# UITGAWE/EDITION 2/2024 NEWS

## Disability awareness week



Pie in Mrs Reinke's face PHOTO: Margot Scheepers

By Lara Strydom

The Interact Disability awareness week took place from the 6th to the 10th of May. This year, the aim of the event was to spread awareness about invisible disabilities, mental health and the internal struggle many people face but don't talk about.

Hermanus High School made use of our social media platforms to spread awareness about invisible disabilities, such as ADHD, Autism, and various mental health disorders like depression and anxiety.

The main event of the week was Hermanus High School's annual pie-in-the-face day, where learners get the opportunity to vote for the teachers they want to see get pied in the face. This year, however, there was a twist. Hermies could also vote for two matric learners to be

The teachers who received the most votes were Mrs Harms, Mrs Stemmet and Mrs Reinke. The two matric learners were our head boy, Liam Swart, and our first team rugby captain, Reon Sparkham. The people who won the lucky draw to pie someone in the face were Emje Odendal, Lin-Marie Slabbert, Bianca Myburgh, Alessia Lanuti and Miggie Davel.

Pie-in-the face is driven by the service pillar and the funds raised by this event go into assisting learners with mental health problems. This event serves as a reminder to us all to embrace the joyful, chaotic moments in life and cherish the relationships that make Hermanus High School so special.

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## Graad 10 Lewenswetenskapkamp by

**Fernkloof** 

Deur Lara Strydom

ie Graad 10 Lewenswetenskapleerders het die jaarlikse kamp by Fernkloof bygewoon wat oor

twee

verrykende dae van leer en verkenning van ons fynbosbioom gestrek het. Met die vertrek op die 18de, het die groep aan 'n verskeidenheid aktiwiteite deelgeneem wat daarop gemik is om hul begrip van plante, plantweefsels en die natuurlike wêreld rondom hulle te verdiep.

Die studente het met hul aankoms in twee groepe verdeel. Terwyl een groep die berg opgegaan het en hulself in die ryk biodiversiteit van fynbosspesies verdiep het, het die ander 'n waardevolle inleiding tot plantweefsels bygewoon en plantorgane en -prosesse ontleed. Die middag het hulle na Grotto Beach gegaan en baie oor die seelewe, kusplantegroei en strande geleer.

Op dag twee het die groep na Fernkloof teruggekeer vir nog 'n opwindende ervaring. Die dag is afgeskop met 'n in-diepte studie van plantweefsel, met studente wat die weefsels onder die luukse mikroskope van die Fernkloof natuurreservaat, bestudeer het. Hulle het ook baie geleer oor plantwortels en die absorpsie van water.

Die leerders het dwarsdeur die kamp



Hermanus Hoërskool lewenswetenskap leerder besig met praktiese leer. FOTO: Lin Mari Slabbert

betrokke geraak by die praktiese eksperimentering en het die verskeie faktore wat planttranspirasietempo's beïnvloed, geondersoek. Hierdie praktiese ervaring was ń goeie geleentheid om die visuele uitbeelding van transpirasie waar te neem.

Die studente het ook 'n reis van selfontdekking aangepak wat deur bekwaamde sielkundige, Gerhard Swanepoel gefasiliteer is. Hy het waardevolle lewensinsigte gedeel met die groep.

Die kamp is afgesluit met roomys, en die leerders het Fernkloof verlaat, verryk deur hul ervarings en gretig om hul nuutgevonde kennis in die klaskamer toe te pas.



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#### HERMANUS HIGH NEWS —

## Freedom day

By Sahara Hafez

Freedom Day is a South African public holiday which is celebrated every year on the 27th of April. Freedom Day honours South Africa's first election in which all races could vote, held on this date in 1994.

It marked the end of apartheid and the start of a new era of democracy and freedom. We can celebrate



freedom day by having a special meal or braai with our loved ones. Nelson Mandela said "For to be free is not merely to cast off one's

chains, but to live in a way that respects and enhances the freedom of others." Respect one another, don't discriminate nor hate a person

because of their race. Freedom Day 2024 marks 30 years of democracy and the end of apartheid in South Africa

# Celebrating Workers: A Tribute to the heroes of our school

By Johan de Villiers

May Day! The first of May marked international Workers day ( in some countries reffered to as May Day). This day is there for us to express our heartfelt gratitude to the sometimes 'unseen' heroes of our school. At Hermanus High we have so much to be proud of. Besides sport, culture, academics and other exceptional characteristics of our school, our grounds are also world class.

