



BOKKOMPIE

May 2023



Birthday Edition

Dis lekker om 'n Burgie te is, te is!





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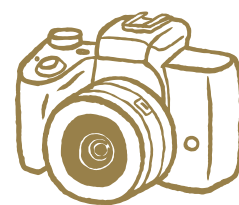
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**LINDI DU PLESSIS,
LEILANI VAN WYK &
XENA ROOMS**

BESIG, BESIGER, 2023!



Hierdie jaar se bedrywighede gaan beslis uithouvermoë, energie en HOPE entoesiasme eis! The first term was chaotic, to say the least, and with all the excitement accompanying the 50th festivities, we look to our leaders for some guidance.

Carina

What an exciting first term it has been! From breaking records at the athletics to the cast of the musical, Annie, being announced. I cannot wait to see what the rest of the year has in store for us!

Dit is belangrik dat ons mekaar deur die jaar opbou en ondersteun. As ons iemand sien sukkel, is dit ons plig om hulle op te help. Ons moet mekaar se suksesse vier, maar mekaar ook bemoedig as ons misluk, want as Burgies is ons, en sal ons altyd, een groot familie wees.

So kom ons sien saam uit na alles wat die jaar vir ons inhou en kom ons maak die beste van elke dag vir onself, en vir ander.

“As we work to create light for others, we naturally light our own way.” – Mary Anne Radmacher

Santino

In Vredenburg Hoërskool is daar altyd ekstra plek in ons harte vir ‘n Burgie, want ‘n Burgie verteenwoordig die beeld dat almal wat deel is van hierdie skool, strewe na die beste en net die beste, omdat dit ál is wat voldoening sal bring.

Vredenburg Hoërskool is nie net ‘n skool nie, maar soveel meer. Dit is ‘n familie waar ouers toesien dat hulle leerders en leerkragte veilig en gelukkig is. VHS is ‘n droomskool vir my. ‘n Skool waar daar op alle vlakke voortdurend hoër presteer word. VHS is een van die beste skole in die Weskus en ek is trots om deel daarvan te wees.

DIT IS EN BLY LEKKER OM 'N BURGIE TE WEES!

Meet the RCL team



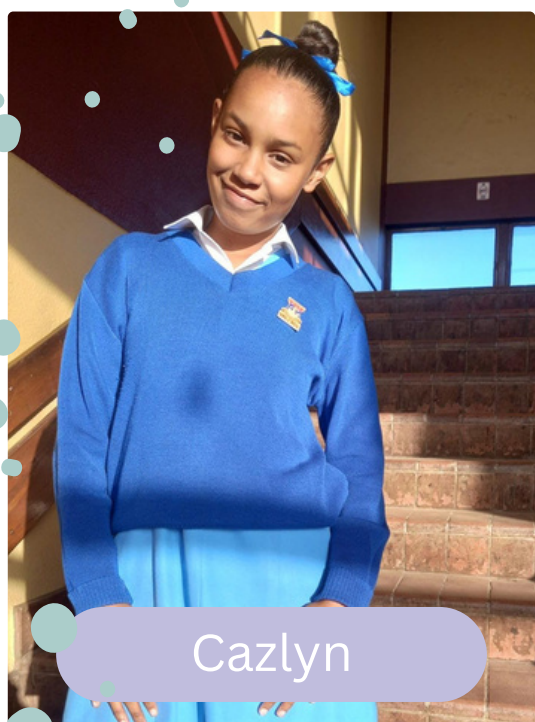
Bernicio



Lisa-Khanya



Jamaine



Cazlyn



Luche



Carley



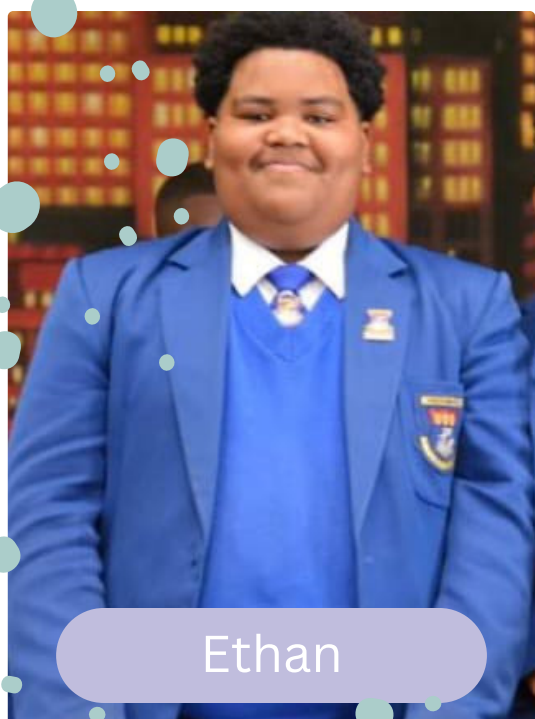
Vanessa



Louisa



Angelo



Ethan



Matthew



Kimlynn



Zané



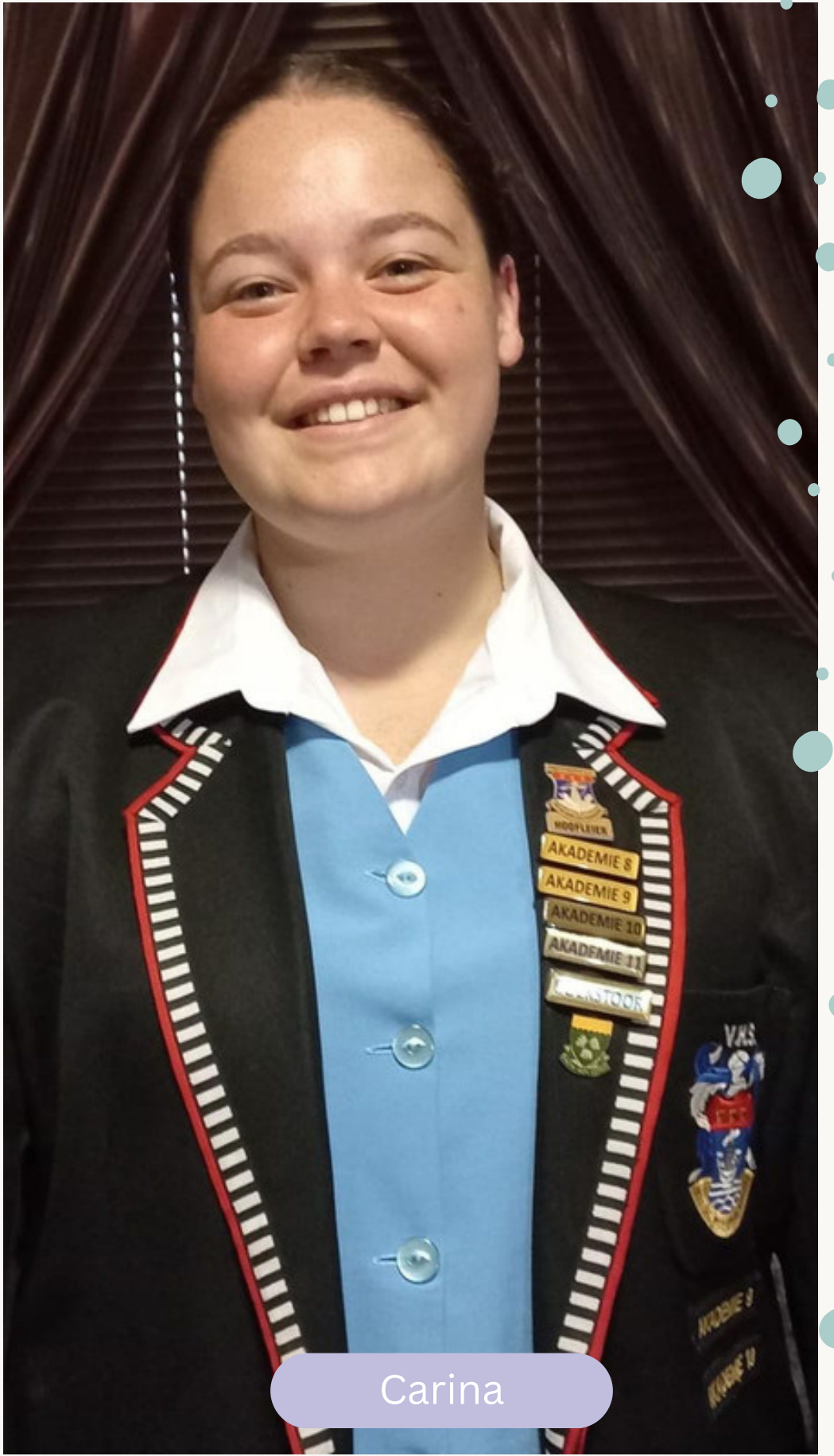
Erin



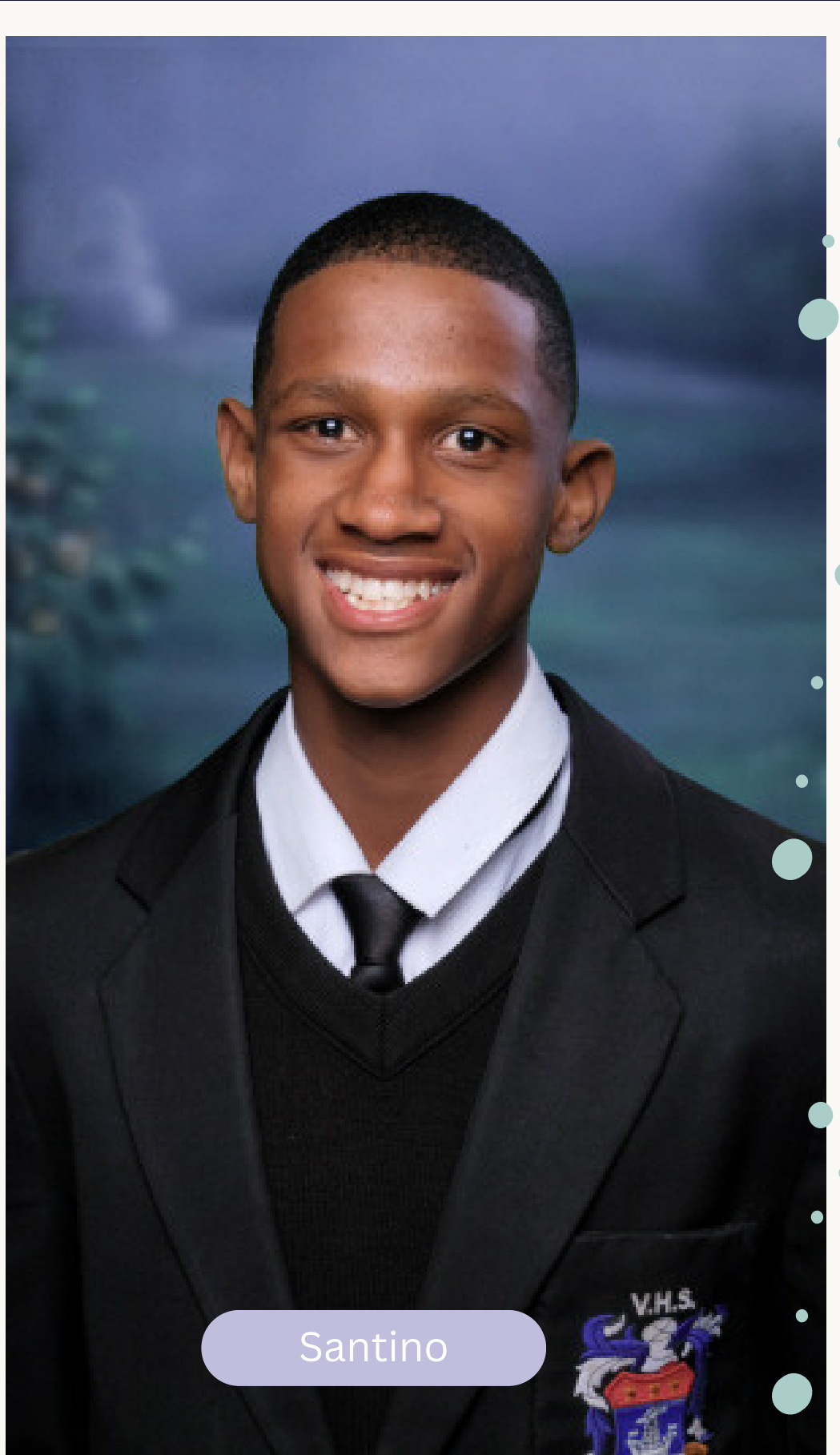
Owethu



Xander



Carina



Santino

SONDEZA KAMP

DEUR KRISTI COETZEE



Bernicio Coetzee



Amahle Ndyalavane

Jaarliks word daar twee leerders per skool in die Weskus- en Swartlandstreek gekies om deel te wees van 'n leierskapkamp. Die vereiste in verband met die kamp is dat jy 'n leierskapposisie moet hê. Dit kan binne of buite skool wees.

