle nou weer hulself moet bewys en weer die respek van mede-leerders en onderwysers moet kry, met wie hul nog geen verhouding gebou het nie. Vir ander is dit 'n uitdaging om 'n nuwe geleentheid te kry, om ou foute agter te laat of om nuwe hoogtes te bereik.

Die feit bly staan egter dat dit 'n ervaring is wat alle mense op aarde in gemeen het. Lewers in elkeen se lewe, keer op keer en weer en weer, moet jy onder begin. Die "newbie" wees waarop almal dalk neersien. Of wat gebruik (misbruik?) word om dit te doen wat die "ou hande" as benede hul waardigheid sien. Jy kan hierdie nuwe begin as negatief ervaar (en dit eintlik net vir jouself moeilik maak) of jy kan dit as 'n geleentheid sien om jouself te bewys.

Jy, die nuwe graad 8'ie wat eintlik nie meer so nuut is nie... JY moet besluit hoe vining jy bo wil uitkom. Gebruik elke geleentheid wat VHS jou bied en bewys jouself! Neem deel aan aktiwiteite wat aangebied word, woon geleenthede by, steek jou hand op en bied aan om te help, deel jou opinies en vra as jy meer van iets wil weet. Doe wat jy moet doen om te vorder.

“Ek is bang vir die nuwe, onbekende skool.”

En voordat jy dit besef, het die tyd gevlieg en is jy deel van die graad 12-groep wat staan en kyk hoe 2024 se graad 8's deur die hekke stap. En dan is jy 'n eerstejaar student en begin jy wéér onder, op 'n kampus... Of jy is die nuwe prokureur wat op sy eerste dag instap by 'n nuwe praktyk... Of jy is die junior lid van 'n ruimtesending na Mars... Of... of... of... JY alleen gaan bepaal hoe lank jy die baba in die bondel gaan wees.

“Ek is baie opgewonde vir die nuwe fase.”

“Ek was bang dat ek vanoggend alleen hier sou staan.”



V H S G O T T A L E N T !

Dit was 'n aand propvol talent en hope pret. Ethan Wilson het die aand op die regte noot geopen met Bruno Mars se liedjie "When I Was Your Man". Daar was verskillende talente, van sing en dans tot selfs VHS se eie DJ. Selfs die onderwysers het hulle talente gewys met meneer Van Hooi wat kitaar gespeel en saam met juffrou Tope en juffrou Lianne Smit gesing het.

They certainly impressed the crowd as there was not one moment of silence during their performance. As entertainment, we had our very own Burgie, Penelope Snyders, who sang Mark Ronson's "Vallerie" and Jaco Retief (a former Burgie) who is known for his Eminem-style raps. Alhoewel daar baie oop sitplekke was, was die saal tog gepak met vriende en familie wat hul ondersteuning voluit vir die deelnemers gewys het.

Carla Esau

Each one of the participants invested a large amount of time and hard work into their performances and, in our eyes, each one was a winner, but the night belonged to the official winners of the talent show.

In third place, we had the sisterly duo, **Dunay and Kristen de Klerk**, who sang their hearts out to Adele's "To Make You Feel My Love". While **Chikita and Quinta Boshoff**, who just enjoyed themselves on stage by being silly with Flooze's "Hoezit My Tjomma", claimed the second place. The overall winner was **Llewellyn Paul** in the mysterious mask who danced the night away (in his Nikes).

Ons hoop egter dat meer Burgies by die volgende VHS-geleentheid hul ondersteuning vir ons mede-Burgies sal wys.



Recipes



Many people have turned into chefs and bakers during this lockdown period. Now it's your turn to make something truly delicious with these simple, few ingredient recipes!



Micaela van der Walt

Milk and Cookies Starbucks Frappuccino

You will need:

- 2 cups of ice
- 1 cup of milk
- 1 tablespoon of sugar
- 1/3 cup of chocolate chips
- 1/8 cup of cookies

Blend and top with whipped cream and crumbled cookies!



