

HIGH NEWS

HERMIES ATHLETICS:

Beyond the Finish Line



Hermie athletes. PHOTO: Pieter_v_photography

pieterV

BY:
Kayla Smith

As our principal, Mr Smuts, said at the start of the year, Colour Sports Day is always one of the highlights of our school calendar. I couldn't agree more! On Wednesday, 22 January, the energy was electric as students took to the track for a day packed with fierce competition and school spirit. With the smell of Deep Heat in the air and cheers ringing across the field, the races were officially on! In the end, the Blue Team took the win, with the White Team coming in second and the Green Team in third place. But when it came to school spirit, the White Team stole the show, winning the popular "Gees" Trophy!

Just three days later, on 25 January,

some of our top athletes had the chance to compete at the Stellenberg High School athletics meet. This event brings together the best of the best in the region. Our team stepped up, grabbing a bunch of podium finishes! It was amazing to see such high-level competition and incredible sportsmanship in action.

Next up was the 2025 Summer Interschools, held in Caledon on 1 February. It was a scorcher of a day, but that didn't stop our athletes from giving it their all. Hermies came out on top, beating both Caledon and Bredasdorp to claim the overall win. To make it even sweeter, we also won the "Geestrofee" – proof that our team brings the energy both on and off the track!

The season didn't stop there! On

15 February, 55 of our athletes competed at the South Boland Athletics in Caledon. Once again, they achieved outstanding results, with 31 earning a spot to represent South Boland at the Boland Championships in Paarl at the end of February.

This season has proven that success isn't just about medals – it's about persistence, passion, and pushing beyond limits. "If it doesn't challenge you, it doesn't change you." Our athletes continue to rise to every challenge, proving that hard work and heart make all the difference. And as Madiba so famously said, "Sport has the power to change the world. It has the power to inspire. It has the power to unite people in a way that little else does."

Through athletics, we find hope, purpose, and the courage to dream bigger. Whether standing on a podium or cheering from the sidelines, every person is part of the journey. And that is why sports, and athletics in particular, will always hold a special place in our hearts.

A huge thank you goes to Ms Gerber, our Head of Athletics, for her incredible leadership and for making sure every event ran smoothly. Her dedication and effort behind the scenes made all the difference! A special shoutout also goes to Ms Amri van Aarde, our athletics coach, for always going above and beyond for the team. These two amazing ladies are an inspiration, and we appreciate them more than words can say!

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Die lewe is kosbaar

Die **Hermanus Onkologie Sentrum**, wat in 2017 gestig is, het sedertdien groot sukses behaal. Pasiënte van oral uit die Overberg en selfs internasionale pasiënte maak van hierdie uitstekende diens gebruik. Ons kan ook gerieflike verblyf aan pasiënte te bied wat van 'n ander stad of land reis. Om in hierdie pragtige kusstad geleë te wees, het beslis sy voordele. Die uitsig is asemrowend en die Hermanus Onkologie Sentrum is net twee minute se stap van die strand af en vyf minute van die hartjie van die dorp af. Die hoogs gekwalifiseerde en vriendelike personeel sal jou bystaan en die beste diens lewer om jou verblyf so gemaklik moontlik te maak. Die eenheid lewer 'n omvattende diens wat chemoterapie en bestraling insluit. Die onkologie span sluit in: Twee kliniese onkoloë, dr. John Duminy (stigter) en dr. Marli Groenewald; vyf uiters bekwame chemosusters; twee aptekers, vier radioterapeute en 'n berader wat 'n geregistreerde maatskaplike werker is. Buiten die chemoterapie kan prostaat brachiterapie aangebied word, sowel as radio-aktiewe middels wat beide per mond en binne-aars gegee word. Elke pasiënt word as 'n individu behandel. Ons bestee tyd met ons pasiënte om alle onsekerheid rondom die kankerbehandeling so ver moontlik uit die weg te ruim. Ons gerieflike en huislike oornagkamers bied ook 'n heenkome vir pasiënte wat van ver reis om by Hermanus Onkologie Sentrum behandeling te ontvang. Hier is jy in goeie hande, want die lewe is kosbaar!



