

MAY 2022

# Bakkompie

**NEW  
TEACHERS  
WHO ARE THEY?**

**VHS GOT  
TALENT!**

**ATHLETES  
COME OUT  
TO PLAY**



...ited the Great Basket... ay and  
...dition to rebuild the



# WESKUS ATLETIEK

deur Mari van Nieuwenhuyzen

Ons Burgies-atlete het uitstekend gevaar by die Weskus Atletiek (7 Februarie 2022) op ons tuisgronde. Die Weskus Atletiek is altyd 'n moet-sien-byeenkoms omdat daar soveel talent onder die leeders regoor die Weskus is en dus baie meer kompetisie. Na 'n tydperk van bykans twee jaar sonder byeenkomste, was dié dag die perfekte geleentheid om al die top hoërskool-atlete uit die omgewing by VHS te verwelkom.

Daar was baie ondersteuning van ons onderwysers en afrigters agter die skerms waar hulle gehelp het om die dag vlot te laat verloop en ons eie atlete aan te moedig. Soos altyd, was die Noodhulp reg en gereed vir enige besering.

Met al die skole van regoor die Weskus wat deelgeneem het, het VHS se atlete verseker ons skool se naam hoog gehou. Ons het 20 Brons, 18 Silwer en 16 Goue medaljes verwerf. Die seun wat die beste by ons gevaar het in die baan items, was Benir Rukera, S O /17 400m: 54.18 sek. 1ste plek. Die beste dogter was Camren Vlok, D O /17 3000m: 14:19.53 3de plek. Met die velditems was die seun, Anver Barends, S O /17 SG 52.33m, 1ste plek en die dogter, Courtney Norman, D O /17 GS 8.61m, 2de plek.

Wel gedaan aan elke lieve atleet wat deelgeneem het aan die Weskus Atletiek en wat deurgegaan het na die Wes-Boland Atletiek! Ook daar het ons atlete Vredenburg se naam hoog gehou. Die VHS-familie is baie trots op almal van julle. Om teen daardie Weskuswind te hardloop is 'n prestasie op sy eie!

Die volgende atlete het Boland kleure vir atletiek ontvang:

Mvano Delihlazo (300m hindernis 0/18)

Benir Rukera (800m 0/17)

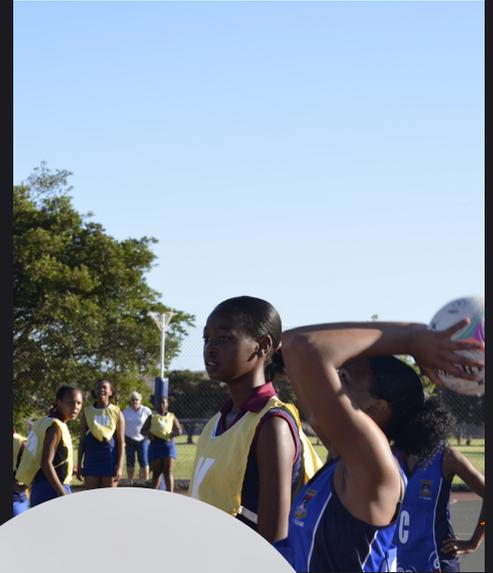
Santino Appels (3000m en 2000m hindernis)

Santino het daarna by die Wes-Kaap byeenkoms - al die beste atlete van die Boland, SWD en WP neem hier deel - 'n 2de plek in die 300m en 'n 4de plek in die 2000m hindernis gekry. Op grond van sy uitstekende tyd in die 2000m hindernis, is Santino ook in die Boland klub span opgeneem wat aan die Suid-Afrikaanse jeug en junior atletiek kampioenskappe deelgeneem het. Daar was hy 6de uit die 20 beste 0/18 hindernis atlete in die land en het 'n ongelooflike 838 punte op die ABSA tabel vir sy blitsige tyd behaal. Burgies bo!



# Hoërskool Vredenburg sportdag

Saterdag, 12 Maart het die leerders van VHS, ook bekend as die Burgies, ons skool se naam hoog gehou deur deel te neem aan die sportdag.



VHS het op Saterdag 12 Maart ons jaarlikse sportdag gehou. Besoekende skole het ingesluit: Hoërskool Weston, Diazville en Louwville Hoërskool. Die deelnemende sportsoorte was netbal, hokkie, sokker en rugby.

Ons skool beskik oor vyf netbalbane waarvan ons Saterdag vier gebruik het. Die eerstespan, die span wat ons omtrent trots gemaak het, word deur Juffrou B. Smit en M. Loubser afgerig en hul eindtelling teen Weston was 11-09 en teen Diazville 17-02. Beide wedstryde is deur VHS gewen.

Alhoewel die hokkie se opposisie nie opgedaag het nie, het Mnr Joubert voorgestel dat die seuns eerstespan hulle Burgie-krag meet deur teen die eerstespan dogters te speel. Albei spanne het hard baklei en die eindtelling was 0-0 gelykop.