In November het Bernicio Coetzee en Amahle Ndyalavane uitgevind dat hulle gekies was om VHS te verteenwoordig. Die Kamp het vanaf 7 Desember tot 15 Desember plaasgevind. Die kamp was in Ganzekraal en die leerders het in bungalows gebly.

Daar was leerders van Duitsland, Namibië en Taiwan maar wat woon in die Kaap, Somerset-Wes en KwaZulu-Natal. Elke dag was 'n opwindende dag vir die leerders met alle aktiwiteite en uitstappies wat vir hulle beplan was. Hulle moes elke oggend na 08:00 en elke aand 20:00 bymekaar gekom het in die saal.

DAG 1:

Die leerders was in groepe verdeel vir hul Bungalows. Daar was een leier per Bungalow. Na die indeling was hulle verdaag na hul Bungalows en het 'n bietjie pret gehad.

DAG 2:

Dag twee was die leerders weer in groepe gedeel van 10 mense per groep en daar was 5 groepe. Hulle het vlotte (*rafts*) gebou uit hout en tou. Die vlotte moes kon dryf terwyl daar een op die vlot moes kon sit en die ander moes dit stoot.

DAG 3:

Op dag drie het die bus vertrek na !Kwa ttu om meer te leer oor die Khoi-San. Om 13:00 het die bus van !Kwa ttu na Buffelsfontein vertrek vir 'n wildrit.

DAG 4:

Dag vier was vol buitemuurse aktiwiteite. Die groepe was dieselfde as die vlotte. Die groepe moes 'n obstacle course doen. Na die hindernisbaan was die leerders iewers afgelaai en toe word hulle geblinddoek. Hulle moes hul pad terugvind deur al hul sintuie te gebruik behalwe sig.

DAG 5:

Dag vyf het die bus om 08:30 vertrek na Waterfront. Die leerders het daarna op 'n boot geklim en het na Robbeneiland vertrek. Op Robben Eiland het hulle meer geleer oor hoe die mense gehanteer was en oor hoe hulle voorkoms was.

Die bus het 15:00 terug na Ganzekraal vertrek.

DAG 6:

Die leerders het 'n emosionele Ik-toets gevat. Die toetse het bewys of jy 'n introvert of ekstrovert is. Hulle het vir die talentkompetisie geoefen. Hulle het ook hul streek uitgestal.

DAG 7:

Die leerders het hul talent vir die ander gewys deur deel te neem aan die talentkompetisie. Na die kompetisie het die leerders die kamp opgesom. Soos oor wat hulle als by die kamp geleer het.

DAG 8:

Dag 8 was 'n emosionele dag vir die leerders. Hulle moes begin het om hul Bungalows op te ruim en hul sakke pak. Die leerders het elk sertifikate ontvang.

Die leerder het na hul Bungalows vertrek en hul laaste aand saam geniet.

DAG 9:

Om 10:00 het die leerders hul totsies gesê en die busse het na die leerders se tuisdorpe vertrek.

WAT HET JY OP DIE KAMP GELEER?

BERNICIO:

Ek het geleer om 'n beter leier te wees. Om beter as 'n span te werk.

En ek het besef dat as mens saam met ander werk dan kan jy beter goed bereik.

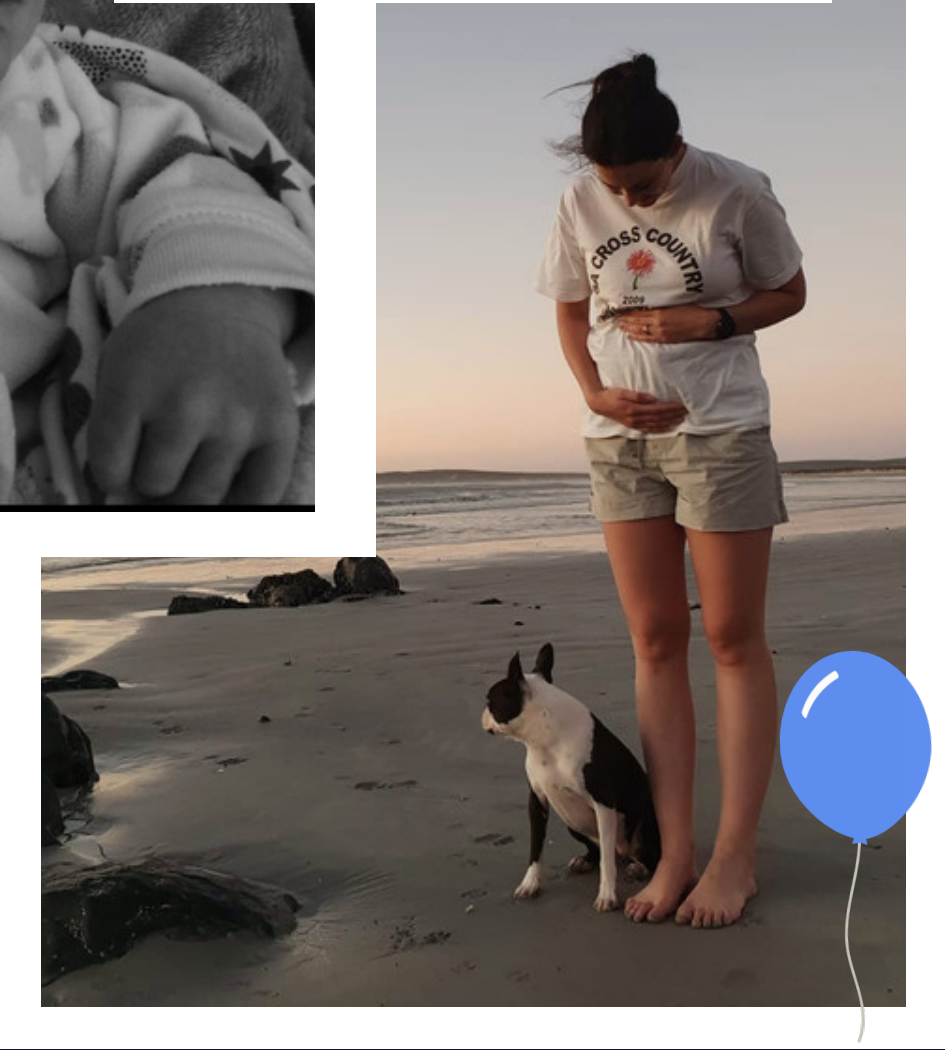
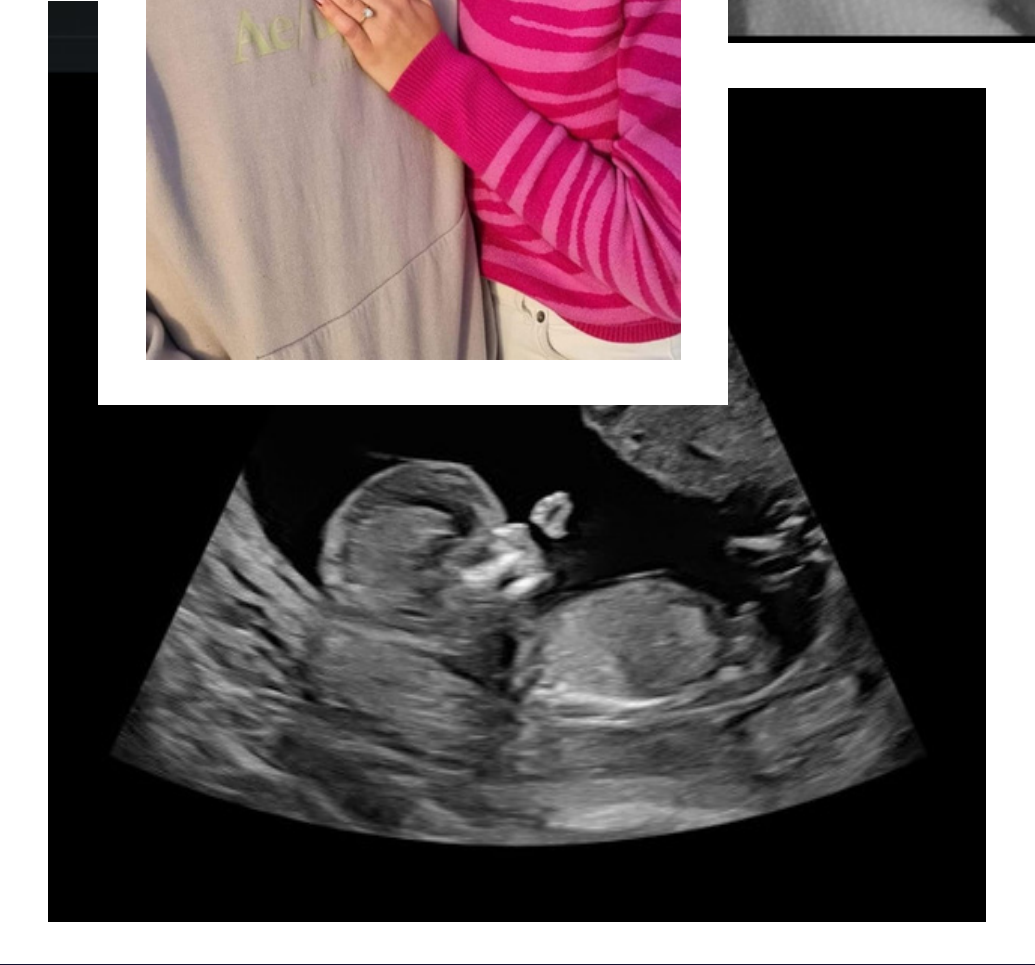
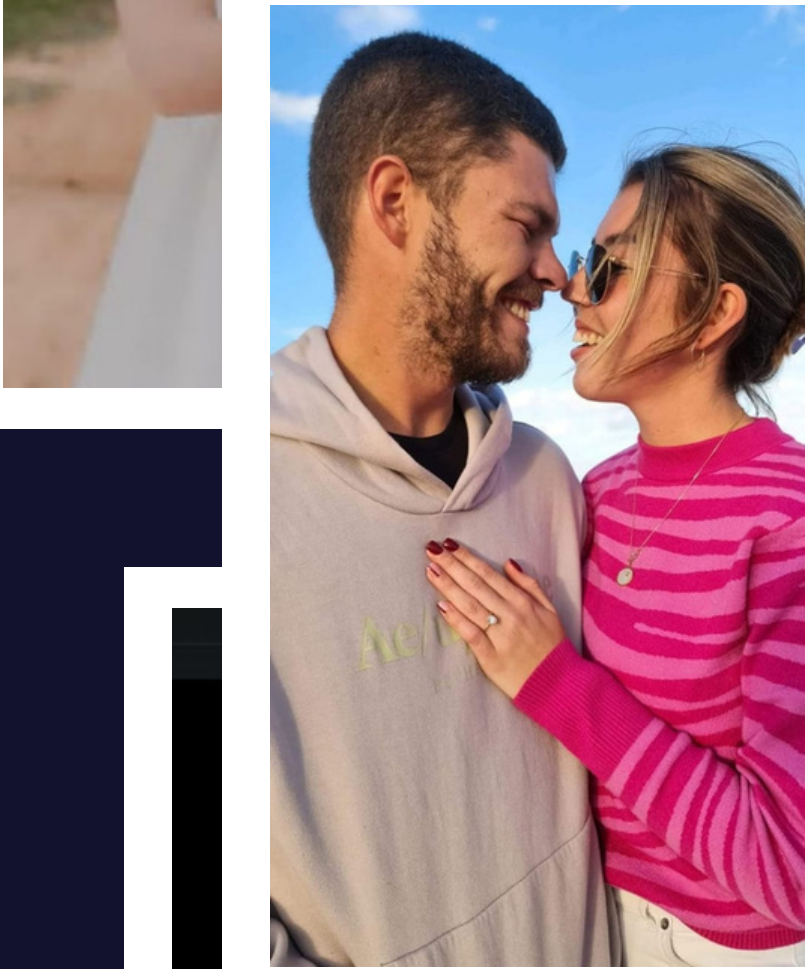
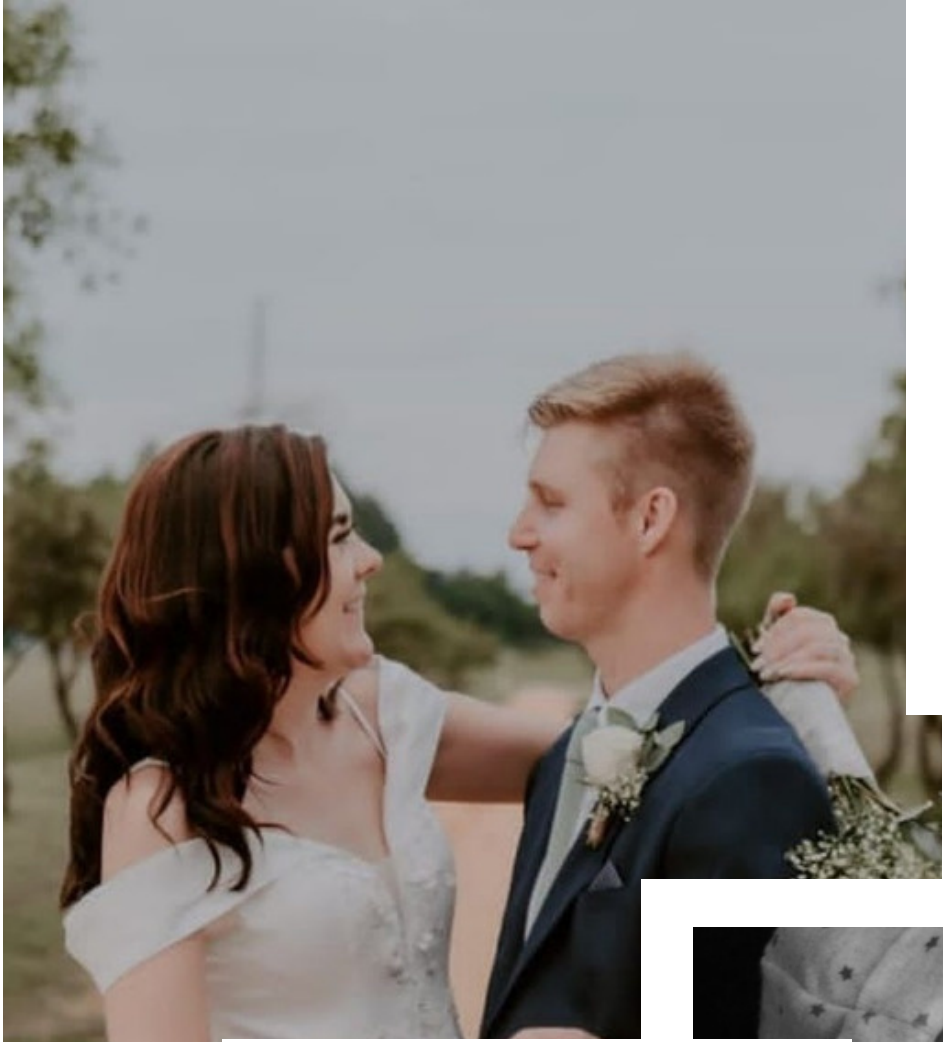
AMAHLE:

I learned that emotional intelligence is an important path to success.

Knowing who you are and being comfortable in your own skin help avoid many tricky situations you may find yourself in. Words are a very powerful tool; they can build or break a person, they leave deep scars that never heal.

And that in every dark cloud there is a silver lining.

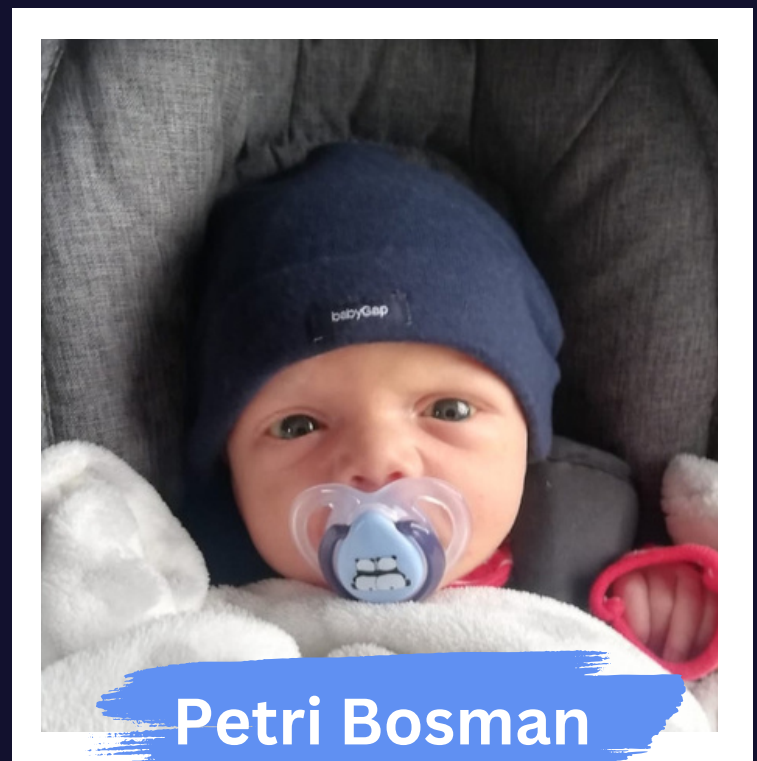
Congratulations!



Congratulations!

Hier by VHS is ons waarlik geseën! Dit is so lekker om te kan sê dat die VHS-familie aanhou groei. Juf. Bosman en haar man het op 18 April 2023 'n babaseuntjie verwelkom! Juf. Van der Walt en haar man verwag ook hul eersteling op 19 Augustus 2023.

Juf. Bosman en haar man se babaseuntjie is op 18 April 2023 gebore. Hul noem hom Petri. Klein Petri het 'n sussie, Dané, wat nou bevorder is tot "ousus". Ons het vir juf. Bosman gevra om met ons te deel, wat die lekkerste ervarings van swangerskap is. "Om te sien hoe mooi hy groei en hoe volmaak hy gemaak is en alles net perfek is." En dan die slegste deel Juffrou? "Naar voel aan die begin en baie moeg wees aan einde." Maar ons is seker dit is alles die moeite werd!



Juf. Van der Walt en haar man se bondeltjie vreugde arriveer in die middel van die winter, 19 Augustus 2023. Hul verwag ook 'n seuntjie en het besluit om hom na sy twee oupas te vernoem, Stefan Dirk! Toe ons vir Juf. v.d. Walt vra wat vir haar mooiste ervaring van swangerskap is, was haar antwoord, "Die wete dat die Here ons toevertrou met Sy skepping. En natuurlik ook om baba *shopping* te doen." En die negatiewe kant, Juffrou? "Baie siek en moeg wees. En ook al die mooi klere in my kas wat nie nou pas nie."



Ons wens vir albei huisgesinne alle sterkte toe vir die laat aande wat voorlê, maar ons weet dat albei gesinne geseën is deur onvoorwaardelike liefde en vreugde!



WELCOME GR.8 BURGIES



2023

"Die eerste dag was wonderlik! Ons kon nuwe mense ontmoet en al die VRL'e het dit baie pret vir ons gemaak. Daar was verskillende speletjies om aan deel te neem en elke klas moes 'n liedjie sing. Hoewel dit bloedig warm was en die sweet omtrent geloop het, was dit wonderlik om deel van die Burgies te wees. Ons het ook aan die einde van die dag kos en 'n koue koeldrankie gekry". - Waydon Kordom

NEW TEACHERS



Mnr. Visser

**Gr.8-9 Afrikaans Huistaal,
Eerste Addisionele Taal en
gr.9 LO. Voorheen by
Ysterplaat Laerskool.**



Mnr. Gous

**Sekuriteit- en
Dissiplinehoof
Oorspronklik van
Vredenburg.**



Mnr. de Leeuw

**"Lion King" van Weston
Gr.8-10 Wiskunde,
Gr.10-11 Wiskunde
Geletterdheid en Gr.9 LO**



Mej. Kruger

**Gr.8-11 Wiskunde en
IGO.
De Kuilen HS**

MEER OOR MENEER DE BEER

Deur Abigail Makholisa



1. Waarvandaan kom Meneer?

My naam is Albertus (Albie) en ek het in Saldanha grootgeword. Ek was hier op skool. .

2. Het Meneer al voorheen skoolgehou?

Ja, hierdie jaar is my dertigste jaar van skoolgee.

3. Was onderwys Meneer se eerste beroep?

Ja, dit was my eerste beroep.

4. Wat is die beste en moeilikste deel van onderrig?

Die beste deel is om te werk met mooi en gemanierde kinders wat wil vorder, akademies en buitemuurs. Die slegste of moeilikste deel is om met ongemanierde leerders te werk, wat nie wil werk in die klas nie.

5. Dink Meneer punte bepaal 'n leerder se potensiaal?

Glad nie, daar is swakker leerders wat uitstyg na skool. Jy moet net hard werk om sukses te behaal. Die belangrikste is dat jy moet hard werk en nooit moed moet verloor nie.