Keanu Moolman

Koppiekoek

- 4 eetlepels bruismeel
- 5 eetlepels suiker
- 1 eier
- 5 eetlepels melk
- 3 eetlepels kookolie
- 2 eetlepels kakao

1. Plaas alles in die koppie en klits.
2. Bak in mikrogolfoond vir 2-3 minute.
3. Geniet die koek!



Micaela van der Walt

Pizza Toast

You will need:

- 2 slices of toasted bread
- 1 tablespoon of tomato sauce
- 1 tablespoon of chutney

Toppings of your choice (eg. sliced salami, viennas or ham)
About half a cup of grated cheese

1. Spread the mixed tomato sauce and chutney evenly over the toast.
2. Add toppings of your choice.
3. Finish off with grated cheese.
4. Grill in the oven for 5 minutes or until the cheese is melted.
5. Mamma Mia! You just made Pizza Toast!

Die Kultuur van VHS

— Jean-Pierre du Toit

Vrywaring: As gevolg van die pandemie, is alle kultuuraktiwiteite vir 2020 gekanselleer. Gevolglik mag die kultuuraktiwiteite en die onderwysers in beheer daarvan in 2021 verskil.

.....

Wat is kultuur? Kultuur is die samekoms van 'n groep leerders wat dit geniet om hulself op verskillende en interessante maniere uit te druk. Of dit nou in die koor, by redenaars of by die landsdiens is, kultuur is soos die siel van 'n skool. Dit is wat die skool aan die lewe hou, waarsonder 'n skool niks is nie.

Culture is a way in which you let yourself go and feel free. It provides you with a way to relax. It helps schools to advance in certain fields and to keep the school's name high on a whole other level.

Hoërskool Vredenburg bied verskeie kultuuraktiwiteite aan ondermeer koor, debat, redenaars, Spelling Bee, landsdiens, drama, Eisteddfod, T4C en natuurlik die *Bokkompie*.

I want to encourage learners to join the cultural activities at the school, most of which can be enjoyed on Wednesday afternoons. Saam met die onderwysers verantwoordelik vir die kultuuraktiwiteite, kan ons ook 'n poging aanwend om te soek na nuwe idees en aktiwiteite.

So come and join at least one of the cultural activities and encourage your friends to do so too and make our cultural activities even more fun!

JOIN! JOIN! JOIN! Word deel van die skool se kultuuraktiwiteite – dis pret en skep lewenslange herinneringe!

Inligting oor die kultuuraktiwiteite van VHS / Information about the culture activities at VHS

Choir:

Mr M. van Hooi (307)

Why choir? Research shows that people who belong to a choir, enjoy a greater feeling of coherence and they are a part of a collective strive to creativity. Choir is also a place where you can belong and no one will judge you. It's like one big, happy, singing family.

Studies have also shown that singing sets a chemical, called endorphin, free in the body. This chemical is the stress reliever of the body and it can lead to a much healthier mental state. Another positive fact about singing in a choir is shown in the article that was published by the University of Canterbury, which mentioned that singing in a choir relieves the feelings of anxiety and depression.

Joining the choir is better than the gym! A study done in collaboration between the Universities of Harvard and Yale showed that regular singing increases the flow of blood and oxygen in the muscles of the upper body and the article also showed that regular singing increases life expectancy.

So, what are you waiting for? There are more than enough reasons why you should join the choir. The choice is yours, what do you have to lose?

Just SING!

Spelling Bee:

Miss C. Smit (202), Miss D. Pontello (203) & Miss L. Smit (304)

What is a Spelling Bee? Well, a Spelling Bee is a competition that is all about, you know, SPELLING.

The Spelling Bee competition encourages learners to stand in front of a crowd, which builds your self-confidence.

Standing before that crowd takes a lot of courage and it's a lot of pressure, but if you can handle that, you can handle anything life throws at you. The Spelling Bee improves your vocabulary and the ability to speak before a crowd.

You can enter in one of two categories: Juniors (Gr. 8 and 9) and Seniors (Gr. 10 to 12). Only the top 10 spellers from each category may participate after the auditions.

Among some of the amazing prizes, from last year's competition, were Wimpy vouchers, stationary and flash drives.