Die 0/17 sokkerspan het 2-1 teen Weston gewen en 0-4 teen Diazville verloor. Die 0/19 sokkerspan het 0-2 teen Diazville verloor en 1-1 gelykop teen Weston gespeel. Alhoewel hulle nie al die wedstryde gewen nie, het hulle hul harte uitgespeel en hul beste gegee. Hulle is ware Burgies.

Hierdie was maar nog net 'n voorsmakie van dit wat die res van die seisoen sal volg. Ons weet dat VHS uit 'n klomp ware Burgies bestaan, wat het wat dit vat om te wen.



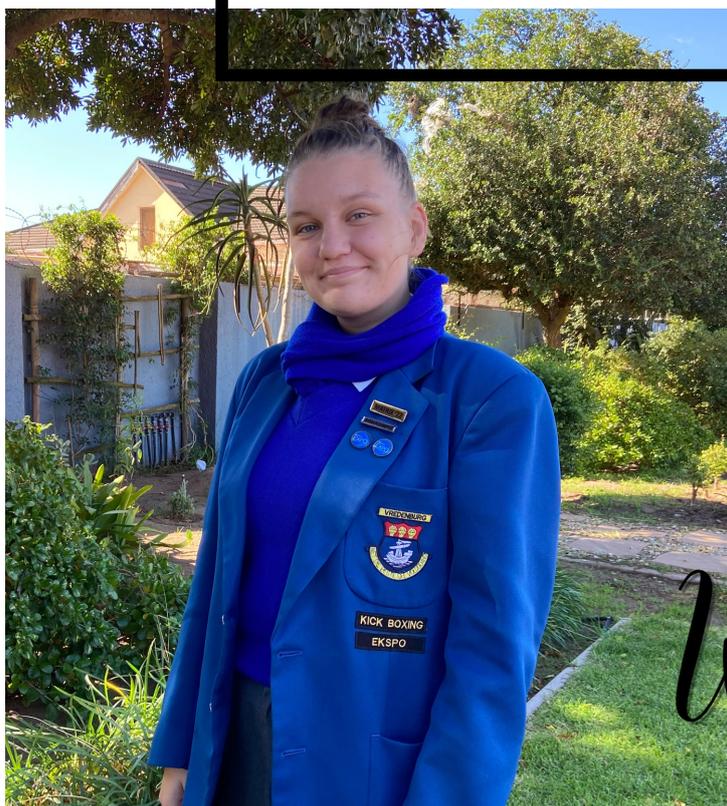
Lyla Makau<sup>07</sup>



HELLO 2022

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MEET THE EDITORS



Inge Roux

# Shortcorner!



“Burgies ! Yes ! Burgies ! Yes ! Burgies !  
Yes-Yes-Yes ! Ahooa !”

On 26 March, with their heads held high and fully equipped, the Vredenburg girl's hockey tour team heads off to Charlie Hofmeyer, Ceres. The girls filled the bus with joy, songs, excitement and even some snores, not knowing what the tour will have up its sleeve.

On Saturday, the first official day, the team was welcomed with shirts sponsored by Charlie Hofmeyer. The girls settled into their rooms and gathered their hockey equipment for their first game that would start soon.

With the help of professional coaching, the team sharpened their knowledge and skills, which they are excited to use in the upcoming hockey season.

The team is made up of the following thirteen players: Imke Vermeulen (Captain), Mari van Nieuwenhuizen (Co-Captain), Cara van Dyk, Lianka Jordaan, Elaine Bowles, Kylie Vermeulen, Inge Roux, Tateana Myburgh, Chané Marshall, D'Andra van der Westhuizen, Esti Thys, Aneesah van der Westhuizen and Chanté Green.

Vredenburg High School would like to congratulate Elaine Bowles, who has been chosen for the team touring to the Netherlands.

Tuesday, 29 March, the team ended their tour with one last show-stopping game on Charlie Hofmeyer's astro. Before heading home, they went ziplining, which for some girls was a first.

The tour strengthened the bond between the thirteen players and their progress is undeniable. Not only did they make friends within the team, but they even created strong friendships with the other participating schools.

The team would like to thank everyone who donated, sponsored and helped to organise the events contributing to the tour. A fun run was organised by coaches, parents, and players to raise funds.

A special thanks to the coach, Miss Coetzee, or rather, Mrs Pedro! We would also like to congratulate her on getting married. Thank you for leading our hockey girls to success and sacrificing your time. A big thank you to Mr. Joubert, as well, for being the spirit and guidance during this tour.

Lastly, VHS wants to thank the players for keeping the school's name high and making us proud.

Thank you ADT for  
sponsoring our  
girls hockey team's  
sports bags!





[adt.co.za](http://adt.co.za)

**Signup with Fidelity ADT this May for only R285.00 p/m incl and receive your first 6 months monitoring and armed response FREE!**

The special will only be open to all staff members working for Vredenburg High School & all parents / households of students going to the school.