6. Wat sal meneer se advies wees vir die leerders wat hierdie loopbaan wil betree?

Onderwys is 'n wonderlike beroep. Jy werk met ontvanklike leerders en sien hoe hulle groei.

7. Is onderwys 'n uitdaging?

Ja, maar 'n uitdaging maak jou sterker en leer jou om aan te pas.

NEW WHEELS!



We wish everyone at VHS safe travels for 2023!

50



50

Last First Day

BY KRISTI COETZEE

The matrices of 2023 had their last first day of school on 18 January 2023. For some of the learners it was a sad day and for others an exciting day. The majority of the learners realized that it is their last year in school before college. Let's see what some of the matrices want to do in their last year of school.

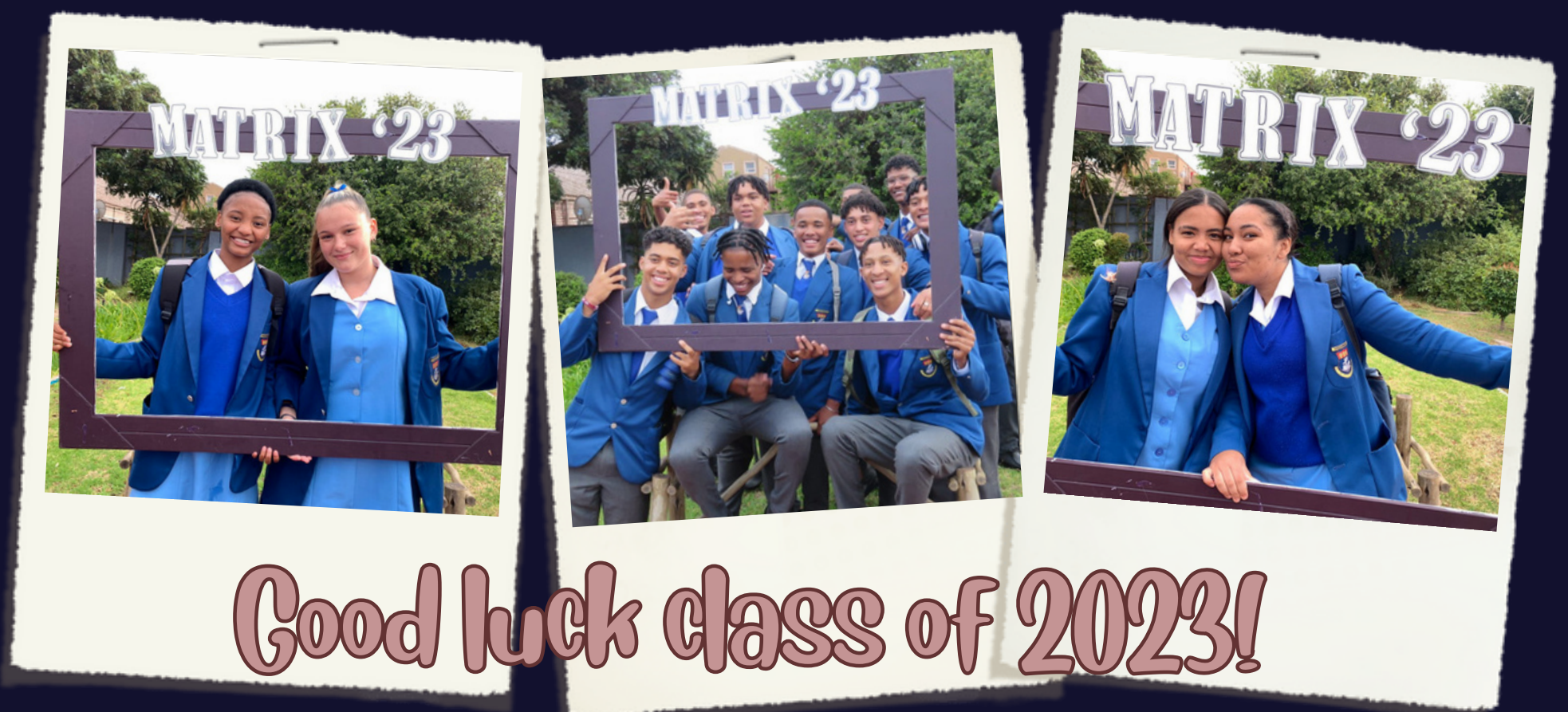
**LEKEISHA STRAUSS (12A1)
EN CHINIQUE SWARTS (12A4):**

Their day started off as a normal day for them. They sat on a bench and made jokes just like they always do. Later that day they took photos at school to create some special memories. The two of them want to achieve good marks this year in all of their subjects. They want this year to be special and different than other years. They want this year to be fun and unforgettable.

**ZÉHAN KILLIAN (12A3),
ANZELLE LAUBSCHER (12A3),
HANZÉL SMIT(12A3)
EN NETU SNYMAN (12A3):**

Zéhan Killian had mixed feelings about this day. He felt happy and sad. Anzelle Laubscher and Hanzél Smit felt excited and sad. They felt sad because they are going to go away and their paths might get separated at the end of the year. Netu Snyman also felt sad and excited. He knows he is going to have to say goodbye this year to some people therefore he was sad. This group of friends want to finish their school career as a group. They want to walk out as a group with good results and want to feel proud of themselves for what they have achieved.

We want to wish all the matrices the best of luck with this final year of school. We hope that they make a lot of unforgettable memories and have a really fun and exciting year.



PUIK PRESTASIES OP DIE ATLETIEKBAAN

Baie geluk aan al die
leerders wat so
pragtig presteer het
by die atletiek. Ons is
trots op een en
elkeen wat
deelgeneem het en
die BURGIE gees
hoog gehou het!



THE MOST POPULAR PRODUCT

BY JORDAN BOYS

The school's tuck-shop is known for its delicious products and inexpensive prices. The snoepie is convenient for all learners, especially for those who forgot their lunch or simply do not have the time to prepare it. They are conveniently placed inside the school and available throughout the school day providing snacks, cooldrinks and take-aways for all students, including products such as muffins and lollipops.

WHICH PRODUCT SOLD IN THE TUCK-SHOP IS THE BEST? COULD IT BE THE BOMPIES WITH THE HOT SUMMER SUN? OR MAYBE IT'S A PACK OF SPOOKIES?

It comes as no shock to find out that the most popular product sold at the snoepie is actually the chip roll.

On most days during break you can almost always see someone sitting with a chip roll nearby. This product consists of a bun topped with a decent portion of chips. This simple meal is loved by everyone for its tastiness and convenience. This product is affordable and is sold for only R22. It's hot, delicious and provides a filling meal, though it is unhealthy, it does provide learners with something satisfying to eat during breaks. Chip rolls are a school favourite not only for its quality but also its quantity, providing a meal worth your money.

Though the lines are long during breaks, it's certainly deserving of your time. The chip rolls sold at the tuck-shop are very good and well liked for a great reason. Though the other products at the snoepie are also good, none of them quite compare to the chip roll.

ONE LEARNER EVEN DESCRIBED IT AS THE BEST THING SHE HAS EVER EATEN. I PERSONALLY COULD NOT AGREE MORE AND RECOMMEND THIS PRODUCT TO ANYONE WHO HAS NOT TRIED IT BEFORE. THE CHIP ROLL IS SOMETHING EVERYONE SHOULD EXPERIENCE AT LEAST ONCE.



WOW!

Valentine's Ball '23

By Kyme-Leigh Martinus

The Valentine's ball, which took place on Tuesday the 14th of February, was a night to remember. Some people want their night back, just to re-experience everything.

The confetti on the floor gave the hall a nice dance floor look. The dancers were incredibly grateful for the chairs along the walls. Outside was a self-made photobooth(area), made by the netball team, where you could take pictures of yourself and your friends.

Almost everyone wore something red, whether it was their high heels or earrings, something was red. Some girls came in high heels, while others decided to go in “easy-to-dance” shoes.

The vibe on the dance floor was indescribable. From Amapiano music, to Temple Boys, to love songs. Most people would say they lost their voices after singing (screaming) with Fantasia to “When I see you”. Some, more than others, can say they enjoyed their night. From sneaking into dark corners to dancing on the dance floor with their friends. Some even enjoyed their night just by jazzing with a friend.

Certain teachers enjoyed their night too. From Ms. Loubser singing along with the music, to Mr. Rossouw showing the students some of his unique dance moves. To an unforgettable night.

We hope to see everyone again next year!





ON ANOTHER NOTE...

By Roche Rooms

Mr. Van Hooi (Choir Conductor) has come forward and decided to tell us about the choir and how things have been going.

The choir has started on a very good note and has been doing amazingly as many new learners had joined and are eager to learn. Mr. Van Hooi wants as many as possible learners to participate in the choir, but you need to be able to sing.

Choir is one of the most enjoyable activities that students can participate in at school. Choir is also a great way to learn about music and develop your vocal skills.

The purpose of choir is to encourage others to not be afraid to participate and to try different school activities. The choir is used to lift learners' spirits. Music can be used as a coping mechanism during hardships. Choir can be an encouragement to learners of any age, gender, or belief.

Another enjoyable aspect of choir is the opportunity to perform. Choir members get to show off their hard work and dedication in front of an audience. Performing in a choir can be a very rewarding experience and can give students a sense of pride and accomplishment. On Sunday 23 April the choir showed off their skills in a church service held at the NG Moedergemeente church as part of the school's 50th birthday celebrations. Chane really made us proud with her solo, accompanied by terrific piano music from Kayla.

There are currently 35 learners of VHS participating in choir, but they really want to get boys involved as there are few to no boys currently participating in the choir.

Mr. Van Hooi tries to make choir fun by doing the weirdest warmups and trying to make everyone comfortable by having a small 'chat' with everyone. Choir is an extra-mural activity used to bring people together, and to make new friendships, which turns into a family.

The topic of choir is announced through classes, teachers and announcements are made through the use of the intercoms situated through the whole school. Mr. Van Hooi really wants to start putting up posters and advertisements to get more learners to join the choir.

BOYS, PLEASE JOIN THE CHOIR!



KINGS AND QUEENS

• Anne-Belle Ellman



Op 11 Februarie 2023 het 12 van Vredenburg Hoërskool se beste spelers deel geneem in die Western Cape HS Individuals wat in St.Helena Bay community hall in Laingville plaasgevind het. Die spelers het vir lang ure in die hitte gesit en hul breine laat skroei met die hoop om na die volgende rondte te vorder. Om verder te vorder moes die spelers die helfte van hul vyf rondtes wen. Die kompetisie was streng en net vyf van die twaalf het gekwalifiseer vir die volgende rondte namens: Shakir Kariem, Marilené van den Bergh, Anne-Belle Ellman, Joshua Wilson en Adrian Muller.



Die volgende toernooi waarin die eerste span gespeel het, het op 18 Februarie 2023 plaasgevind. Die span het die Saterdag oggend om en by 05:30 vertrek. Ten spyte van die moegheid wat hulle wou neem, die son se skerp strale en die hongerte was die vyf musketiers suksesvol en het almal na die volgende rondte gevorder.



Die laaste toernooi van die kwartaal is in die Strand by laerskool Dr GJ Joubert op 1 en 2 April 2023 gespeel. Net die top tien spelers sou gekies word om verder te vorder. Shakir se vol punte wen reeks is ongelukkig op 'n einde gebring. Hy het sewentiende plek verower in die onder 17 seuns afdeling.