Dr. John Duminy



Dr. Marli Groenewald



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Sweet for the Heart, Sour for the Planet

BY:
Klara Schoonraad

Valentine's Day is a day of love, but did you know it is also a day of hate, inconsiderateness, and indiscretion? We all care for our loved ones, but do we care for our planet? The answer is simple—no. The amount of carbon footprint created in just one day is a disgrace!

The iconic symbol, "the rose," is a common gift given on Valentine's Day. About 28% of people buy flowers on Valentine's Day—that is 2,214,000,000 people in just one day. Flowers contribute to water pollution through the massive amounts of pesticides used in the growing process.

Gifts are an essential part of many people's Valentine's Day

celebrations, but the extreme amounts of packaging waste created through these "loving" gifts contribute to the existential global waste crisis. From heart-shaped plastic containers to wrapping paper, bows, and non-recyclable packaging, it is all discarded within seconds after opening. This problem has immediate consequences but also creates a long-lasting issue that adds to the impact we have on our planet.

Eco-friendly alternatives include opting for gifts with minimal packaging, supporting eco-friendly businesses, and choosing locally grown, seasonal flowers to share with your loved ones.

Make sure to celebrate not only your love for your significant other but also for our planet.



The earth bleeding from valentines days doings. CREATED BY: Gideon Schoonraad



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The First Year of High School

BY:
Isabel Nel

As I sit here, writing one of my final pieces for my high school career at Hermanus High, I find myself reminiscing about my Grade 8 year. It feels like just yesterday that I was navigating the challenges of high school. I remember wishing I had known certain things back then, and there are decisions I would make differently if I could go back. However, it is clear that those experiences – both good and bad – have shaped me into the person I am today.

I recall how daunting certain aspects of Grade 8 were. Making new friends was a significant concern, figuring out which clubs to join was confusing, and the Grade 12s seemed intimidating. After speaking with current Grade 8 students at Hermies, it is clear that some things remain unchanged. Many of them shared similar sentiments about their experiences.

A common challenge was the increased academic workload. Teachers moved at a faster pace, and homework was abundant. One student commented, "The homework is crazy! But I'm learning how to plan better." Another student noted, "I have to take notes



That Grade 8 feeling. PHOTO: Isabel Nel

and study way more than before."

Forming friendships was also a significant hurdle. With so many new students, it was difficult to know who to connect with. However, it is reassuring to know that everyone eventually finds their group. Navigating the social scene is an inherent part of the Grade 8 experience, even in a school with a strong sense of community like Hermies.

Choosing extracurricular activities was another point of discussion. With numerous clubs, sports, and volunteer

opportunities available at Hermanus High, deciding what to pursue can be overwhelming. I remember feeling similarly – wanting to participate in everything but fearing I would make the wrong choice.

Despite these challenges, the Grade 8s seem to enjoy being at Hermanus High. They appreciate the various activities available, from sports to music and volunteering. One student remarked, "I love how much is going on here! I feel like I belong." This sense of belonging is a testament to the Hermies spirit.

Reflecting on my own Grade 8 year, I realise how much I learned from my peers. Their advice and support were invaluable, and I will carry those lessons with me long after graduation. It is impressive to see how Grade 8s adapt to the changes and challenges of high school. As they navigate Hermanus High, they are forming lasting connections and developing essential skills that will benefit them for years to come.

To the Grade 8s, I offer these final words of advice: cherish every moment, no

matter how big or small. High school flies by faster than you think. Before you know it, you will be sitting in my shoes, writing your final exams and saying goodbye to the place that became your second home. Do not be afraid to try new things, take risks, and make mistakes. These experiences will shape you into the person you are meant to be. Soak up every opportunity, build meaningful relationships, and make memories that will last a lifetime. Congratulations, Grade 8s, on taking the first step in this incredible journey. Make the most of it!