# KRIEKET HIGHLIGHTS

DIE 0/19 KRIEKETSPAN HET 'N WONDERLIKE KWARTAAL AGTER DIE RUG!

Die span het 'n totaal van ses wedstryde gespeel. Hulle het twee wedstryde weg gespeel en vier wedstryde tuis gespeel. Die span het drie van die ses gewen. Die krieketspan word deur Mnr. J. Rocher, I. Le Roux en X. Bell afgerig.

Volgens Mnr. J. Rocher het elke speler uitgestaan en daar is nie 'n spesifieke sterspeler nie. Elke speler het sy rol uitsonderlik goed vertolk.

Die span bestaan uit die volgende lede: Yusha, Cobus, Austin, Craig, Ruan, Julian, Daniel, Dylan, Dean, Brady, Gabriel, Neethan, Kieran, Diego, Micaela, Joevaen, Adriaan en Jordan. Die kaptein, Julian, het die span tot sukses gelei.

Hulle het in bloedige warm temperature gespeel en nie opgegee nie. Hulle het na skool tyd opgeoffer vir oefening. Hulle het naweke en skooldae opgeoffer om met die skoolbussie na wedstryde te ry.

As matrikulante, was dit die laaste wedstryde vir Micaela, Julian en Daniel by VHS. Hulle en die res van die span het seker gemaak dat hulle die laaste wedstryde en oefening geniet en dat hulle hul beste gee.

Alhoewel nie baie van die Burgies geweet het van die krieket nie, het die krieket-Burgies mekaar gemotiveer. VHS s baie trots op elkeen van julle.



# THE BEST OF VHS



## FIRST TEAM NETBALL

Jani van As  
Amé-Leigh Skippers  
Chelsea Chirwa  
Burnithe Julies  
Jorinique van Reenen  
Monzay Kearns



## FIRST TEAM HOCKEY BOYS

Laurentio Massinga	Elrick Appollis
Daniël Taylor	Jamaine Leeuw
Cobus Nelson	Heimar Jordaan
Athi Dungani	Gabriel Asvat
Hlombe Mpusula	Rashied Williamson
Nahum Cloete	



## FIRST TEAM HOCKEY GIRLS

Esti Thys	Elaine Bowles
Chanté Green	Lianka Jordaan
Chané Marshall	Inge Roux
Cara van Dyk	
Imke Vermeulen	
Aneesah van der Westhuizen	
Mari van Nieuwenhuyzen	
D'Andra van der Westhuizen	



## FIRST TEAM RUGBY

Deon de Wet	Thando Ponoyi
Hlumi Matyona	Kyle Christians
Vuyisa Morgan Nxeve	Azukizwe Hlahla
Dandre Killian	Zehan Killian
Dadon Fredericks	Imran Rajab
Ruan Julies	Julia Apollis
Thurnelle Jacobs	Isador Erasmus
	Miguel van Hooi



## CHEERLEADERS

Amron Jansen	Jaiden Smith
Bevanique Claassen	Kaylie van Wyk
Cassidy Vraagom	Kaitlin Filander
Cedica de Wee	Kershwinique McKay
Danell Swanepoel	Khanya Nhlapo
Donecia Willemdede	Lekeisha Strauss
Gizelle Coetzee	Shaelynn Julies
Inathi Mngeyane	Tashnique Jones
Jade van Heerden	Zané Oelofse
Zeta-Leigh Veldstman	



## FIRST AID TEAM



Anke Williams
Chloë Williams
Taryn Cloete
Tyron Dodd
Abigail Ollewagen
Carley Papier
Chinique Swartz
Crestabell Kamowa
Louisa Snyders
Jenay Samson





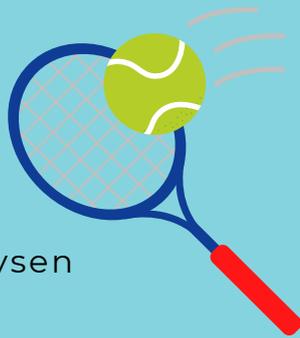
## FIRST TEAM CHESS

Marilené van den Bergh  
Shakir Kariem  
Anne Belle Ellman  
Joshua Wilson  
Kayla Scheepers



## FIRST TEAM TENNIS

Heimer Jordaan  
Steven Bowles  
Ethan Jonkers  
André van Rooyen  
Elaine Bowles  
Marí van Nieuwenhuysen



## FIRST TEAM GHOLF

Josh Liedeman  
Duncan Hockey  
Daniel Els  
Theodore du Preez



# What Happened to Our



## Mascot?



Does anyone remember our school's mascot? Before covid-19 occurred, the mascot of our school was a pirate, which made sense because it corresponded with our school's emblem.

The mascot has always been a special part of our school, the part that made us unique and created our school's identity. Not only did our mascot represent us Burgies at many sports gatherings and other special events, but he united us as a school. Other schools could see the unity, joy, and high spirits of our school when the mascot represented our school at sports events.