Under the great leadership of Oom Andre Theron, the school officially employs 11 ground and cleaning staff. They are the ones who wash the busses, clean the classes and bathrooms and pick up all the litter around our school grounds. Besides that, they also take care of the gardens, fields, make sure the outlines are properly visible and that everything is in ship-shape.

We would like to express sincere appreciation and gratitude for what they mean to the school. Ms Burnalise Spandiel, Xolisa Celimvumo, Mr Brian, James September, Micheal, Steven Nogoba, Oom Godfrey April, Ms Samamtha Louw, Mr Odwa Guntwana, Alicia and Siya. We cannot thank you enough for the tireless work and effort you put into the school and its optimal functioning.

Upon asking Oom Andre Theron what we as learners can do to make their job easier he replied by saying that striving to be more considerate and picking up our garbage where we can will make life a lot easier for their team.

Let us strive to show sincere appreciation for these magnificent heroes at our school. Without them our school would certainly not be in the exquisite state of neatness that it finds itself in today.

Part of the backbone of our school.
PHOTO: Lizel Kuchar





## **Open Opportunities**

By Mbali Tafu

nd it all started with a dream...". On the 16th of April, we had an incredible opportunity to connect with universities, colleges and other tertiary institutions and explore a wide range of career options. This was a fantastic occasion for Hermie learners to kick-start their professional journey.

Most of us looked ready to boost our career at the Expo, where opportunities and possibilities awaited. According to Mbele; education is an important investment for any country, particularly a developing nation such as our country South Africa.

The aim of this event was to show us how we should identify career goals at an earlier stage. It also gave clarity in terms of how educational content related to the respective career fields that may be of interested to us. Therefore let us all aim to set a good example for our younger Hermies

and leave visible footprints on the path to success for future generations to follow..

If you have not made use of the opportunity offered by our school, there is no need to worry. Hermanus High School - indeed South Africa as a whole - will continue to offer unlimited opportunities. It is up to you to take action. As we all know, education is a powerful driver of development and one of the strongest instruments for reducing poverty. Our country grapples with unemployment due to people not being educated. This leads

to financial uncertainty among large groups of our society. I'm looking forward to us finding the meaning of life while experiencing meaning in life. Let's endeavour to serve our country with the highest and best in us.

We are very thankful to the our school for giving us this amazing opportunity. Where you are today is not your destiny. Therefore let us take this first step towards our fulfilling career! "We are all BORN WITH A MISSION and all of us can make a change to our country".



## The pleasure of peeling oranges

By Heike Kuchar

"She peels an orange, separates it in perfect halves, and gives one of them to me. If I could wear it like a friendship bracelet, I would. Instead I swallow it section by section and tell myself it means even more this way. To chew and to swallow in silence with her. To taste the same thing at the same moment."

On the 13th of May our annual English Eisteddfod took place at Hermanus High School. A variety of talents were displayed ranging from poetry to monologues- and it's also safe to say that we overachieved, earning 10 Cum Laudes & 29 Gold certificates.

This specific event is often swept under the rug, neglecting it's true purpose and importance. In a world where we are often silenced we get to have a voice and share our message with those around us- yet we don't jump at this opportunity? Every year, as I enter a new chapter in my life, I get to convey a summary of my feelings in one poem. We set ourselves up for a possible speech stumble or blank moment, but this vulnerability is what gives us power.

Therefore be sure to share the talents brewing in the depths of your soul by entering the Helderberg Eisteddfod in August- Ms Wilson will provide the necessary information.

Let's all peel this orange of words and wisdom and experience its sweetness together.



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## Bederf jou MA!

**Deur Amelie Brits** 

beste voetjie voorgesit hierdie moedersdag nie. Dis nie te laat nie! Bederf steeds jou mamma met 'n lip lek-lekker mikrogolfoond sjokolade bekerkoek. Wys vir jou ma hoeveel sy vir jou beteken deur vir haar

'n vinnige en maklike bederf te maak in die vorm van 'n sjokolade bekerkoek.

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3) Vou sjokelade skyfies in beslag.

4) Mikrogolf koek vir 1-2

minute. Toets die gaarheid van die koek met 'n tandestokkie deur dit in die middel van die koek te steek, as die stokkie skoon uitkom dan weet jy die koek is perfek. 5) Bedien met 'n lepel styf geklopte room of

roomys en 'n koffietjie vir

'n ekstra bederf.

## Hermies praat 'n barshou

**Deur Amelie Brits** 

"Redenaars is die kuns van oorreding, waar elke woord 'n potloodstreep is op die kanvas van die gehoor se gedagtes."