In die onder 19 meisie afdeling, het Marilené 'n 'upset' veroorsaak toe sy van haar begin rank (sewende) na tweede plek skuif, aangesien daar 'n 'woman candidate master' in haar afdeling gespeel het. Sy het haar spanmaats baie trots gemaak.

Anne-Belle wat in die onder 17 meisieafdeling deelgeneem het, het van haar begin posisie van agste plek na elfde geskuif. Sou daar iemand uitval is sy die eerste reserve, maar wel gedaan aangesien almal in haar afdeling vanaf agste plek op vier punte geïndig het. Adrian en Joshua wat altwee ook in die onder 17 seuns afdeling gespeel het, het ongelukkig swaar uitgeval. Adrian lê op 65ste plek en Joshua op 74ste plek.



LAND SERVICE

BY JORDAN BOYS



Land service is a group of young people who strive to improve the protection of the environment and its natural resources. It encourages the youth of our school to help and make a difference and teaches them how to care for our environment.

This club sets out to teach teens about the four most important types of love: Love for God as it is a Christian based group. Love for fellow men as it's community of people helping and not just one person. Love for nature as it strives to protect and support our natural resources and environment. And love for work for it is a group based on actions and not words.



FACTA NON VERBA

One of the most admirable things about land service is its slogan: Facta Non Verba. This is Latin for deeds and not words. This shows that the members take action rather than talking about it. Once they see a problem they will follow through with trying to solve this problem and not sit around waiting for someone else to do it.

The particular club holds three camps: a regional, provincial and national camp set throughout the year. These camps invite learners from different schools to enjoy a weekend filled with great activities and receive a chance to form bonds that could last throughout your life. The first of these camps for our school was held from 3-5 March at Bergkroon near Wellington.

Our school's land service club is led by Mrs Van der Merwe. She organises the different activities that members look forward to each week. Previous activities that were completed throughout the years include beach clean ups, visiting women and children shelters and working in our church gardens.

Land service is a great opportunity for learners to help make a difference in the world and have a chance to give back to the environment. This is what makes this club such a selfless activity because rather than focusing on yourself, members focus on their surroundings and how they can help improve it.



FIRST-EVER SCHOOL PLAY TO DEBUT

BY Lyla Makau



As we mark the school's 50th anniversary, our very own Burgies will take to stage their first ever production based on the movie, *Annie*.

The uplifting comedy-drama film *Annie* is inspired by the popular Broadway show of the same name. It tells the story of Annie, an orphan who hopes to find her parents and escape the terrible conditions of the orphanage run by strict, Miss Hannigan.

When Oliver Warbucks, a wealthy businessman, chooses Annie to spend the Christmas holidays with him, she enters a new world of luxury and generosity. Warbucks decides to assist Annie in finding her parents as the two grow close, which sets off a series of adventures.

Annie is a well-known classic that appeals to all ages owing to its catchy songs, charming performances and a message of family and hope. The directors behind the production include Mrs C. van der Merwe, Ms S. Dreyer and Mrs D. Pontello-Williams. In addition to that, the cast consists of grade 8 to 12 learners, all eager to showcase their talents and creativity.

The play promises to be an unforgettable experience with its spectacular costumes and an outstanding cast of actors. The play is due to take place in September, but further information will be provided closer to the time. Details regarding the ticket prices and seating arrangements will also be communicated at a later stage. Until then, save up and prepare to be blown away!



VHS GOT TALENT

• Kyla Pretorius

'n Aand van musiek, lag, vrolikheid,
opgewondenheid en hope talentvolle kinders van alle ouderdomme



Senutergend, opwindend, 'n kans om my talent ten toon te stel.

Ek sal almal aanraai om deel te neem. 'n Mens voel tuis onder die kultuurmense!
3de plek - Chané

Op hierdie aand het kinders van VHS uit hul gemaksone gekom en opgetree met die een ding wat God vir hulle gegee het, wat hulle uniek maak, en dit is hulle talent. Daar was hope verskillende talente soos sing, rap en dans. Elke leerder met sy eie unieke styl!

Dit was 'n ongelooflike aand!

Dit was ook so wonderlik om te sien hoe elke leerder uit die gehoor die deelnemers ondersteun het, en bygestaan het deur die aand. Wen of verloor, die aand was perfek, want elke leerder se talent is wat hulle spesiaal maak.

Hier by VHS is almal uniek!

Die mense wat gesing het, het uit die diepte van hulle hart gesing. Die wat gedans het, het gedans asof daar geen gehoor was nie. Die wat gerap het, het met soveel gevoel gerap.

Al die talente bring die leerders saam. Met al hulle verskille, maak hulle steeds een span en staan steeds bymekaar.

'n Spesiale gelukwensing aan die deelnemers wat gewen het, selfs aan diegene wat nie gewen het nie, jour talent sal steeds nommer een vir ons Burgies bly.

Dis senutergend, maar dis 'n manier om uit jou gemaksone te kom. Dit vat guts om voor almal op te tree. Dis 'n manier om jou grense te verbreed en jou talent ten toon te stel.
- Skyla

Briljant! Die leerders het goed gedoen. Daar was net min seuns en die klank was uitdagend vir die deelnemers. - Damien

VHS se talentaand, was beslis 'n aand om te onthou!



BESIGE BURGIES... VAKANSIEVERRIGTINGE

NETBAL

Ons 0/19A-netbalmeisies het die vakansie aan die Tony Stoops toernooi by De Kuilen Hoërskool deelgeneem.

Ons netbalmeisies het 6 wedstryde gespeel waaruit hulle 3 van die 6 gewen het en 4de uit 8 skole opgeëindig het.

Drie van ons spelers, Jorinique van Reenen, Chelsey Ackers en Jani van As, is as speler van 'n wedstryd aangewys.



RUGBY

Die 0/19 A-rugbyspan het tydens die skoolvakansie aan die Patriot sporttoernooi by De Kuilen deelgeneem. Die rugby het afgeskop met 'n pragtige oorwinning van 42-17 teen HS Namakwaland van Springbok, waarna Ruan Julies as agterspeler van die dag aangewys is.

Op dag twee het Vredenburg ongelukkig vasgeval teen HS Otto Du Plessis met 'n nederlaag van 27-21. Die skool was egter 'n sterk teenstander en is ook later aangewys as span van die toernooi. Ons kan trots wees op ons manne!

Die derde en laaste dag van die toernooi het Vredenburg weer vasgeval teen HS Bosmansdam met 'n telling val 17-14. HS Vredenburg het deurgaans goeie rugby gespeel en twee leerders naamlik Ruan Julies en Ce-Jay Manuel is aangewys as deel van die span van die toernooi. Ce-Jay Manuel is ook as speler van die toernooi aangewys.



**ONS IS BAIE TROTS OP
ONS TWEE 1STE SPANNE
EN SIEN UIT NA 'N
WONDERLIKE JAAR
VORENTOE!**



HOKKIE

• Marí van Nieuwenhuyzen

The Burgies take on Ceres!

The annual Elsie Coetser hockey tournament at Charlie Hofmeyr held in Ceres turned out to be an amazing learning experience for all our players. With many different schools and teams participating, the competition was intense, and the games were played at a high level of skill and athleticism. Dit was die eerste jaar in 'n baie lang tyd wat die seunshokkiespan ook deelgeneem het, en met hulle ondersteuning langs die veld het dit ons spel sommer baie verbeter. Dis lekker wanneer jou mede-leerders daar is om jou aan te moedig!

Aan die begin van die toernooi was ons span senuweeagtig maar ook gretig om ons beste voetjie voor te sit. Soos die toernooi gevorder het, het ons waardevolle vaardighede by ander spanne en spelers geleer, en ons eie vertonings het aansienlik verbeter.

Playing in matches, we learned the art of teamwork, strategic positioning, and effective communication, all of which helped secure some of our wins. And, even though we lost a few matches, it wasn't a big issue because we were focused on building a stronger team bond and learning as much as we could. As we observed other teams' performances, we understood how they played and picked up innovative moves to incorporate into our gameplay.

Die ervaring om saam met ander spanne en individue te speel, en die uitdagings wat dit gestel het, het ons gehelp om nie net ons speelvermoë te verbeter nie, maar ook 'n sterker band met mekaar te vorm. Soos ons saam aan elke wedstryd gewerk het, kon ons 'n dieper begrip van mekaar se sterk- en swakpunte kry, wat gehelp het om 'n onbreekbare spanband te skep. Twee meisies van die span, Nazli Clarke en Esti Thys, was gekies om saam Nederland toe te gaan om meer te gaan leer oor hokkie, en om saam met talentvolle spelers te speel. Gabriel Asvat en Elrique Apollis was gekies vanuit die seunsspan.

Overall, the hockey tournament was a fantastic experience, and we came out of it much improved, working together and more skilled in our positions. We learned new techniques and strategies that we can incorporate into future tournaments. More importantly, we forged great friendships with other players and teams that would stay with us for years to come. It was a once-in-a-lifetime opportunity, and one that we'd always remember.

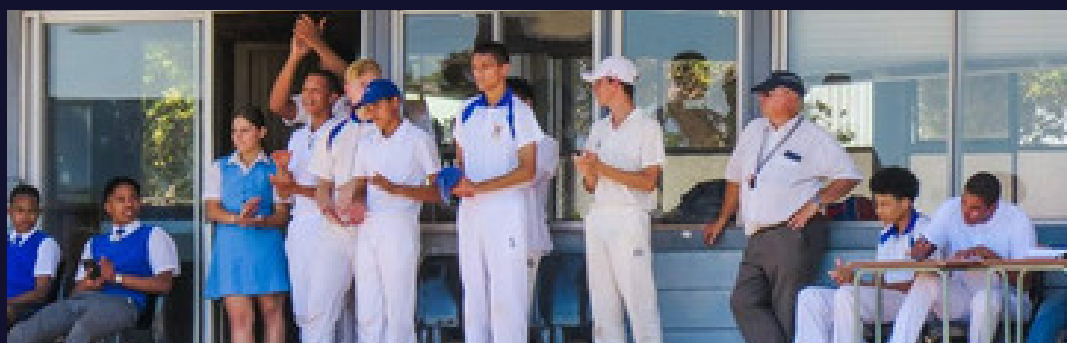


KRIEKET



Baie geluk aan Yusha en Toesie wat gekies is vir die 0/19 Weskus krieketspan.

Jordan en Austin is gekies vir die 0/16 Weskus krieketspan.





DIAMONDS IN THE ROUGH

2022 PRIZE GIVING CEREMONY

by Caitlin Lottering

We can all collectively agree that 2022, was not a great year.

It was as if our school was cursed with some spell that made all the learners go insane. Classrooms were in chaos and teachers most likely found themselves hating their jobs more and more. With a glass of red wine on their side they found themselves wallowing in sadness... But wait my dear teachers! Cast your comforting Four Cousins aside and stop grooving in the dust. For there is light on the other side of the tunnel.

While chaos ensued there were students that still battled against all odds and managed to push through for the best results. Their hard work paid off, and they were all seen shining just as bright as diamonds on the evening of the prizegiving ceremony.

The evening was opened with Miss Carstens reading some Scriptures and the learners singing the school anthem. Mrs. van Blerk announced the junior awards while Mrs. Craill announced the senior's awards.