Debat en Redenaars:

Junior debat : Juf. L. Smit (304)

*Junior debat en redenaars: MnR P. Joubert
(Mediasentrum)*

Senior debat en redenaars:

Juf. D. Schlebusch (106)

Debat en redenaars is nie dieselfde nie; dit is twee totaal verskillende dinge. Debat is wanneer twee spanne teen mekaar oor 'n onderwerp redeneer, waarna daar 'n wenspan aangewys word. Redenaars is wanneer net een persoon se opinie oor 'n onderwerp gesien word. In redenaars, moet jy die gehoor oortuig van 'n standpunt en dit kan voorbereid of onvorbereid gedoen word. In beide debat en redenaars, kan jy deurgaan na finale rondtes toe waar jy verskeie pryse kan wen.

Die voordele van debat en redenaars is die ervaring wat opgedoen word, soos byvoorbeeld: Die waarde van navorsing oor 'n onderwerp word meer waardeer. Leerders wat aan debat en redenaars deelneem het op die ou einde meer selfvertroue en kan beter voor 'n gehoor of beoordelaars praat. Hulle algemene kennis word verbreed met elke greintjie navorsing wat hulle doen, en hulle leer ook hoe om 'n argument te wen.

Dié kultuuraktiwiteite help ook leerders om vinniger op hulle voete te dink en beter teenstellings te maak. Kompetisies bied ook aan leerders die geleenthed om trotse Burgies te wees en hulle skool se naam hoog te hou.

Landsdiens:

Juf. S. Coetzee (WS03) &

Juf. C. Swanepoel (201)

Landsdiens is gebaseer op vier liefdes:

1. Liefde vir jou medemens.
2. Liefde vir arbeid.
3. Liefde vir die natuur.
4. Liefde vir jou skepper.

Landsdiensaktiwiteite word rondom hierdie vier liefdes beplan. Elke kwartaal word daar 'n fantastiese kamp gehou waar jy nuwe mense kan ontmoet en terselfdertyd ook klomp vaardighede kan aanleer.

Gemeenskapsprojekte is baie belangrik vir hierdie kultuuraktiwiteit, soos pannekoekdae by Huis Hadassa en om kos aan minder bevoorregtes te gee.

Dié kultuuraktiwiteit is vir mense met hierdie vier liefdes en ook die liefde vir jou gemeenskap, land en die aarde. Wil jy bydra tot die gemeenskap en die aarde? Wel, sluit elke tweede Woensdag by die landsdiens aan en help hulle met die prettige projekte, soos die herwinningprojek waarmee hulle tans besig is.

Ons kan nie wag om julle daar te sien nie!



Eisteddfod:

Juf. C. Smit (202), Juf. D. Pontello (203), Juf. L. van der Westhuizen (205)

Eisteddfod is 'n landswye kultuuraktiwiteit wat leerders die kans gee om hulle ware kleure te wys. Die aktiwiteit word ingedeel volgens taal (Afrikaans Huis- en Addisionele Taal, en Engels Huis- en Addisionele Taal) en 4 sub-kategorieë:

1. Letterkunde (Literature) - Leerders ontvang onvoorbereide temas waарoor hulle dan opstelle moet skryf.
2. Voordrag (Speech) - Leerders berei gedigte voor.
3. Lees (Reading) - Leerders ontvang onvoorbereide leesstukke wat hulle dan vloeiend moet lees.
4. Koor (Choir) - mnr. Van Hooi wil graag die koor volgende jaar inskryf.

Letterkunde vind gewoonlik in die tweede kwartaal plaas by Laerskool Saldanha, terwyl Voordrag en Lees gewoonlik in die derde kwartaal by Hoërskool Piketberg plaasvind. Koor vind plaas by Laerskool Swartland.

Dit is regtig baie lekker en jy kan nuwe mense van verskillende skole ontmoet. Jy het die potensiaal om uit te blink op die verhoog waar jy jou gedig voordra of op die papier waarop jy jou opstel skryf.

Eisteddfod help leerders met hulle selfvertoue en dit verbeter hulle vermoë om voor 'n gehoor te praat. Dit help jou ook om beter op jou voete te dink sowel as om beter onder stres te werk. So, berei 'n gedig voor of maak reg om 'n opstel te skryf en neem deel aan die aktiwiteit, jy sal nie spyt wees nie!