Onbekend

Redenaars val onder die kultuur pilaar van die skool en skep 'n geleentheid vir leerders om insigryke opinies te vorm en te deel. Dit daag leerders ook uit om buite hul gemaksone te beweeg en waardevolle ondervinding op te doen.

Die sprekers van Hermanus het hierdie kwartaal op twee kompetisies gefokus, ATKV en Oppie Tong Af. Die Hermies het die skool se naam hoog gehou in hulle onderskeie kategorieë wat gewissel het tussen voorbereid en onvoorbereid. Daar was strawwe kompetisie, maar die Hermies het steeds kop bo water gehou

en hul alles gegee.

Die ATKV redenaars kompetisie het plaas gevind op die 16de en 17de April by Hoërskool Bellville en 10 leerders het Hoërskool Hermanus verteenwoordig. Die ATKV handhaaf 'n besonderse hoë standaard, dus is ons baie trots op Zea Marias wat deurgedring het tot die volgende rondte van die Afrikaans Addisionele Taal voorbereide toespraak. Oppie Tong Af is 'n kompetisie wat aanlyn plaasvind en die Hermies kan weereens spog met uitmuntende resultate en 'n onvergeetlike ondervinding.

Die talentvolle sprekers is volgende kwartaal terug op die podium reg om beoordelaars te beïndruk.Onder die motiverende leiding van Meneer Schoeman en Juffrou Andrione is die sprekers in bekwame hande en ons is baie trots op die skool se redenaars span wat nog nuwe hoogtes gaan bereik.



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#### -HERMANUS HIGH NEWS

### Easter party

By Isabel Nel

The sound of laughter that echoes through the passages at Yomelelani Primary School has quickly become one of my favourite sounds. On the 12th of April 2024 the interact team visited Yomelelani school where we were divided into groups for each class. The ages ranged from little babies that just started crawling to energetic 7-year-olds.

The interact team entertained the children as well as handing out Easter eggs. a Quick thank you to all the students who helped to collect the Easter eggs and especially the sponsors that donated the chocolate treats. You didn't

see it, but the smiles that these children had on their faces was one that made your heart melt and put your own smile on from ear to ear.

We do this Easter party every year and I am proud to say that this one has been my absolute favourite. The joy that spread like wildfire was unstoppable and everyone's spirt was so high. To all my wonderful interacters, thank you for your time, kindness, and support that you gave to these children.

Thankfully we had to leave before the sugar fuelled their energetic personalities even more. We are already counting down the days till next year's Easter party at Yomelelani Primary School.



Hermies sharing the Easter love. PHOTO: Isabel Nel

### No classes, just FUN!

By Zoe van Asperen

Walking from class to class every day, five days a week is quite tedious and tiring. That's why once a year we get a day off from school to enjoy the Fun Walk!

On Friday, the 1st of March, the annual fun walk took place. The fun walk isn't just a day we don't have to go to any classes, it's a day when we as a school community can have fun while participating in a variety of activities.

The day is started off with a stroll around our beautiful town Hermanus and once everyone was back at school the activities began...

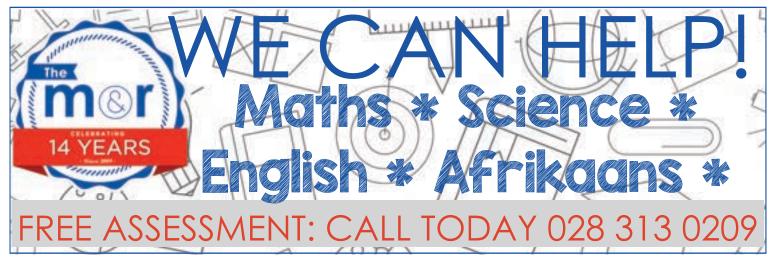
This year there was a bunch of thrilling soccer matches, tug-ofwar to see witch class is the strongest and ,a new addition, the slip-n-slide.

Hermanus High is a prestige institution with top achieving learners, but everyone can do with a fun day in the sun with his or her fellow classmates every now and then.

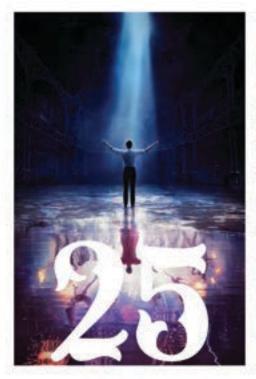
## A Winter Morning

The sun rose lazily over the horizon and the fog glowed as the sun shone through. The early birds that perched on their branches, their feathers puffed up for warmth, chirped their good mornings and the little field mice poked their heads out of their burrows in response. The spider webs in the fields glistened with dew as if they were covered in glittering jewels.