Lyla



Half-honorary colours:
Public Speaking

Thiedu



Erekleure: Expo
Waltons Wisseltrofee
vir uitsonderlike
kultuur-prestasies

Santino



Erekleure: Landloop
Erekleure: Atletiek
VHS Wisseltrofee
vir beste seunsatleet
Holmes Trust Wisseltrofee
as beste baanatleet
FN Matthee Wisseltrofee
vir atleet van die jaar
JJM Meiring Wisseltrofee
vir beste landloopatleet

While this year the juniors had the honour of receiving their awards from Mrs van Nieuwenhuyzen, our chairman's wife, our very own Mister Brittz gave the seniors their awards. With a handshake and a whisper "Well done," the students descended the stage, the proud smiles of their families still lingering.

These prizegiving nights are especially special to the hard-working learners, because it reminds them that they are acknowledged and that they should continue striving towards excellence.

And to those who think prizegiving is just about the brains, you're dead wrong! You get acknowledgment for loads of other things. Like sport, where one man basically deprived the whole trophy table in one fell swoop. Now we all know who that is. And did that have anything to do with schoolwork? No!

Excelling in chess, doing well in Eisteddfod, having fun at the science expo, heck, even working at the book store for years gets you a certificate (and money just so you know).

None of these things have to do with schoolwork. Now put that in your heads, participate a bit, and with extra hard work you too can become a shining diamond in the rough.

GR.11



Carina

92%



Dunay

84%



Marí

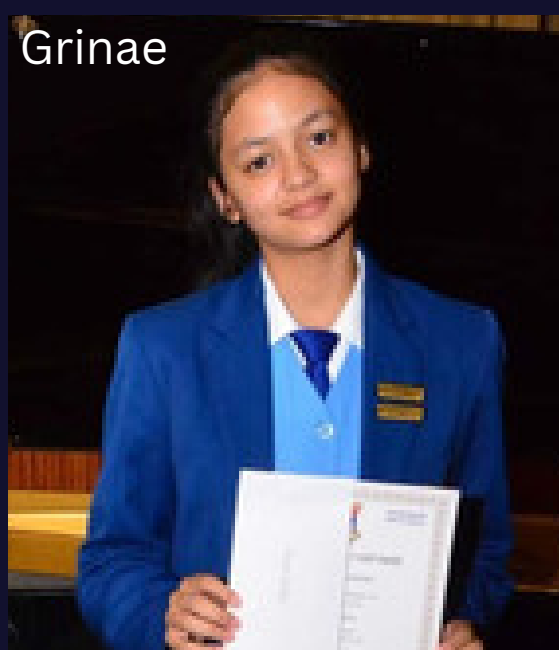
83.7%

GR.10



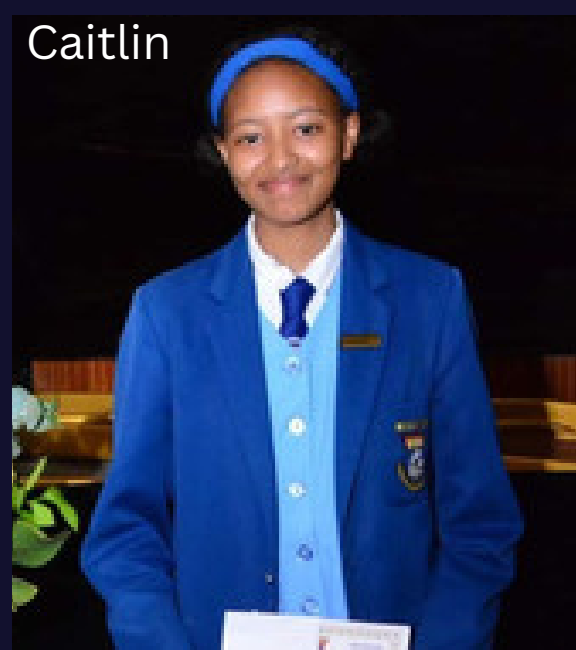
Chelsea

86%



Grinae

80.3%



Caitlin

76%

GR.9



Shaneal

87.2%



Sashka

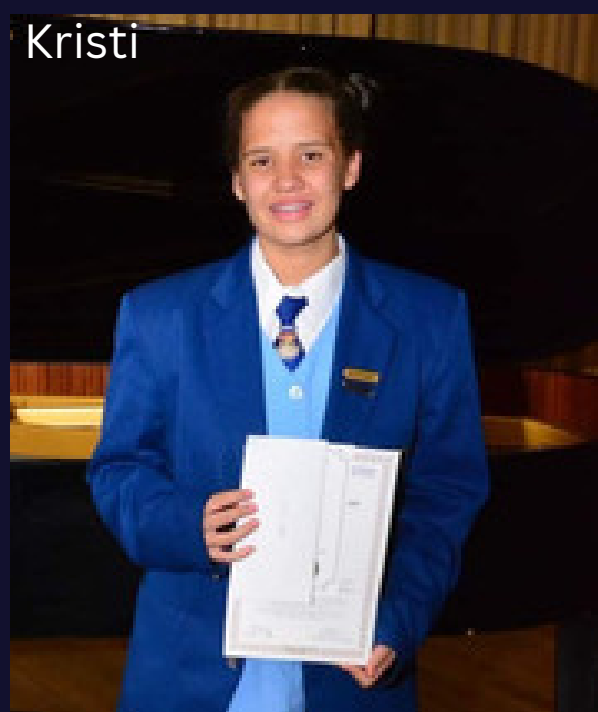
87.1%



Nazli

86.2%

GR.8



Kristi

84.2%



Katlo

79.8%



Tashnique

78.8%

My journey to a new beginning: The story behind my bursary win.

-Lyla Makau



My name is Lyla Makau and I am pleased to share my recent success in a public speaking competition that resulted in me being awarded with a bursary.

My journey began when I participated in the Eskom Science Expo for young scientists and had to present my project to the judges, guests and directors. To my surprise, I was interrupted by a lady who shouted for her colleague, "Bongo, we have our public speaker!".

I was taken aback as the man she had called handed me documents and asked if I was keen to do public speaking. He further revealed how I could potentially receive a bursary for my further studies. The two were representatives from the Department of Water and Sanitation and it was through them that I won first place for the best Water and Sanitation project.

When the provincial adjudicators arrived at the school for my interview, I had to prepare and present a 700-900 word speech on the topic, "How the lack of adequate water and sanitation services affects a country socially and economically". After weeks of consideration and interviews with 38 other learners across the province, it had been announced that I was selected in the top 3 to represent the Western Cape at the national competition hosted by the Department of Water and Sanitation.

The department flew us out to Boksburg, Gauteng where we were escorted by shuttles at the OR Tambo International Airport. The competition took place during the 2022 October school holidays at Birchwood Hotel and happened over the course of a week. We interacted with several participants from all over the country who participated in different programs and had the privilege of meeting the deputy minister of Water and Sanitation at the award ceremony.

The days leading up to the day were spent on memorising our speeches, reading up on and keeping up to date with the latest water and sanitation news, both nationally and internationally. Cash prizes and certificates were amongst the many awards that were handed over as well as a total of 54 full bursaries to study any water and sanitation related career at any South African university.

As a recipient of one of the bursaries, I was overwhelmed with joy and gratitude. I didn't expect to have gotten that far in the competition, or even get the bursary, but this experience is just another one of my answered prayers.

I am appreciative of the organisers of the science expo, my teachers and mentors who all contributed to my accomplishment. I am eager to see where this bursary will take me as I pursue my love for science and innovation in hopes of making a positive impact in the world around me.

DIE SLEUTEL TOT SUKSES

ONDERHOUD MET MIVANO

• Abigail Makholisa en Dannel Swanepoel



1. Watter afstande doen jy?

800m, 1500m en 8km.

2. Wat het jou gemotiveer om atletiek te doen?

Dit is my passie. Die ondersteuning wat ek van mense en onderwysers kry soos juffrou van der Walt, meneer Du Toit, vriende en familie.

3. Wie of wat is jou grootste inspirasie?

God, want Hy het my met hierdie talent geseën. Daarom doen ek dit vir Hom as 'n manier om dankbaarheid te wys vir hierdie talent.

4. Wat is jou grootste herinnering as jy dink aan atletiek?

Laas jaar se Boland byeenkoms in die Paarl by DAL Josphat in die 3000m stipelchase. Dit is waar ek besef het hoe intens jy die uitslae daarvan sal ervaar.

5. Wat ervaar jy wanneer jy hardloop en hoe voel dit om eerste te kom?

Ek vergeet van alles en probeer fokus daarop om te hardloop. Dis lekker om te wen, want dit wys my dat alle harde werk die moeite werd was.

6. Wat is jou grootste doelwit vir 2023?

My doelwit vir 2023 is om die ASA rondtes te bereik in my hindernis en om my atletiekspan, afrigter en skool se naam hoog te hou.

7. Voel jy ooit oorweldig? Hoe hanteer jy moeilike dae wanneer jy wil opgee?

Ja, veral wanneer die uitdaging te moeilik raak en die kompetisie baie straf is. Dan dink ek maar aan die rede hoekom ek in die eerste plek begin het en ek bid vir nuwe krag om klaar te maak wat ek begin het.

8. Watter raad kan jy aan ander atlete gee om hulle te help?

Maak nie saak hoe moeilik die omstandighede raak nie, hou aan, dit is net vir 'n oomblik. Moet nooit opgee nie en maak altyd op God staat.

9. Wat sal jy vir jonger kinders sê wat na jou opkyk?

Moenie opgee nie. Daar gaan uitdagings wees, maar dis nie die einde van die wêreld nie. Sit altyd jou beste in en werk hard.

DIE SLEUTEL TOT SUKSES

ONDERHOUD MET SANTINO

• Abigail Makholisa en Dannel Swanepoel



1. Watter afstande doen jy?

Naellope en middelaafstande: 100m, 200m, 400m, 800m, 1500m en 1500m.

2. Wat het jou gemotiveer om atletiek te doen?

Ek het besef ek het 'n talent en dat dit my passie is, daarom het ek harder begin oefen.

3. Wie of wat is jou grootste inspirasie?

My Vader van bo is my grootste motivering en inspirasie. Om goed te doen en vriendelikheid te versprei. Die gedagte van moontlike toekomstige sukses.

4. Op watter stadium het jy besef dat jy goed in atletiek is?

Op laerskool was ek 'n naelloper. 'n Juffrou het my aangemoedig om langafstande te doen en ek het Boland en Wes-Boland gehaal.

5. Wat is jou grootste herinnering as jy dink aan atletiek?

Die vreugde wat dit in my hart bring as ek oor die wenstreep hardloop terwyl die skare 'n mens aanmoedig.

6. Voel jy ooit oorweldig? Hoe hanteer jy moeilike dae wanneer jy wil opgee?

Definitief, maar ek hou daaraan vas dat wat ek insit, ek ook sal uitkry. Hoe harder ek oefen en hoe meer ek insit, hoe meer sal ek uitkry. Ek dink aan my doelwitte en ek vra die Here om my te motiveer en te help om fokus te behou.

7. Wat is jou grootste doelwit vir 2023?

My doelwit vir 2023 is om positiwiteit en vriendelikheid te versprei en om sodoende ander te inspireer om dieselfde te doen.

8. Wat sal jy vir jonger kinders sê wat na jou opkyk?

Stel doelwitte, werk hard en moet nooit opgee nie. Opgee is nooit 'n opsie nie. Moenie dink aan die omstandighede en dat jy nie daar kan uitkom nie. Jy kan altyd daar uitkom. As jy vir jouself 'n doelwit stel en daarvoor werk, sal jy dit bereik. En die belangrikste van alles: moet nooit vir God vergeet nie.