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Our Newest Additions to the Hermies Family

BY:
Nina Star van Huyssteen

Mr van Niekerk is one of our new Afrikaans teachers this year. He says that one of his biggest inspirations for teaching was his biology and geography teachers in high school. The thing that attracted Mr van Niekerk most to our school was our 'excellent reputation', the sports, and the ethos of Hermanus High School. When I asked Mr van Niekerk what his favourite part of our school was so far, he didn't hesitate to say our gees. The overall culture of our school and the interactions between students and teachers alike are significantly different from the schools Mr van Niekerk has taught at before.

Mr van Niekerk shared some of his greatest joys as a teacher with me and said that seeing children achieve is definitely the greatest joy. Seeing children receive distinctions and children improving from subpar marks to suc-

ceeding greatly has been one of the highlights of his teaching career. I asked if there had ever been a student who had inspired him, and if so, why. This is how Mr van Niekerk responded: 'Yes, there was one boy who was faced with challenges and adversity, and he managed to rise above it. He was also a very admirable and hardworking learner.'

Mr van Niekerk hopes to begin a vertical farm to teach children about agriculture and farming. He has a passion for plants and hopes to put this project into motion. Mr van Niekerk says that his teaching style is constructivist—don't feed information, explain the topic and let the learners form meaning through examples.

To finalise our interview, I asked Mr van Niekerk: What can we, as learners, do to succeed in your class? He replied, saying that 'we should be aware of the time and place in his class to do certain things,



such as speaking, making jokes, and so on. Make sure that you work hard and do not slack off.'

Next was Mrs Dawson, our new Tourism teacher. Mrs Dawson actually never planned to teach—she was a very quiet child growing up and studied psychology at university. She dipped her toe into teaching by helping out at her child's school, and something just clicked. Mrs Dawson said it felt like she had been teaching her whole life.

Mrs Dawson said that she was scared to go back to mainstream schooling, but when she walked in for her interview, she had a good feeling, and the environment was amazing. 'Dis mooi hierso,' Mrs Dawson

says. Once again, Hermies power is so strong—Mrs Dawson also says her favourite part of Hermanus High School so far is the gees.

Ma'am says that all the bilingual classes were very foreign to her and a definite difference from the schools she had taught at before. Mrs Dawson says that her greatest joy as a teacher is 'as iemand uitstyg uit omstandighede.' Mrs Dawson said that she was often inspired by students in her old school—many of her students, coming from disabilities or socio-economic problems, still rose above that and achieved great things.

Ma'am expressed that something she would like to achieve this year is to

correctly pronounce the traditional African names belonging to her students. Mrs Dawson hopes that when all her students leave school and her class, they remember: 'People believe in them, onderwysers glo in hulle, en almal het 'n plekkie onder hierdie son.'

Mrs Dawson says that her teaching style varies depending on who sits in front of her and that she is very adaptable.

Having spoken to both of our new teachers has given me a lot of perspective and appreciation for new staff. I am privileged to have interviewed them and to have had the opportunity to get to know them both a little better.

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The Journey Beyond Hermanus High

BY:
Lin-Mari Slabbert

Amelie Britz, our loving Head Girl of 2024, shares how Hermanus High School prepared her for the real world.

Hermanus High School taught her to work with a diversity of personalities, and this helps her now in her daily life at university. She was provided with many opportunities, which gave her the ability to stand up for herself. Her auditory

skills were developed through opportunities teachers gave her, and this helps her to speak to different types of people and share educational opinions openly. The Hermie Magic made her feel part of something bigger than herself. She did not do it for herself but always made sure her school came first. Every little thing helps when you do it for something bigger.

The school is lucky to have students who want

to be part of something more exciting than just coming to school and going home. To feel included is every learner's dream, and you can do that simply by doing something because you have the talent, passion, and will to participate. Amelie did not do it alone, but she did it in the grace of God.

Valedictory of Matrics of 2024. PHOTO: Klaradyn Stemmet



The Photography Camp

BY:
Kaitlyn Oliver

"Photography is its own form of art," said Johan Botha.