We might not have known who was behind the mask, but he sure made our school alive, made us laugh and brought the main element to our school - fun. The crowd went loud when he was around, you could usually see him close to the cheerleaders, but he also spent time dancing and singing with the crowd.

It was an amazing experience to interact with the mascot, seeing him put a smile on our faces and brightened a hardworking school day. There were many special memories made with the mascot, and it would only be fair if everyone could meet and interact with him.

He was greatly missed at our events this year and the previous years due to lockdown and covid-19, so I think it is time the mascot makes a special return and restore the team spirit we need at our school.

**Because everyone knows, dis lekker om  
'n burgie te is, te is!**



# Shaping Talent Developing LEADERS

By Ashley Barry

Vredenburg High decided to have its annual VHS Got Talent show in term one to kick off the year on a successful note! The show returned this year after not being able to take place for a long time due to Covid. The event happened on the evening of 10 March 2022.

The talented finalists were Azania Ngqangwa, Faith Goliath, Karabo Nhlapho and Atlegang Ramotsee, Kaytlin Filander, Blessing Mukhouha, Chané Bester, Latiefa Abdalla, Ethan Wilson, Gabriel Asvat and Marcello Humphries, Waylon Lesch, Whill Stevens and Serenity Bokhary. Last, but not least, the highlight of the evening was a guest performance of the Afrikaans singer/rapper, Matthew Joyner.

One of the people in the audience, Lakeisha Dirkse, said, "My favourite acts are Blessing Mukhouha dancing to amapiano and Waylon Lesch singing 'When I Was Your Man' by Bruno Mars."



As the audience waited in anticipation for the talent show to begin, performer Kaytlin Filander was interviewed and stated that seeing the celebrity Matthew Joyner had made her more nervous than she already was. Even though many were unable to attend due to "high pricing", everybody had a fantastic time and got their money's worth.

# SHINE



There were two intervals when people could use the restrooms and buy refreshments. After the second interval, Matthew Joyner sang two songs to conclude the performances. The two songs were, 'Hy maak 'n way' featuring Kaytlin Filander, and 'Down for You'.

For every participant, the long-awaited time had finally come and the atmosphere was filled with excitement and a sense of nervousness.

The results came in as follows:

In third place were Gabriel Asvat and Marcello dancing to Chris Brown's 'Wall to Wall'.

In second place was Blessing Mukhouha dancing to amapiano.

The first place went to Ethan Wilson!

Everyone thought the prize-giving was over until Mrs Van der Merwe announced that the Miss Personality award goes to Azania Ngqangwa, who performed an inspiring poem about Nelson Mandela.

We give thanks to the teachers who made this possible, Mrs Van der Merwe and Miss Bezant, as well as our two lovely judges, Jaco Retief and Chikita Boshoff.



# Going Once, Going Twice, Sold!

**by Inge Roux**

On 17th February, the RCLs planned a special something, which we as matrices and Grade 11s have not seen in a long time: the Valentine's Day sale.

This has been a part of our school for a very long time, but unfortunately, Covid had other plans for the school. This is a day where all the learners of VHS get together under the big tree and the RCLs make a big sacrifice for the learners to bid on them. When bought, the learner gets a dance with the RCL member at the Valentine's ball.

Because of Covid-19, a lot of our spirit activities at school (the things that make VHS, VHS), have been put to the side and a lot of learners have forgotten about them. Of course, for the younger grades, this is all a new thing.

Valentine's Day is a day filled with excitement and laughter because that is the reason why we have these days: to get learners out of their comfort zone and feel a part of the VHS family that we are.

Well, for starters the pandemic had an enormous negative impact on the school. It restricted VHS from being VHS. 2021 was a long year with no burgie spirit, but every dark cloud has a silver lining. This year we as the RCL's got the opportunity to turn things around and so we started the year off with the sales. A little taste of what is next to come and of course bring back that BURGIE SPIRIT.

I would say expectations but merely a hope for success and the day and the sales was a great success. The burgies surely supported and enjoyed the moment.

- Laurentio Massinga, RCL

Due to Covid-19 and lockdown, there was a lot of pressure and uncertainty around events at the school and the RCLs wanted to bring back the VHS traditions and some excitement for the learners. There weren't really any expectations in particular for this event, the RCLs were just hoping for a pleasant experience and for most of the learners to take part in the sales.