International World Day of Prayer

by Lathitha Nyhila

The women's world day of prayer is a global, ecumenical movement of Christian women in more than 170 countries. They come together on the first Friday in March to join in prayer and action for peace and justice. This day brings together women of various races, cultures and churches in fellowship and understanding.

The aim is to encourage women to become aware of other countries and cultures. They are encouraged to take up the burdens of other, to sympathize with the problems of other and to pray with and for them. It demonstrates that prayer and action is inseparable and that both have immeasurable influence in the world.

This year's theme came from Taiwan, with the scripture verse being, "I have heard about your faith..." Vredenburg High School supported this movement on the 3rd of March 2023. The female students and educators gathered in the school hall early Friday morning. The male students and teachers gathered on the hockey field.

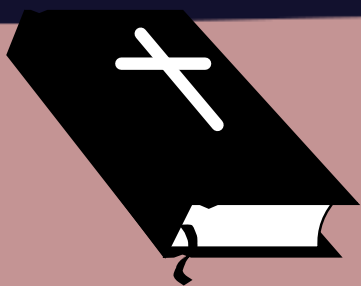
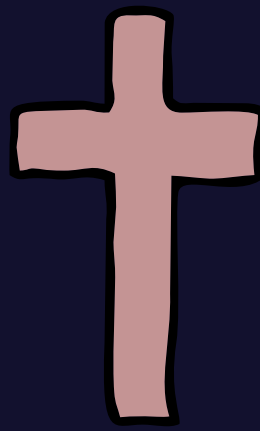


As female students entered the hall, they were given key chains with a strong message as well as the theme verse on it.

Mrs Carstens was the host for the female learners and Mr van Hooi was the host for the males. They both explained what the day was about and shared the theme for this year.

We were challenged to think about what faith really means and looks like. Faith is a gift from God, but what we do with that, is our gift to Him. We then topped it off with a powerful prayer.

What a privilege to gather together for special moments like these!



Theme verse: Ephesians 1:15-19

"I have heard of your faith in the Lord Jesus and your love toward all the saints, and for this reason I do not cease to give thanks for you as I remember you in my prayers. I pray that the God of our Lord Jesus Christ, the Father of glory, may give you a spirit of wisdom and revelation as you come to know him, so that, with the eyes of your heart enlightened, you may know what is the hope to which he has called you, what are the riches of his glorious inheritance among the saints, and what is the immeasurable greatness of his power for us who believe, according to the working of his great power".

Artwork by Hui-Wen HSIAO

Taiwan's best-known features express how the Christian faith brings peace and a new vision to Taiwan. The women in the painting are sitting by a stream, praying silently and looking up into the dark. Despite the uncertainty of the path ahead, they know that the salvation of Christ has come.

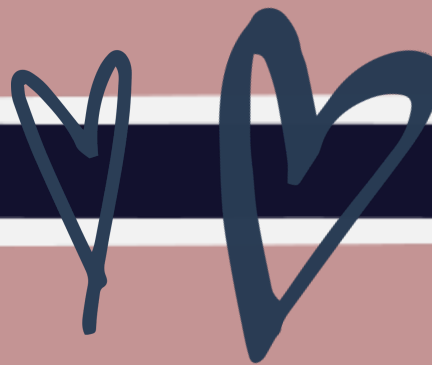
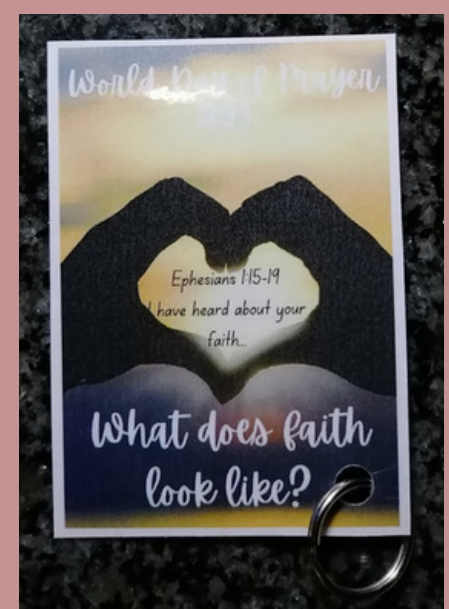


Context and message:

- The letter was sent to a faith community to express gratitude.
- Paul gave thanks to God for the Ephesians living out their love and faith.
- and prayed that they could see three truths:

Seeing = Knowing...

1. the hope to which God has called the disciples,
2. the riches of God's glorious inheritance among the saints,
3. and the immeasurable greatness of God's power.

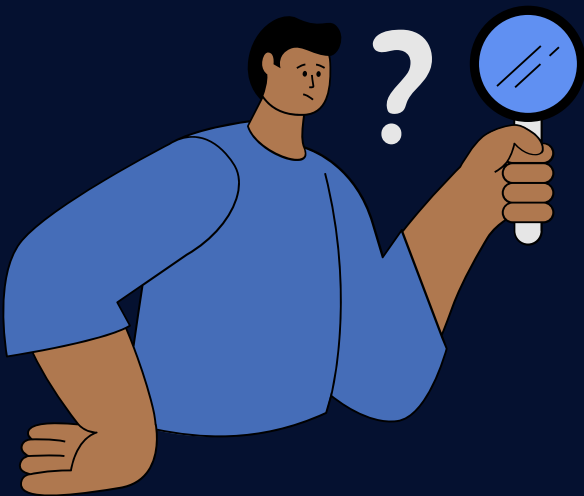


- God's calling has a meaning and a purpose. Oftentimes we are frustrated by difficulties and obstacles and may even lose our hope and faith or rely on our weak human nature. However, we are called to keep our "hope and faith" in God's kingdom and promises.
- Through the enlightenment of the Holy Spirit, we come to see the faithful, loving, and gracious God. The future is in His hands. We regain our hope and faith to face the challenges and move forward.
- As it is written in Hebrews 11:1, "Now faith is the assurance of things hoped for, the conviction of things not seen."





GUESS WHO?



Liewe mede matrieks ...



Soos die nuwe skooljaar begin het en die eerste kwartaal reeds agter die rug is, wil ek die tyd neem om my hartlike wense uit te deel vir 'n suksesvolle en vervullende akademiese reis. Die matriekjaar is 'n deurslaggewende en opwindende tyd in ons akademiese loopbaan, gevul met potensiaal en geleenthede wat jou toekomstige lewe kan vorm.

As you are in the midst of this final year, it's important to stay focused, motivated and optimistic about what lies ahead. I know this path may not always be easy, but with dedication, hard work and a never-give-up attitude, you can achieve the success you truly deserve.

Te midde van studies, eksamens, opstelle en take, onthou dat jy altyd 'n sterk ondersteuningstelsel in jou familie, vriende en onderwysers het. Steun op hulle vir leiding, aanmoediging en inspirasie om jou te help om op koers te bly en om jou aan jou talente en potensiaal te herinner.

Furthermore, take advantage of the various opportunities that come your way, such as volunteering and participation in school events that align with your interests and passions. These experiences can provide you with valuable skills and experiences that you can carry with you beyond high school.

Ten slotte wil ek elkeen gelukwens: dat jy dit gemaak het tot in graad 12! Indien jy dalk twyfel, wil ek jou herinner dat jy bekwaam is en dat jy dit het wat nodig is om jou doelwitte te bereik. Onthou dat sukses altyd harde werk, vasberadenheid en 'n positiewe ingesteldheid vereis, so gaan voort om na uitnemendheid te streef, en moenie moed opgee met jou drome nie.

I wish you all the best of luck for the year ahead, and I hope that it will be a year filled with growth, learning, and memorable experiences. Mag die jaar net lekkerder word, want...

...dis lekker om 'n Burgie te is, te is!