Die Bokkompie:

Juf. C. Smit (202) & Juf. C. Carstens (302)

Het jy 'n liefde vir skrif? Hou jy van fotografie? Weet jy van amper alles wat op die skoolgrond gebeur? Is jy kreatief en hardwerkend? Dan is die *Bokkompie* net vir jou.

Hierdie jaar bestaan die *Bokkompie* redaksie uit 14 leerders van alle grade. Drie uitgawes word elke jaar vrygestel wat artikels oor kultuur, sport en sosiale aktiwiteite, soos die MnR. en Me. VHS en die Nashua Sportdag, bevat. Verder bevat die *Bokkompie* ook prettige aktiwiteite om dit nog meer opwindend vir ons lesers te maak.

Selfs die tegniese versorging, soos die uitleg en die foto's, word beheer deur die leerders van *Die Bokkompie*-span onder die bekwame leiding van Juf. Smit en Juf. Carstens.

As jy dink dat jy jou talente in die *Bokkompie* kan laat deurskyn, moenie skaam wees nie! Kom word volgende jaar deel van die *Bokkompie*-span. Dalk kan jy 'n loopbaan as 'n joernalis of 'n fotograaf eendag volg.

Dit is regtig 'n baie groot eer om deel te wees van so 'n wonderlike span en om die gebeure van die skool oor te dra aan ons lesers.

Teens for Christ (T4C):

Mr M. van Hooi, Mrs C. Carstens &

Miss K. Cordier (Media Centre)

1 Peter 2:9 says that we are “God’s chosen treasure, priests who are kings, a spiritual ‘nation’ set apart as God’s devoted ones. He called you out of darkness to experience his marvellous light, and now He claims you as his very own. He did this so that you would broadcast His glorious wonders throughout the world.”

This is what T4C is all about, but why should you want to become a part of it? T4C is a Christian Centered Cultural Activity, and they are there to praise the Lord and to learn more about His glorious name.

You can become the salt and the light of the earth. The more learners exposed to the light of Christ, the more they represent Him in their daily lives.

T4C provides an everlasting perspective. “In our rapidly changing world, and with growing pressure on learners, we’re often focused solely on the now. As we tell the story of Jesus, though, we place ourselves in a story that is thousands of years old. The grace we proclaim is carrying on what began long ago. In doing so, it helps our students gain an eternal perspective, a long-term view—one that helps them understand their place in the world and in God’s story.”

– Mn. Van Hooi.

T4C helps you develop healthier relationships by exposing you to people who live their lives in a healthy spiritual manner. It also helps you deal with difficult times in a wiser, unselfish way.

Putting yourself before others. T4C is all about learning to interact with people and helping others, by putting their needs in front of your own. In T4C you can also make new friends, those who believe in the same things you do, thus you don’t feel left out. The best and last reason is simple: You grow more in your love and knowledge of Jesus.

Drama:

Miss L. Basson (301); Miss C. Smit (202)

& Mrs B. Johnson (101)

Drama is back!

This activity is divided into two groups: the juniors (Gr. 8 & 9) with Miss C. Smit and Mrs B. Johnson, and the seniors (Gr. 10 – 12) with Miss L. Basson. The junior group focuses more on the development of style and the different drama techniques to prepare them for the senior phase of drama.

The reason for joining this activity is simple: It is super fun and you will enjoy it a lot. Drama also develops your self-confidence and problem-solving skills. It helps you devise better and more creative solutions to difficult situations, and it makes you see a much more creative side to life.

At drama, you can be yourself and be around people who will not judge you. Isn’t that the best reason for joining, just being YOURSELF?

So, come and join drama, your inner actor/actress is just waiting to come out and join the world of fun, excitement and, well... **DRAMA.**

Kultuur is baie belangrik in ons daaglikslewens en in die wêreld. Ons moedig julle aan om ten minste aan een van die bovenoemde kultuuraktiwiteite deel te neem. Hou die skool se naam hoog en wees trotse BURGIES, want dis lekker om ‘n BURGIE TE IS.