These words were stamped into the minds of our fellow Hermie photographers on their quest to Cape Town to discover their hidden photography skills.

The camp took place on the weekend of 7–9 February in Cape Town. This camp was the full package and was filled with educational

purposes. Each photographer paid their part, which covered the overall expenses such as transport, a comfy place to rest, and divine food.

They left no authentic scenery unphotographed! They took photos of the colourful buildings, streets, city life, and graffiti art. They visited the beach and bribed seagulls with food to pose for the camera. As the photos were reviewed, all you could see was the pride radiating from the students as they looked at their masterpieces.



Hermie photographers out and about in Cape Town. PHOTO: Marzaan Oosthuizen

Each picture tells a story; therefore, it holds memories. Taking photos isn't merely just clicking a button—it takes skill and practice. "You must learn from your mis-

takes" has never been more used than at our photography lessons.

I would like to thank Mrs Stemmet for her determina-

tion to show us what it truly means to be a photographer, as well as for helping us gain the experience needed to be the BEST and not settle for just GOOD.





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Miëtte van Huyssteen wat die SIT-trofee vashou as regisseur van die wenspan. FOTO: Heike Kuchar

SIT laat ons almal regop sit!

BY:
Leanté Barnard

Op Woensdag, 5 Februarie 2025 het die Hoërskool Hermanus Inter Teaterkompetisie (SIT - kompetisie) plaasgevind. Dit was 'n aand waar die wit-, groen- en blouspan met goot opwinding teen mekaar meegeding het om te kyk wie die beste drama vertoning kon uitvoer.

Ons het 'n ander kant van ons leerders op die verhoog gesien; soos Johan de Villiers wat ons vermaak het met sy interessante aksent en Jurgens Kotzé wat die wolf in Bloukappie gespeel het.

Die beoordelaars het punte toegeken vir kostuums, storielyne, plakkaat, rekwisiete, aantal kaartjie verkope en goeie toneelspel van akteurs. Al drie spanne het goeie verton-

ings gelewer, maar die wenspan vir die aand was die...GROEN-SPAN!

Miëtte van Huyssteen het die pryse gewen vir beste regisseur en draaiboek. Jurgens Kotzé het beste akteur gewen en Amila Dekeda vir die beste aktrise.

Toe die liedjie "Girl, look at that body" begin speel het en van die groenspan-seuns begin dans het, het al die meisies in die gehoor begin gil!

Ek wil Hermanus leerders aanmoedig om die SIT-kompetisie net so te ondersteun soos wat julle die kleuresport Interskole ondersteun.

So koop volgende jaar 'n kaartjie; wees 'n agtergrond akteur en kom beleef die gees op die verhoog.



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CUPID'S CRITICS:

The Rise of "Anti-Valentine's Day"

BY:
Heinrich Louw

Were you single on Valentine's Day? Did you, too, experience the dread of having pink and red vomit and awkwardly performative romantic gestures flood your vision? Well, then consider joining this movement!

The rise and rise of "Anti-Valentine's Day" began with a group of students who started "Slap Day" in 1993, a day that celebrates singledom and symbolises self-respect and moving on from past negativity. Anti-Valentine's Day rejects the commercialism of Valentine's Day and the idea that it should be expensive, performative, and limited only to romantic partners. Valentine's Day can be unenjoyable for both couples and single people, with partners disappointed in not receiving a gift or feeling pressured to spend an arm and a leg on a grand gesture, while single people may feel disappointed and lonely. This



movement has since grown into an international sensation. China's equivalent, "Singles' Day," a shopping event, saw sales exceed \$74 billion in 2020—far more than Black Friday.

So why celebrate this day? While it may seem rather negative and pessimistic, it is actually a way of showing that being single doesn't have to be boring or fruitless and that you should be optimistic about your life rather than dwelling on break-ups and past relationship struggles. If you want to celebrate it, some ideas include hosting a night with your friends, where you have a breakup movie marathon and

play unromantic games like trivia, or simply ignoring the day altogether.