Sincerely

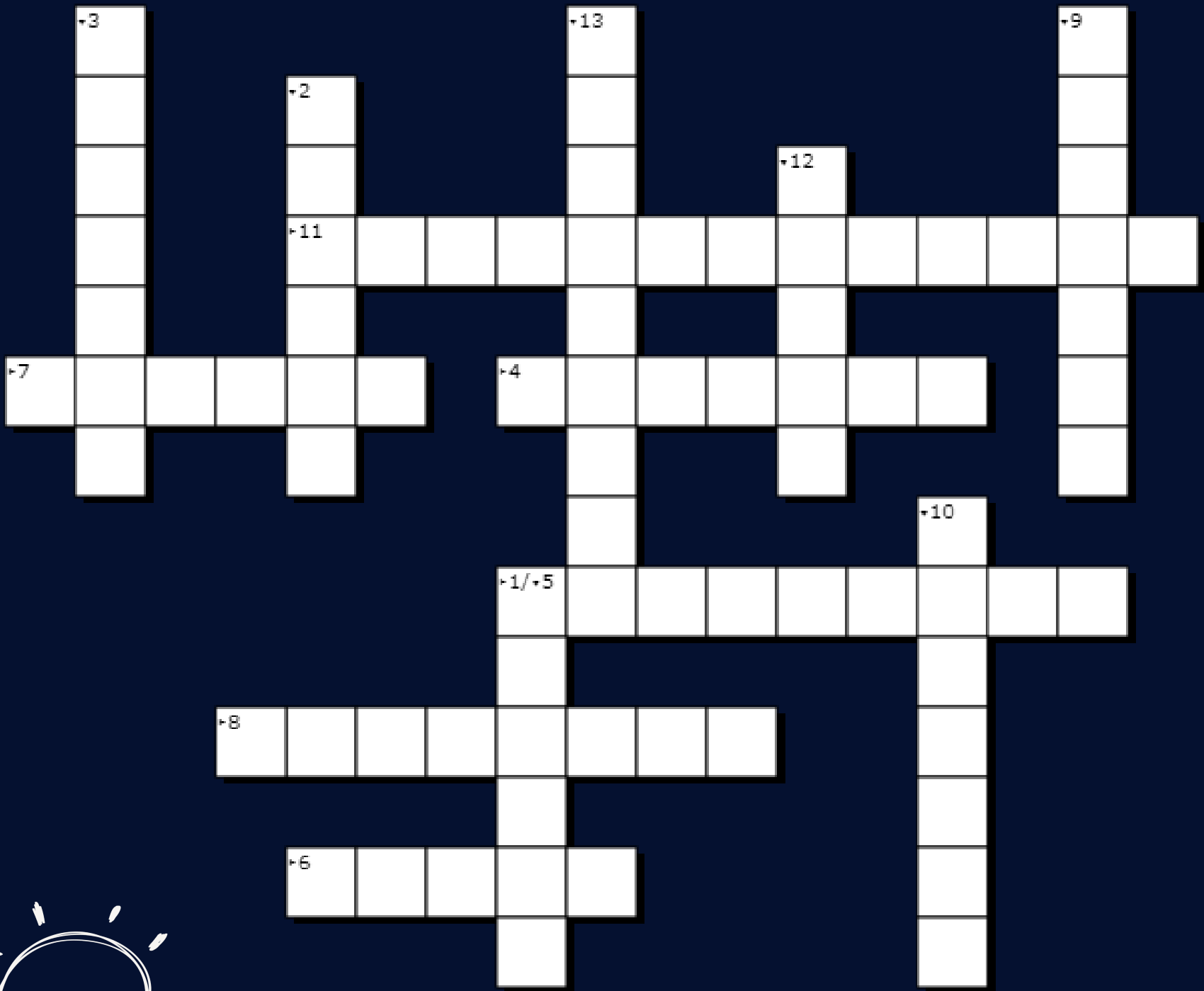
Marí van Nieuwenhuyzen





Mx'23

VHS BOKKOMPIE CROSSWORD PUZZLE

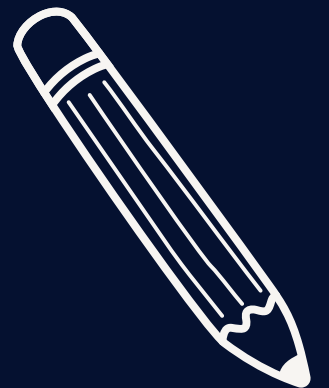


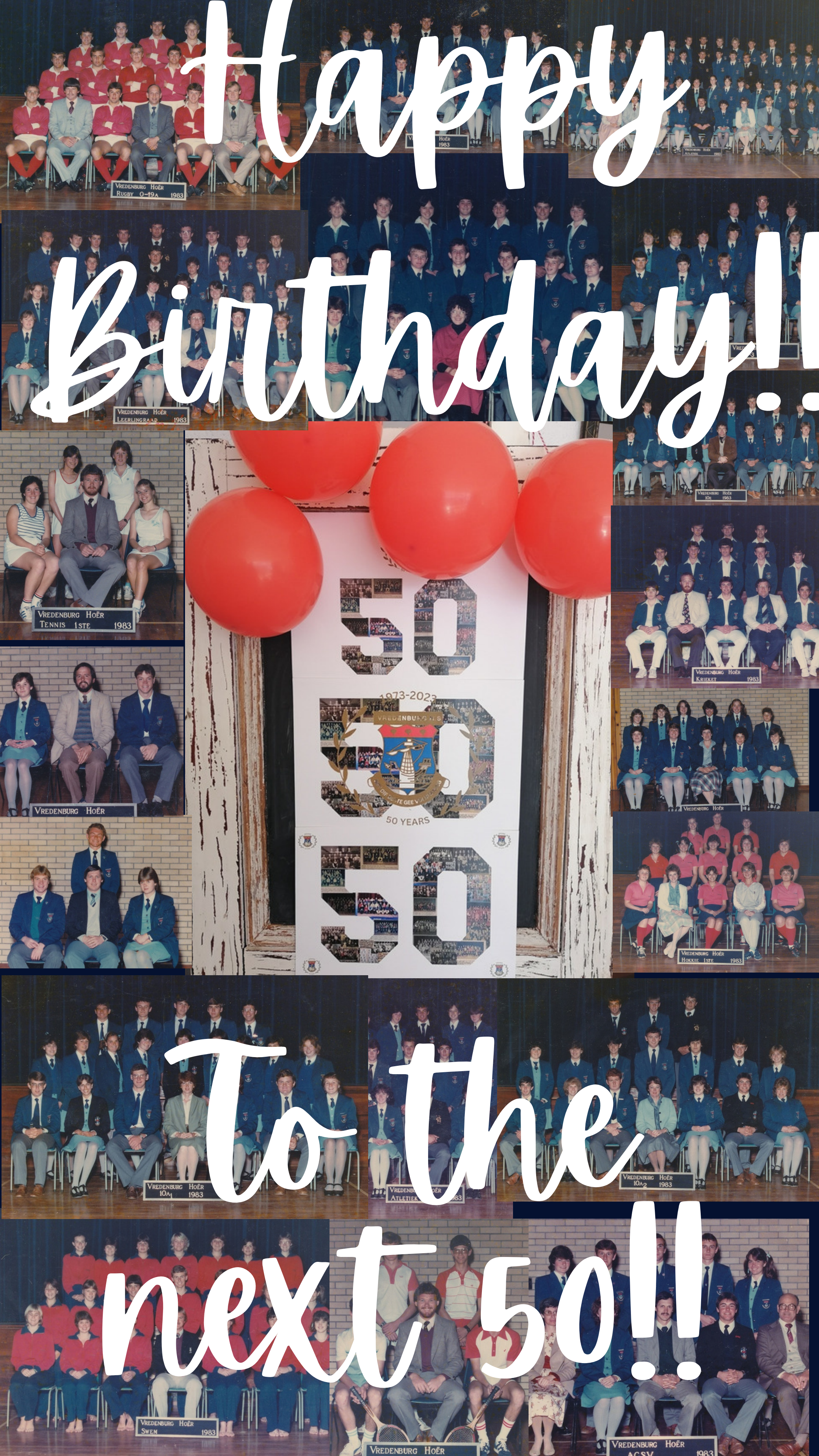
ACROSS:

4. Ons hoofseun se naam is _____.
6. In which month is Mrs. Bosman's son born?
7. Hoeveel jare gee Mnr. de Beer al skool?
8. Which product is the most popular at the snoepie?
11. What is the slogan of our Land Service?

DOWN:

1. By die Sondeza Kamp het leerders in _____ gebly.
2. VHS is vanjaar _____ jaar oud!
3. The Matric RCL-team consists of _____ learners.
5. Complete: Dis lekker om 'n _____ te is!
9. Which sports team created the photo booth at the Valentines Ball?
10. Complete: Mr. _____ showed off his unique dance moves at the Valentines Ball.
12. Which popular Broadway show is VHS turning into a play, set to debut in September?
13. Which learner was awarded with a full bursary to go study after matric?



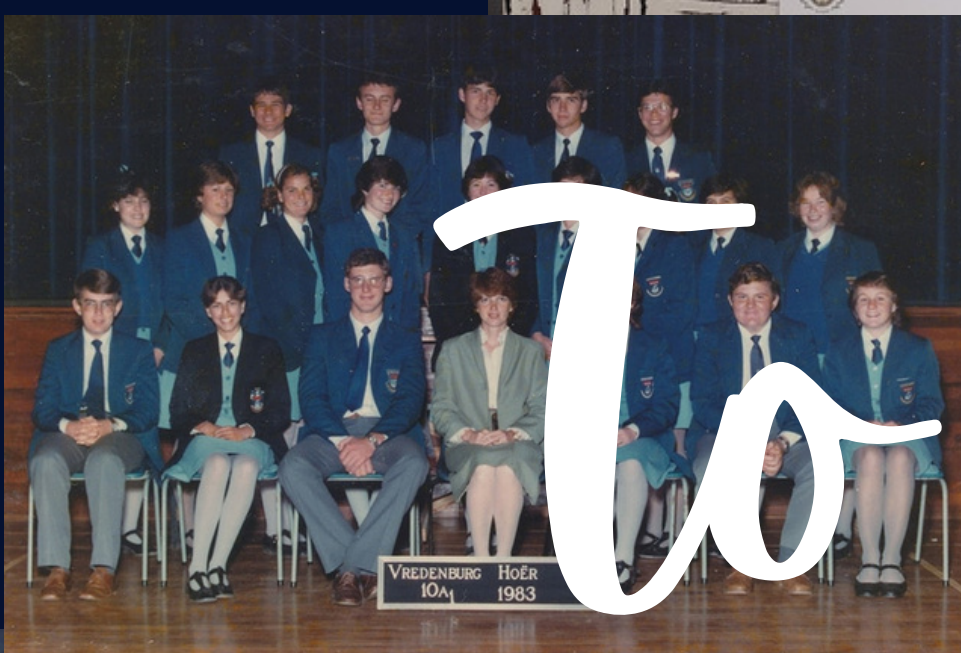


Happy

Birthday!!

To the

next 50!!

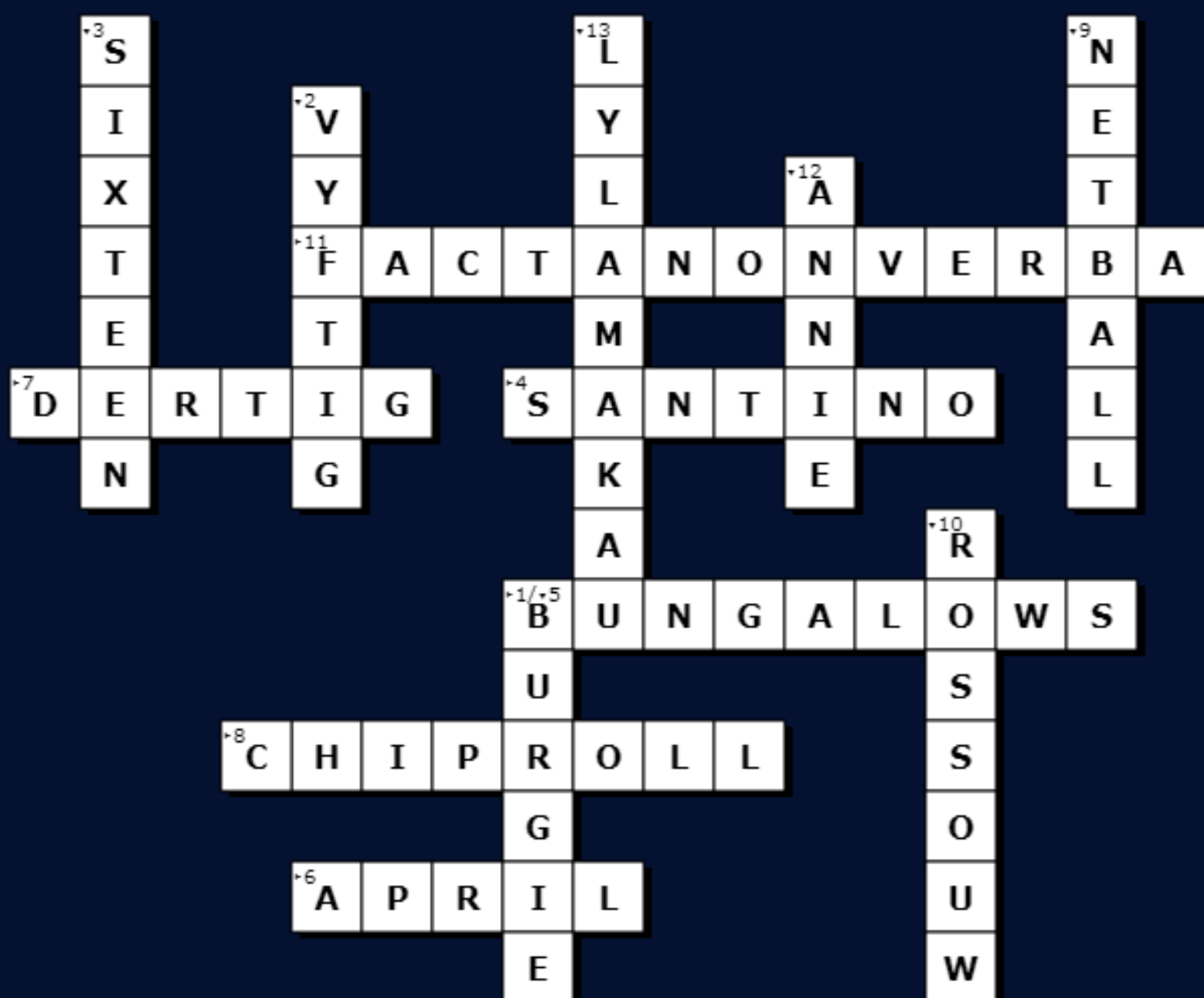




Thank you for a
fun filled birthday
carnival. We had a
blast!



CROSSWORD PUZZLE SOLUTION



Sterkte
met die res
van
2023!