VHS NEW TEACHERS

Crestabell Kamova



(Links na Regs)

Juffrou Van Rensburg, Juffrou C. Swanepoel, Juffrou O. Groenewald, Juffrou B. Johnson,
Juffrou L. Smit, Juffrou A. Elstadt, Juffrou B. Marx, Mnr. B van Deventer

Have you been seeing some unfamiliar faces among our teachers in the hallways of VHS? These are the faces of the many new teachers who have joined the VHS family this year.

Meet our new teachers!

Juffrou A. Elstadt

Vakke wat juffrou Elstadt gee:

Lewenswetenskap (vakhoof),
Lewensoriëntering, Natuurwetenskap

Jy sal juffrou Elstadt kry in klaskamer:

WS05

Waar het u studeer?

Universiteit van die Oranje Vrystaat (Korsies)

Wat is u gunstelingtydverdryf (hobby)?

Enige handwerk, maar ek hekel baie.

Wat is u gunstelingkos?

Enige hartskos waar die hele gesin om 'n tafel sit.

Wie is u rolmodel en hoekom?

My 94-jarige vader wat deur sy optrede steeds vir ons die steunpilaar en ruggraat van ons familie is, met stewige norme, standaarde en waardes.

Wat inspireer u om 'n onderwyser te wees?

My liefde vir kinders.

Na watter tipe musiek luister u?

'n Baie wye spektrum, van baie lig tot klassiek, selfs boeremusiek op die regte tyd.

Hoe voel dit "om 'n Burgie te is?"

Dis 'n droom wat na 7 jaar bewaarheid is, omdat ek 'n huis op Langebaan het en altyd die netjiese leerders op die straat bewonder het!

Watter doelwitte wil u in VHS bereik?

Om 'n leergierigheid by leerders te skep!

Wat is u doelwitte vir 2020?

100% slaagsyfer vir LW!

Mnr. B van Deventer

Vakke wat mnr. Van Deventer gee:

Ekonomiese en Bestuurswetenskappe,
Besigheidsstudies, Lewensoriëntering

Jy sal mnr. Van Deventer kry in klaskamer: NK 1

Waar het u studeer?

CPUT Wellington

Wat is u gunstelingtydverdryf (hobby)?

Rugby/ fietsry

Na watter tipe musiek luister u?

Afrikaans

Wie is u rolmodel en hoekom?

My pa en ma, omdat hulle my grootgemaak het.

Wat is u gunsteling kos?

Alles!

Wat inspireer u om 'n onderwyser te wees?

Om elke dag kinders te leer.

Hoe voel dit "om 'n Burgie te is?"

Lekkkker!

Watter doelwitte wil u in VHS bereik?

Om dit 'n goeie sportskool te maak.

Wat is u doelwitte vir 2020?

Om 'n sukses van my eerste jaar as 'n onderwyser te maak.

Juffrou Van Rensburg

Vakke wat juffrou Van Rensburg gee:

Wiskunde, Maths Literacy

Jy sal juffrou Van Rensburg kry in:

Die ouditorium

Waar het u studeer?

Rand Afrikaans Universiteit, vandag

Universiteit van Johannesburg.

Wat is u gunstelingtydverdryf (hobby)?

Om te kuier saam met my gesin, lees, hekel, brei en kwilt.

Na watter tipe musiek luister u?

Enige musiek met goeie lirieke.

Wie is u rolmodel en hoekom?

Ek glo nie in rolmodelle nie, want alle mense het voete van klei. Ek dink elke persoon moet werk om die beste jy te wees.

Wat is u gunstelingkos?

Braaivleis en T-been steak.

Wat inspireer u om 'n onderwyser te wees?

Ek wou 'n verskil maak – 'n leerder wat die geleentheid kry om bo sy omstandighede uit te styg en 'n goeie landsburger en gelukkige volwassene is – dit is my dryfveer.

Hoe voel dit "om 'n Burgie te is?"

Anders en vreemd.

Wat is u doelwitte vir 2020?

Daar is 2 beginsels waarvolgens ek probeer leef:

1. Harde werk word altyd beloon. Die Bybel sê wie nie werk nie, mag nie eet nie. (2 Tess 3:10)
2. Die belangrikste ding in die lewe is nie wat mense van my dink nie, maar wat God van my weet. So, my doelwit is om te werk en leef dat God daaroor sal glimlag.