Flowers cracked their petals open as rays of sunlight hit them to reveal bugs that had taken rest there the night before. Then the animals started to wake and go about their day, people started to leave their homes for work and children for school. But for a moment everyone held their breath and beheld the world around them, its beauty. A perfect winter morning. The first of very many to come.



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# The Choir Family

By Zara Smith

The Hermanus High School Choir is not just a group where learners sing. It is a family of learners who share the same passion for music as it blends their voices to create the perfect harmony.

Being a member of a choir requires dedication, self-discipline and of course, teamwork. A choir can't be a choir if learners do not have the self-discipline to attend their rehearsals. The learners in the choir sing together as a team to produce the soulful music that they do. They are set and dedicated to touch hearts, bring smiles and provide entertainment wherever they perform. Not only do they spread smiles but within the choir itself there is so much laughter and enjoyment. "It feels like being part of a musical family where you can be yourself without feeling judged or left out. Everyone plays a role which makes it so special. All our voices creating a beautiful harmony is one of the most beautiful things I have ever heard, and I am so happy to be part of that," says Nina Zeelie, a wonderful member of the choir.

The choir is working hard preparing for the exciting performances that lie ahead of them this year. Keep a look out for their performances and bring your family and friends to enjoy the musical experience that the Hermanus High School Choir has to offer. When words get lost in translation, music can speak any language perfectly.

## Play Ball

By Isabel Nel

What does netball mean to you? I have asked this question to more than 17 girls and each one came back with a unique and heartfelt answer. Words that were threaded through my interviews were passion, sweat, pain, love, unbreakable bonds, spirit, motivation and of course Hermie magic!

What I want you to realize is that the game of netball is not always about winning, it's about the things that come with it; the training, the journey, the team, the courts, the pressure, the family and all the life lessons learned with every pass completed and every ball intercepted.

Every Saturday these amazing netball players put their hearts and souls out on that court and their focus is not only on winning, but they are dedicated to being their best, doing their best and playing for their teammates around them. And that's how each

game should be played.

During our discussion about netball Miencke Joubert spoke about the importance of netball in her life. Being active and part of a team is not only a physical activity but helps as a mental reset for the academic pressures of everyday school life. She says "I cannot imagine a week where I don't play this game; it has become my second family."

Another girl stated that netball has helped her make long lasting friendships and that has given her the support that she never knew she needed.

It has become clear to me that the passion for netball that runs through most netball girls can be very infectious. Not only did I catch this netball bug, but I am also involved in the netball environment at Hermanus High School as a manager. I wish all the netball girls good luck with the remainder of the season and hope to see you all at the games.



Hermie flying high PHOTO: Isabel Nel

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#### -HERMANUS HIGH NEWS -

## Hermie Kickboxing Achievements

#### By Kayla Smith

Four of our Hermanus High pupils held our Hermie name high when they participated at the South African Kickboxing Association (SAKA) National Championships in April. Our four furious fighters, Lyle Asary, Sam Bloch, Anushca Thorne (all in Grade 11), and Zak Bloch (Grade 8) train at Legacy Martial Arts Academy in Sandbaai. They were selected to represent the Western Cape team, which includes competitors from the Overberg, Cape Metro, Winelands, and the West Coast. The championships took place at Northwest University in Potchefstroom, where approximately 500 fighters from across South Africa competed. Among all the provinces – including Gauteng, Western Cape, Northwest, Mpumalanga, Limpopo, Northern Cape, Eastern Cape, Kwazulu-Natal, and the Orange Free State – the Western Cape had the second-largest team, after Gauteng.

Despite the extremely tough competition and the high quality of fighting, our Hermies managed to punch through and, against all odds, achieved amazing results under the guidance of their coach, Sihan Reuhan van Romburgh, who is also an old Hermie pupil.

Lyle Asary won a silver medal in point fighting and a bronze in a team event. Anushca Thorne received a silver medal in point fighting and bronze in both continuous fighting and kick-light. Sam Bloch earned a bronze medal in a team event and came fourth in continuous fighting. Zak Bloch received a fourth place in both kick-light and continuous fighting.

Thanks to their impressive performances, Lyle and Anushca have been selected to represent South Africa at the World Championships in Budapest on 1 September 2024, and at the African Championships in Benoni, from 9 to 12 December 2024.

Overall, our fighters not only achieved outstanding results but also gained valuable experience. They all enjoyed the competition and have already begun training for next year.