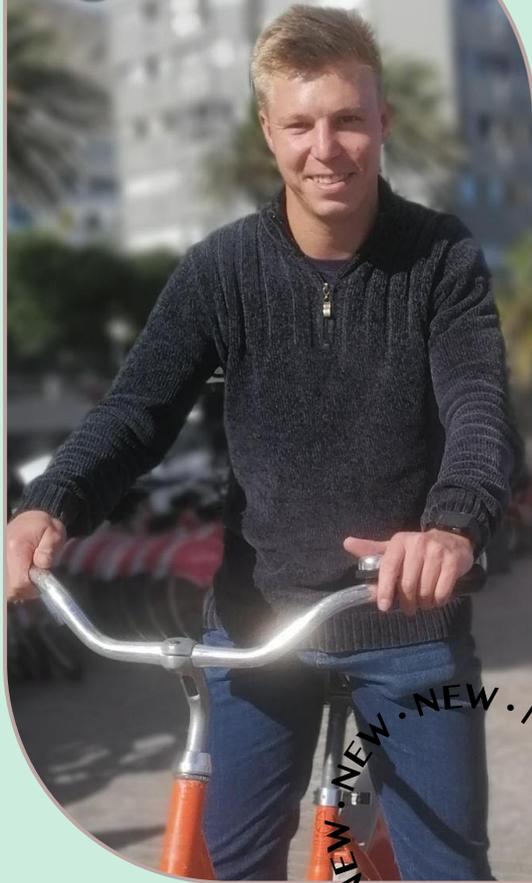
- Victoria Bruwer, head girl



**Mr & Miss VHS 2021 visited Huis Wittekruin to spread some love to the elderly for Valentine's Day.**



# Nuwe Annies



This year, many new teachers have joined the VHS family. In order to get to know them a bit better, we asked them to tell us something about themselves and to answer a few questions:

1. Was teaching your first choice?
2. Na jou meaning, wat is die beste en moeilikste deel van onderrig?
3. If you could, is there anything about our educational system that you would change?
4. Dink jy dat punte besin 'n leerder se potensiaal?

## Mnr. J. Rocher

Ek kom van 'n plattelandse dorp af, genaamd Bethal in Mpumalanga. Ek is passievol oor sport en ek sal graag eendag 'n professionele span se kondisioneringsafriester wil wees.

1. Nee, dit was nie.
2. Die beste deel is waar jy as onderwyser met die kind op die sportveld werk. Die moeilikste gedeelte is in die klas waar jy alleen is as onderwyser en moet praat teen 30 kinders wat almal gelyk praat.
3. Ja, ek sal wil iets verander. Om minder admin te doen wat die regering wil hê ons moet doen en meer op klasgee te fokus en die kinders te leer.
4. Ja, want punte op skool laat jou toe om na skool jou volle potensiaal te ontwikkel om eendag suksesvol te wees.







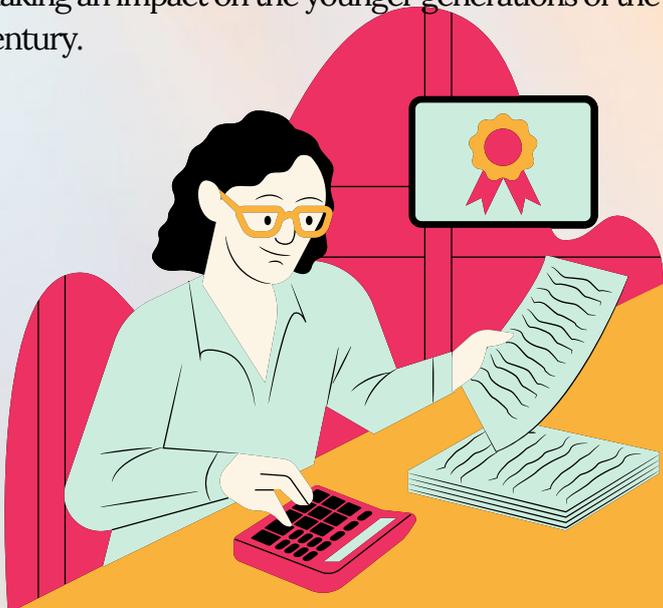
# VHS SAYS GOODBYE TO YET ANOTHER LEGEND!

By Ethan Wilson

Vredenburg High School is saying goodbye to one of its best and most beloved educators. Although we are sad, we are celebrating the years of service, hard work and dedication it took to teach for as long as she did.

Mrs B Potgieter, who has been an educator at VHS since January 2001, will be retiring in April 2022 after 21 years of teaching. Mrs Potgieter mainly taught Accounting and Economic and Management Science; however, she had taught Creative Arts for one year, which she claims is not her strong suit.

Mrs Potgieter told us the story about how, one year, she had attended a workshop for accounting teachers. When she entered the classroom, she saw a woman who looked fairly familiar to her. The woman approached her and said, "Ma'am, remember ma'am taught me a couple of years ago? Now I'm a qualified chartered accountant! Still, I'm nervous yet honored to be teaching ma'am". Mrs Potgieter told her that she was proud of her and that once again she motivated her to keep teaching because she knew that somehow she was making an impact on the younger generations of the 21st century.



What she loves most about teaching and education is that she could educate the younger generation and help them excel in life through her knowledge of accounting. What brought her much joy is the fact that many of her students had come back to thank her for sharing her knowledge and wisdom. Many of these learners went on to receive high qualifications as chartered accountants.

After teaching, she wishes to just relax, travel with her husband and read. She said that for a few days after leaving, although she is a very academic person, she would love to just sit and feel what it is like to do nothing. She would love to be able to be under the covers for a bit longer in the morning.