Ms C. Swanepoel

Ms Swanepoel teaches:

English First Additional Language

You can find Ms Swanepoel in classroom: 201

Where did you study?

University of South Africa

What is your favourite hobby?

Reading

What is your favourite food?

Pizza

Who is your role model and why?

My best friend, because she is always positive and inspires me to be a better person and version of myself.

What inspired you to become a teacher?

The ability to make a difference in the lives of learners inspired me to become a teacher.

What type of music do you listen to?

I love all types of music.

How is it "om 'n Burgie te is"?

I couldn't be more proud "om 'n Burgie te is".

What do you hope to achieve at VHS?

For learners to enjoy my classes and feel important in my presence.

What are your goals for 2020?

Increasing the grade 8 and grade 9 English FAL average.

Ms B. Johnson

Ms B. Johnson teaches:

English First Additional Language

You can find Ms Johnson in classroom:

101

Where did you study?

UNISA

What is your favourite hobby?

Reading and my kids

What is your favourite food?

Anything spiiiiicy!

Who is your role model and why?

Helena Bonham Carter, because being weird, different and imperfect is incredibly underrated. She is comfortable being the weirdo and the odd one out, I like to think that I am like that too...

What inspired you to become a teacher? My grade 4 teacher, Leoni Burnett. She embraced who I was and that being a fairy at that stage was also fine. Plus, she liked to dance on her desk, she loved her job and her learners in a way that you could feel every day.

What type of music do you listen to?

ACDC, Metallica, Nirvana, Queen and then obviously the king of pop Michael Jackson.

How is it "om 'n Burgie te is?"

Enjoying every minute!

What do you hope to achieve in VHS?

If I can get just one learner to embrace his/her inner weirdo, I would be very happy.

What are your goals for 2020?

I don't really know. I hope to grow as a person, teacher, friend, mother, etc.

Juffrou L. Smit

Vakke wat juffrou Smit gee:

Afrikaans Huistaal en Eerste Addisionele Taal, Skeppende Kuns

Jy sal juffrou Smit kry in klaskamer: 304

Waar het u studeer?

Universiteit van Stellenbosch. Once a Matie, always a Matie!

Gunsteling tydverdryf / stokperdjie?

Ek is absoluut mal oor sing, teken/verf en skryf.

Na watter tipe musiek luister Juffrou?

Ek is so "old school" soos wat jy kan kry, maar ek waardeer ook enige liedjie wat mense wil laat dans of glimlag, of waarvan die woorde dieper betekenis dra.

Wie is Juffrou se rolmodel en hoekom?

Jesus Christus. By Hom leer ek elke dag wat ware liefde is.

Wat is Juffrou se gunstelingkos?

'n Lekker bord huiskos.

Wat het Juffrou geïnspireer om 'n onderwyseres te word?

Ek is lief vir kinders, en my droom is dat elke kind 'n goeie opvoeding ontvang, wat hulle daardie hupstoot sal gee om hulle drome na te jaag en in hulself te glo maak nie saak uit watter omstandighede jy kom nie.

Wat is u doelwitte vir 2020?

Om so veel as moontlik kinders wat deur my hande gaan te laat besef dat hulle slimmer, sterker en belangriker is as wat hulle dink.

'A good teacher is like a candle - it consumes itself to light the way for others.'

–Mustafa Kemal Atatürk

Juffrou B. Marx

Juffrou Marx is die voorligter van ons skool.

Vakke wat juffrou Marx gee:

Lewensoriëntering, Skeppende Kuns, Sosiale Wetenskappe

Waar het u studeer?

By die beste kampus... Noord-Wes Universiteit, Potchefstroomkampus ;-)

Wat is u gunstelingtydverdryf (hobby)?

Kosmaak!

Wie is u rolmodel en hoekom?

Ek het nie 'n spesifieke rolmodel nie. Ek glo dat elkeen 'n "speciality" het wat hom/haar laat uitstaan van die res. By elke persoon kan daar iets "goeds" geleer word, maak nie saak wie dit is nie.