From left to right, Sam Bloch, Anushca Thorne, Lyle Asary and Zak Bloch. PHOTO: Dan Bloch

"I really enjoyed the event because it brought out the skill and competitiveness of the fighters, and it was a joy to watch. It was an honour to fight against all the different provinces. The atmosphere was great, it was nice to bond with my teammates, and to build new relationships", says Zak, the youngest member of the team.





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#### **HERMANUS HIGH NEWS**



Our enthusiastic cycling squad. PHOTO: Photo by Renata

### Paddling our way to success

By Johan de Villiers

#### 3,2,1.. and they're off!

Excruciating heat? Heaps of dust and unrelenting winds? Nothing can stop the Hermies. The first half of the year is officially behind us and our cycling at Hermanus High is absolutely flourishing. Three league races have been successfully completed with two more on the horizon.

This year cycling has proven to become increasingly popular among the girls at our school. At the time of writing we have had 3 podium finishes. Jenna Perreira had 2 while Sunè du Plessis also had an astonishing race at Stettyn Vineyards on the 16th of March. We are extremely proud of these two young ladies who keep on making Hermanus High's name known in the cycling

community.

The boys' results and dedication also never seize to amaze. Gerhard Lamprecht, Albertus van Zyl and lann Coetzee kept our head held high at Ridgeback Wine estate, all claiming a magnificent top 15 position despite extremely powerful winds.

We are looking forward to the upcoming two races taking place at Bethlehem Farm and Bloemendal on the 27th of July and 24th of August.

Without the great leadership and coaching by Oom Bertus van Zyl, excellent organisation skills by Mrs Renata Joubert and our Sponsors at Alex Grant Pharmacy and Hermanus Pharmacy, none of the success and highs we have experienced and are yet to experience would have been possible.

## Hemingways Bookshop

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First Team Hockey Boys doing their warcry. PHOTO: Margo Scheepers

### Stick-ing together: a Hermie thing!

By Lea Boshoff

urmurs filled with tension occupies the pavilion. Coaches shut their eyes in fear. Players hold their breath in anticipation. Inject. Block. Drag. GOAL! The crowd goes wild as the Hermies do it again...

"Hockey is a combination of love, passion and dedication and I think it's something all the hockey teams have." This is how one of our first team hockey girls describes the thrilling feeling of being on the field and playing the sport she loves.

This term, hockey consisted of unbeatable streaks, scoring

goals and keeping the school's name high. Working fourand-a-half hours a week, our first teams have truly shown the dedication it takes to be top of the school. Despite facing numerous challenges and strong competition, each and every player has pushed himself or herself to reach full potential, at practices and matches.

Their efforts have definitely not gone unnoticed and we are proud to have some of our very own Boland players in the under 14, 16 and 19- teams. "The only place success comes before work, is in the dictionary." We are proud to be able to brag with the players and teams that keep the Hermie's name high on the hockey field. We've got your backs!



#### Hermanus landmarks

R Z E E S M S

Find the following words in the puzzle.

Words are hidden 🔨











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The Hermanus branch of the SA National Tuberculosis Association (SANTA) has been working for well over twenty years to reduce TB in the Overstrand.

To help raise funds the organisation runs a second-hand bookshop, manned by volunteers. The shop is attracting book lovers, and more and more people are donating large quantities of books to help this worthy cause.

Where community gets involved, change happens

## NOWAN CORNELIUS sports day

By Zara Smith

The annual Nowan Cornelius Sports Festival was hosted at Hermanus High from the 20th to 22th of March. It is a special festival held in honour of the late Hermie, Nowan who was described as a polite and passionate young boy. Nowan played for the u/15 rugby team but devastatingly passed away due to a head injury during a rugby practice in 2012. Our own Hermie boys played with passion over the two-day span to honour Nowan's memory. We are proud of all our boys for staying strong to the very end.



Hermes in action. PHOTO: Karli Geldenhuys



## Shakespeare production - Cupid's Play



The learners that performed at the Homecoming Centre in Cape Town. PHOTO: Unknown

#### By Heinrich Louw

love thee with a love that shall not die, till the sun grows cold and the stars grow old." As seen here, William Shakespeare sure has a way with words when it comes to romance, hence this theme was chosen.

This year's theme for the Shakespeare Festival was love. Rather than it being a re-enactment of a single play, it was an amalgamation of various segments of Shakespeare's literature such as sonnets, plays,

and poem, all to form part of the common theme of love. The play was first performed on the 11th of May at the Homecoming Centre in Cape Town, where it received a well-deserved trophy and medal. It was performed again in the Blêr of Hermanus High School.

Each pupil who participated delivered equally incredible performances and left the theatre completely free of disappointment or rotten tomatoes.



