Mrs Potgieter is expecting her first granddaughter which she is excited about and she is glad that she will be around to see her grandbaby grow up!

We want to thank you, Mrs Potgieter, for your 21 years of service. We at VHS appreciate the diligence and dedication you've put into teaching our students and always doing your best to make sure they excel in life, despite the challenges. Once again, thank you from the bottom of our blue hearts. We wish ma'am well on the journey forward and on whatever it is you shall endeavor in your retirement.

# UNTIL WE MEET AGAIN

**BY BOIPELO MANCE**

We, as the family of Vredenburg High, are saddened about the departure of Mr Bal. Vir Hoërskool Vredenburg was Mnr. Bal nie net 'n onderwyser nie, maar ook 'n oudskolier, 'n mentor, personeellid, afrigter en 'n vriend. Meneer Bal het die woorde "vrede en liefde" elke dag uitgeleef. Sy glimlag, stem en lesse sal verewig voortleef.

Uit die hart van Mnr Du Toit :

"Mnr. Bal was 'n groot sportperson en nog beter, 'n goeie sportvriend. Ons het mekaar nog al die jare geken, maar nadat ons kollegas geword het, het ons vriendskap gegroei. Hy was 'n baie stil persoon, maar sodra jy 'n geselsie met hom aangeknoop het, kon jy sien dat hy 'n groot hart het. Een van die dinge wat vir my uitgestaan het van hom, is dat hy 'n betroubare persoon was, en dat hy altyd net 'n oproep ver was. Iets wat ek definitief van hom gaan mis, is dat ons oral saam na sportwedstryde toe gegaan het, of dit nou krieket of rugby was."

## **"NET 'N ONDERWYSER OP PAPIER"**

Mnr Bal het na ander geluister, nes 'n sielkundige. Hy het geld ingesamel en by rugbywedstryde toegesien dat beseerde spelers oukei was, nes 'n verpleër. Hy moes altyd seker maak dat alle admin op datum is, nes 'n sekretaris. Hy moes seker maak dat dissipline toegepas word, nes 'n ouer. Vraestelle en opstelle moes reg opgestel word, nes 'n grafiese ontwerper - en vir almal word daar geglimlag, nes 'n pel. Maar op papier, NET OP PAPIER, was hy 'n onderwyser.

There is definitely more to a book than just a cover.  
Fly high, sir.





# TONY STOOPS

VHS uitslae:

VHS 30 - 29 Kassiesvlei

VHS 10 - 26 Tygerberg

VHS 19 - 10 Knysna

By die Tony Stoops Toernooi word daar jaarliks 'n trofee toegeken vir die beste rugby. Meneer Gertjie Bal was elke jaar by die Tony Stoops Toernooi betrokke. Almal ken hom. Hierdie trofee word nou vernoem na die Gertjie Bal trofee na sy tragiese afsterwe langs die veld.



# Spur-shadow



The teachers showed us their *taste for life* by playing waiter at Spur in the Vredenburg mall on Thursday, 21 April to raise funds for the school. They earned a whopping R3000 which will go to improvements on the school grounds.



# NETBAL- PROEWE



Baie geluk aan Brunithe Julies (0/18), Chelsey Ackers (0/17), Jorinique van Rheenen (0/17) en Monzay Kearns (0/16) wat deur is na die tweede rondte van die netbalproewe. We are very proud of you girls!

# Passover

## 2022



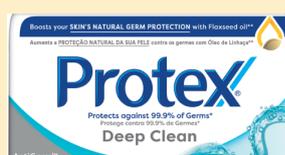
Woensdag, 13 April het die Teens for Christ aksie nagmaal saam met van die landsdiensleerders gevier. Elke leerder is eers ingelig oor die oorsprong en betekenis van Paasfees.

The gospel was then shared. Afterwards learners could take a seat at the table and enjoy some buns and grape juice.



Each learner was also presented with a bar of soap. The idea was that they should be reminded of how we were made clean by the death of Christ, the lamb of God. But also that we should continue being sanctified in our daily walk with the Lord.

The discussion came from John 13 and 19. And the verse of the day was from John 13:8



*"If I do not wash you, then you have no part with Me"*

MARK 16:1-8

*he has*  
**RISEN**  
THE HOPE OF NEW LIFE



On Wednesday the Land Service team distributed Easter eggs to our neighbouring businesses at the Atrium Centre to say thank you for all the hard work of each employee.

The message was to remember to say thank you and make others feel special.



Kaytlin Filander het haarself onlangs in die “hot seat” bevind toe die tannie oor die intercom haar afroep kantoor toe. Haar eerste gedagte was om te wonder in watter moeilikheid sy haarself volgende sou bevind. Sy het beslis nie verwag dat CarBars – ‘n bekende naam in die musiekbedryf – asook Matthew Joyner haar by die skool sou kom oplaai nie. Kaytlin het ‘n liedjie uitgevoer wat toe oor sosiale media platvorme versprei is en mense steeds aan die praat het oor haar talent. Die Burgies sien uit daarna om Kaytlin se blink toekoms met trots dop te hou!