Whether you are single or not, Valentine's Day can often be pressuring and disappointing for anyone, but at least now everyone, singles included, has a day to celebrate.

Lewe is `n 1500m resies

DEUR:
Ana Voigt

Haar oë is voor haar gerig. Die skare se gesuis verbleik na stilte. Die klappgeluid bring haar terug na realiteit.

Die vasgeklemde lywe spat uitmekaar en vorm `n uitgespaseerde lyn. Asem in, asem uit. Die ritmiese geklop van haar hart weergalm die voetvalle agter haar. Haar oë volg die kurwes van die atletiekbaan tot die 100m merk haar verbysteeek. Net so is die eerste rondte verby.

Wat eens `n bondel was word nou `n uitgestrekte lyn, vasgeheg aan die wit geverfde lyne van die binnebaan. Wanneer haar pas verswak, word haar ritmiese asemhaling omgeruil met die klik-klak agter haar. Haar gewig neem stelselmatig toe met elke deurgedrukte meter.

"Amper daar.", jok sy vir haarself.

Die finale klok slaan soos `n verlate gedagte. Haar bene voel swaar, soos die leuens wat haar aandryf. Deusettingsvermoë en disipline dra haar verlamde bene, maar haar dreigende gedagtes klou daaraan vas. Haar longe pomp soos `n nuutgeboorde windpomp.

Die 200m merk kruip verby. Haar siel roep na `n wonderwerk, en die Wonderwerk antwoord terug: "Vertrou op My."

Sy vlieg die laaste 100m met arendsvlerke. Haar bene beweeg so vinnig dat sy dit nie eens kan voel nie. Sy hardloop met onbedwingbare wilskrag en sy is nie moeg nie, want sy vertrou op Hom wat vir haar krag voorsien.

Haar oë is voor haar op die skare gerig. Hulle gesuis verbleik tot stilte. Haar realiteit herinner haar aan die klappgeluid.



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Valentine's Day Flowers for Huis Lettie Theron

BY:
Lin-Mari Slabbert

On the 14th of February, the Interact learners of Hermanus High visited Huis Lettie Theron, an old-age home, to create a special day for each of the residents. We handed out beautiful bouquets of flowers that were collected and put together by the Interactors, along with heartfelt handwritten notes.

As we walked through the halls of the old-age home, we personally gave a bouquet of flowers and a note to each resident. The

gratitude shown by them reminded us that even a small gesture can go a very long way. Knowing that we had made a difference, we left with warmed hearts and a sense of contentment.

Thank you to all the Interact members and learners who helped along this journey. Making a difference in our community goes beyond just making people feel good—it is also about teaching each learner the importance of helpfulness and genuine acts of kindness, which they can carry with them throughout their lives.



Interactors ready to serve our community.
PHOTOS: Stefan Botha

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LOVE IS IN THE AIR:

Cupid's Ball



Four friends captured a joyful moment at the photo booth. PHOTO: Stefan Botha

BY: Jamila Kombe

On the 14th of February, our school came alive under the bus garage, transforming the space into a vibrant celebration of love and friendship.

It all began at 18:00. The gates opened, and eager Hermies rushed to the bus garage to witness the annual tradition of the Grade 8s walking into the venue with a matric of their choice.

After this, the party began. The air was filled with laughter and the rhythmic beats of a local DJ, which set the perfect scene for an unforgettable night.

The bus garage was beautifully decorated with red hearts, creating a romantic atmosphere. As darkness approached, the energy grew. The glowing party lights contrasted beautifully with the night, drawing even more Hermies onto the dance floor.

But the party didn't end there.

Inside the gymnasium, bagels filled with a variety of fillings were served to Hermies who had ordered them. The tuck shop also offered a range of refreshing drinks, sweets, and snacks. Not only was food available in the gymnasium, but there was also a completely free photo booth to capture the night's memories.

As the night came to an end, many students stayed longer, unwilling to say goodbye to an evening filled with joy, laughter, and the rhythm of the music still echoing in their hearts.