Wat is u gunstelingkos?

Sjoe, ek hou van ALLES! Of nee, kom ek sonder iets uit, *steak* en *chips* of pasta.

Wat het u inspireer om 'n onderwyseres te wees?

Ek is eintlik 'n berader, maar die skoolomgewing is lekker. Elke kind is uniek en daarom geniet ek dit om by die kinders te leer en ook om self 'n verskil in kinders se lewens te maak. Dit is lekker om positiewe verandering te sien.

Hoe voel dit "om 'n Burgie te is?"

Ha! Ha! Dis lekkerrrrrr om 'n Burgie te is!

Watter doelwitte wil u in VHS bereik?

My grootste droom wat ek wil bereik by VHS is om kinders se lewens positief aan te raak deur 'n pad saam met hulle te stap en te help waar ek kan om kinders se laste lichter te maak (niemand hoef te *suffer in silence* nie). Ek weet dit is nie altyd moontlik om baie te bereik nie, maar solank ek 'n verskil in 'n handjie vol se lewens kan maak, is ek gelukkig!

Wat is u doelwitte vir 2020?

My doelwitte loop hand in hand met my droom.

NASHUA SPORTS DAY RESULTS

WELL DONE, BURGIES!

SKAAK EERSTE SPAN

VHS	WESKUS SKOOL
6	4
VHS	DIAZVILLE
6	4

NETBAL EERSTE SPAN

VHS	DIAZVILLE
11	5
VHS	WESTON
12	8
VHS	LOUWVILLE
15	7

SOKKER EERSTE SPAN

VHS	LOUWVILLE
1	2
VHS	WESTON
3	1

RUGBY EERSTE SPAN

VHS	Louwville
30	15

S W E M G A L A

Jaydrè Bester

READY, STEADY, DIVE!

'n Heerlike, warm somersdag is die dag waarop niemand enige iets wil doen nie. Jy wil net in die huis wees, in die koelte of by die strand, in die water. MAAR wat gebeur as jy daardie dag skool het? Die antwoord is eenvoudig – neem deel aan die interhuis swemgala.

Die jaarlikse swemgala het op 4 Februarie plaasgevind. Die hitte het nie die swimmers of die beoordelaars afgesit nie. Glo my, dit was die moeite werd om die swemgala by te woon.

Even though few people attended the gala, the day was still a huge hit.

Teachers, parents, family and friends came to support and cheered for our swimmers. This is what made this swimming gala so great. It was not just about the swimming or who came first. It demonstrated that sportsmanship and friendship are above this, but there still had to be winners. The first swimming team all looked like gold medalists. This was either the very first or the very last Inter-house Swim Gala for some pupils.

The grade eights were excited for their first swimming gala in high school while the grade twelves were bursting with excitement as they would be competing in the gala for the very last time at VHS. Some matrics joined together to form one big team. The class of 2020 did the relay together. Some wore swimming clothes, others pyjamas and some even wore diving gear, ready to take on the water. As they were getting ready to dive, the song "The Final Countdown" played, making it the perfect relay event. Hopefully, this will be a new tradition.

Ons wonderlike "MC", meneer Joubert, is maklik een van die redes hoekom die dag suksesvol was. Sy grappies is van die beste en hy het die gees hoog gehou.

Wat doen jy volgende jaar die tyd?
Moenie vervelig wees nie... kom geniet die dag by die swemgala.

**"SWIMMING IS A CONFUSING
SPORT, BECAUSE SOMETIMES YOU
DO IT FOR THE FUN, AND OTHER
TIMES YOU DO IT TO NOT DIE. AND
WHEN I'M SWIMMING, SOMETIMES
I'M NOT SURE WHICH ONE IT IS ."**

-DEMETRI MARTIN

Guess the movie

Elaine Bowles

Some movies are known for their famous lines or quotes.

Test your knowledge and see if you know which movie matches the quote.