# SPOTLIGHT



On the 2nd of August, Crestobell Kamowa attended an international acting audition in Cape Town. Auditions were held all over the country, including provinces like the Western Cape, Gauteng and Eastern Cape. Crestobell made it to the top 20 and was chosen to perform in Los Angeles, California, USA. Congratulation on this big achievement!



*Match  
for life*



*Congratulations!*  
*Mrs Cotzee - now Pedro*  
*Mrs Maree - now Burger*

# EATING IS A NECESSITY BUT COOKING IS AN ART

What have the Grade 12s been cooking in 107?

## CARAMEL CLUSTERS

### INGREDIENTS

- Castor sugar 75 g (100 ml)
- Condensed milk 75 ml
- Milk 10 ml
- Margarine 25 ml
- Golden syrup 5 ml
- Brown sugar 1 ml
- Flaked almonds, grilled 125 ml - 150 ml
- Vanilla essence 3 ml



### PROCEDURE

1. Mix the condensed milk, castor sugar and milk in a medium-size deep glass bowl with a definite edge.
2. Put into the microwave and stir every 30 seconds to ensure that the castor sugar is dissolved before the mixture starts to boil. Wash off sugar crystals using a pastry brush. Test with a teaspoon.
3. Add golden syrup and margarine. Stir to melt the margarine.
4. Microwave on high, stir every one minute (only 2 times, then every 30 seconds) and later every 20 seconds. Do not wash off crystals anymore.
5. Boil to the softball stage. (Test in ice water: it forms a soft pliable ball in ice water which does not change the ice water to milky anymore. It might be a light caramel colour.)
6. Remove from the microwave.
7. Add the vanilla.
8. Put on a wooden board or cloth. Beat continuously with a wooden spoon until thick, but still glossy.
9. Add almond flakes and mix carefully.
10. Use two cake forks and shape small clusters onto a baking sheet sprayed with Cook 'n Bake.
11. Leave to cool down until set.

# ROULADE MET "SWEET CHILLI" ROOMKAASVULSEL

## BESTANDELE

### Roulade

- Botter / Margarien 30 ml
- Koekmeelblom 60 ml
- Sout en vars gemaalde peper na smaak
- Melk, geskaldeer 250 ml
- Eiers, geskei 3 groot

### Vulsel

- "Sweet chilli" roomkaas 115 g (115 ml)
- Grofgemaalde peper na smaak
- Peppadews in dun repies (ops) 6 - 8
- Grasuitjies fyngekap (ops) 5 - 10