- | | |
|---|---|
| 1. "May the force be with you." | <input type="checkbox"/> Lord of the Rings: Two Towers |
| 2. "There's no place like home." | <input type="checkbox"/> Titanic |
| 3. "I'm the king of the world!" | <input type="checkbox"/> Frozen |
| 4. "I'll be back." | <input type="checkbox"/> The Greatest Showman |
| 5. "My precious..." | <input type="checkbox"/> The Avengers |
| 6. "Magic mirror on the wall, who is the fairest
one of all?" | <input type="checkbox"/> Black Panther |
| 7. "Just keep swimming." | <input type="checkbox"/> Avengers: Infinity War |
| 8. "Hasta la vista, baby!" | <input type="checkbox"/> The Terminator |
| 9. "To infinity and beyond!" | <input checked="" type="checkbox"/> Star Wars |
| 10. "Say 'hello' to my little friend!" | <input type="checkbox"/> Snow White and the Seven Dwarfs |
| 11. "So fetch." | <input type="checkbox"/> Finding Nemo |
| 12. "Some people are worth melting for." | <input type="checkbox"/> Harry Potter and the Philosopher's Stone |
| 13. "You don't need everyone to love you, Phin.
Just a few good people." | <input type="checkbox"/> The Dark Knight |
| 14. "That's my secret, Cap. I'm always angry." | <input type="checkbox"/> Terminator 2: Judgement Day |
| 15. "Wakanda forever!" | <input type="checkbox"/> Toy Story |
| 16. "You should have gone for the head." | <input type="checkbox"/> Scarface |
| 17. "Wingardium Leviosa." | <input type="checkbox"/> Mean Girls |
| 18. "Why so serious?" | <input type="checkbox"/> The Wizard of Oz |

Raai, raai, wie sê dié?

Elaine Bowles

Die meeste van die onderwysers is bekend vir 'n frase of woord wat hulle herhaaldelik sê. Hier is van die sêgoed van ons onnies. Kom ons kyk of jy kan agterkom wie hierdie onderwysers is...

1. **Mnr. Du Toit**

"QUIET!"

2. **Juf. Coetzee**

"Net so, *by the way.*"

3. **Juf. E. Smit**

"Hallo, my kinders."

4. **Mnr. Le Roux**

"Dis net vir interessanseid."

5. **Juf. Maree**

"Neh?"

6. **Mnr. Joubert**

"Now see, because I've been
doing math for thirty
years..."

7. **Juf. E. Louw**

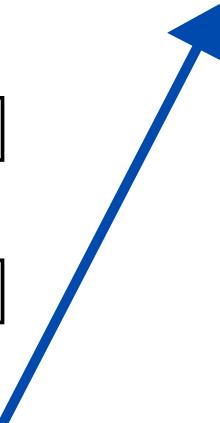
"Ek hoop jy hoor."

8. **Juf. Van Wyk**

"Kom nou, mense."

9. **Mnr. Brittz**

"Right, jy's nou stil."



Lord of the Rings: Two Towers 5

Titanic 3

Frozen 12

The Greatest Showman 13

The Avengers 14

Black Panther 15

Avengers: Infinity War 16

The Terminator 4

Star Wars 1

Snow White and the

Seven Dwarfs 6

Finding Nemo 7

Harry Potter and the Philosopher's Stone 17

The Dark Knight 18

Terminator 2: Judgement Day 8

Toy Story 9

Scarface 10

Mean Girls 11

The Wizard of Oz 2

ANTWOORDE VIR RAAI,
RAAI, WIE SÉ DIÉ?

ANSWERS TO
GUESS THE MOVIE

1. Mnr. du Toit
2. Juf. Coetzee
3. Juf. E. Smit
4. Mnr. le Roux
5. Juf. Maree
6. Mnr. Joubert
7. Juf. E. Louw
8. Juf. van Wyk
9. Mnr. Brittz

1. "Neh?"
2. "Dis net vir interessantheid."
3. "Ek hoop jy hoor."
4. "Net so, *by the way.*"
5. "QUIET!"
6. "Hallo, my kinders."
7. "Kom nou, mense!"
8. "Right, jy's nou stil."
9. "Now see, because I've been doing math for thirty years..."

Weskus Terapie Sentrum



Verskeie **TERAPIE DIENSTE** gerieflik in
EEN SENTRUM!

8 Hill Street, Vredenburg

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