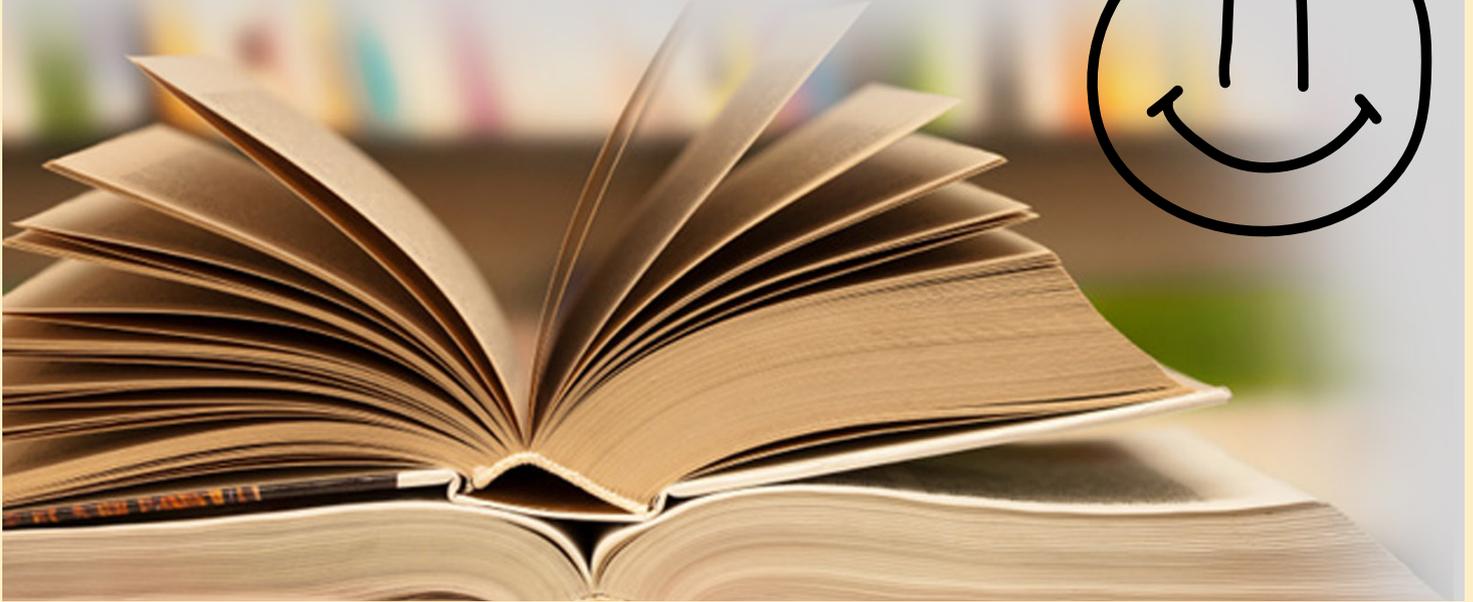
## METODE: ROULADE

1. Voorverhit oond tot by 180°C (350°F).
2. Voer 'n klein rolkoekpannetjie uit met botterpapier.  
Spuut bo- en onderkante met Cook 'n Bake.
3. Smelt die botter / margarine in 'n groot glasmeetkoppie in die mikrogolfoond (30 sekondes).
4. Meng meel met draadklitser by.
5. Plaas 10 sekondes terug in die mikrogolfoond.
6. Voeg die geskaldeerde melk geleidelik by terwyl aanhoudend met 'n klein draadklitser roer tot glad.
7. Prut tot gaar en verdik in mikrogolfoond (1-1½ minute) - roer elke 20 sekondes. Lw Kom net-net op in glasbeker.
8. Laat effens afkoel.
9. Klits eiergele en voeg die warm witsousmengsel geleidelik by eiergele terwyl aanhoudend roer.
10. Klits eierwitte tot by sagtepuntstadium en vou liggies in.
11. Giet die mengsel in voorbereide, rolkoekpannetjie. Versprei eweredig.
12. Bak vir 15-25 minute in die middle van die oond totdat die roulade 'n ligte goudbruin is en wegtrek van kante en nie induik wanneer bo-op druk. LW Kontroleer volgens grootte.
13. Keer uit op die doek. Verwyder die botterpapier, sny kante af en rol styf op. (Gebruik 'n tandjiesmes). Laat om af te koel. LW Oor die lengte vir 'n dunner rolletjie.

## METODE: VULSEL

1. Rol versigtig oop.
2. Smeer 'n dun laagie "Sweet chilli" / roomkaas op die oppervlak van die roulade.
3. Sprinkle repies peppadew en fyngekapte grasuitjies (opsioneel) oor en rol ferm op.
4. Geur met grofgemaalde swart peper.
5. Sny in skywe of bedien as 'n mini roulade.

# How to prepare for exams



## 1. Start your revision early

There is no substitute for starting early with revision. Give yourself enough time to review everything that you have studied. Ideally, review each subject as you go, and make sure that you understand it fully. Ultimately, the best tip is to study hard and starting early is the best way to achieve this.

## 2. Organise your study time

You will have more to revise for some subjects than others. It is worth taking the time to plan your revision and consider how much time you might need for each subject.

## 3. Look after yourself during study and exam time

You will be able to work better if you eat a healthy diet, and get plenty of sleep.

## 4. Vary your revision techniques

They say that variety helps to improve your studying. Doing practice papers, drawing mind maps or other summary diagrams and organizing a discussion group with some friends, might help.

## 5. Take regular breaks

It is very hard to work and concentrate for more than an hour. One to one and a half hours is likely to be your limit before you need a break. Take 10 minute breaks to go and get a drink and walk around a bit.

## 6. Know your exam

Taking a look at past papers will ensure that you are prepared for the type of exam you will be getting, whether multiple choice, short answer or essay. You can get these at the bookstore!





Music is good for relaxation, but don't overdo it. Also make sure not to listen to any lyric based songs. Any word that you hear is a distraction. Go for instrumental music. Use your headphones so that you hear it better and no one gets disturbed.

Social media can be very tempting when studying or "taking a break". 10 Minutes easily turns to half an hour. There are however a variety of apps that can help you to restrict your social media usage. These apps block the social media sites based on certain conditions.

It is very much sure that the environment around you will affect your concentration levels. When you shift places your brain will have more stimulation with the pleasant location around. And Avoid is the usage of comfortable furniture like a couch or bed. These tend to make you sleepy.

Light exercises are known to refresh your physical self and help you put more concentration in your studies. Try workouts like treadmill and bicep curls.

Avoid pushing information into your brain at the last minute. Get enough sleep before the exam, it will surely affect your performance in the exam.

Make sure to eat food that is rich in protein. Protein gives the energy required for the whole day. More proteins mean less hunger and this will help us to stay without hunger.



Many learners are often confused about how to make a study time table & stick to it. It is therefore crucial to ensure that there are enough time for some social and physical activities in addition to studies. This extra time must be included in the daily study timetable for learners.

## STUDY TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am							
8am							
9am							
10am							
11am							
12am							
1pm							
2pm							
3pm							
4pm							
5pm							
6pm							
7pm							
8pm							
9pm							
10pm							



To do list

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