Room 2050

BY:
Rachel Hague

The ceiling of the hotel rose high above her like the inside of a cathedral as her high heels clacked against the marble floors. Natalie's eyes flicked to the receptionist, to the necklace that she wore – an exact match to the one around her own neck – when she entered the elevator and just as the doors began to close she nodded to her. It was a wordless exchange and yet everything was understood.

The cold, steel elevator slowly rode upwards as she adjusted the weight of her briefcase from one hand to another. It felt heavier than it should have, her whole being felt heavier than it should have. When the doors finally pinged open she hurried out and down the corridor. She was going to be late. Room numbers flashed past her '2047', '2048', '2049' and then finally '2050'. Natalie schooled her features and inhaled deeply, she had no reason to be nervous, they were doing the right thing. They were doing what was best for everyone. She opened the door.

The room was plain as most hotels were, the curtains drawn over the windows were a sage green and the untouched bed matched perfectly. However, the room was not empty. Seated at a round, wooden table was a short, piggy man and behind him, a tall man clad in black – a bodyguard, she assumed. She slid the briefcase across the table towards the man. He clicked it open and gingerly thumbed through the contents with beady eyes like a magpie that had just found a new treasure.

He asked if it was the amount they had agreed upon and she nodded. She looked down at the open briefcase, at the stacks of green notes within. So much money for such a small thing. Such a small thing that could change the trajectory of their whole country. The bodyguard handed her an identical briefcase, she knew what was inside: a small vial of indigo liquid. Poison. Just enough to kill a president. Natalie inclined her head to both men and exited the room with the new briefcase in hand.

When she entered the lobby once again the receptionist noticed her presence immediately. Her eyes asked a silent question and Natalie smiled, for the first time that day, in response. Yes, she had what they needed she thought, just as the automatic doors of the hotel closed behind her.


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Hermanus High School Shines at Inter-House Swimming Gala

BY:
Jurgens Kotze

The Hermanus High School inter-house swimming gala was a thrilling event filled with fierce competition, record-breaking performances, and enthusiastic school spirit. Held on Tuesday, 11 February, the gala saw 194 swimmers take part, with plenty of cheering supporters.

Final Team Standings

The competition was intense, but the Green Team emerged victorious with an impressive 279 points. The final scores were:

- **White Team:** 158 points
- **Blue Team:** 201 points
- **Green Team:** 279 points

Outstanding Swimmers

The following learners showcased their skills and received well-earned awards for their accomplishments:

- **Junior Victrix Ludorum:** Luné Fouché (36 points)
- **Junior Victor Ludorum:** Liam Trautman (45 points)
- **Senior Victrix Ludorum:** Miëtte van Huyssteen (45 points)
- **Senior Victor Ludorum:** Alex-Zander Jones (28 points)

Record-Breaking Achievements

This year's gala saw multiple records fall as swimmers pushed their limits:

- **Boys 15-16 100m Freestyle:** Liam Trautman set a new record of **1:08.52**, breaking the previous mark of **1:11.42**.
- **Girls 15-16 50m Breaststroke:** Luné Fouché shattered the old record of **45.69** with an impressive **42.21**.
- **Girls 17-19 50m Freestyle:** Miëtte van Huyssteen claimed a new record of **32.50**, surpassing the previous time of **33.36**.
- **Girls Open Freestyle Relay:** The Green Team set a new benchmark of **2:31.75**, improving on the old record of **2:39.34**.

First Team Swimmers Announced

The first team swimmers were also announced on Thursday, 20 February:

- **Under 14 Boys:** Liam Trautman, Jaden Breedt
- **Under 19 Boys:** Jurgens Kotze, Alex-Zander Jones
- **Under 16 Girls:** Malakai Jooste, Isabé van Dyk



Miëtte van Huyssteen ready to rock. PHOTO: Marzaan Oosthuizen

- **Under 14 Girls:** Diëm Peens
- **Under 19 Girls:** Miëtte van Huyssteen, Bianca Myburgh

At the end of the inter-house gala, the **2024 matrics** took part in the yearly tradition of jumping into the pool together.

The inter-house gala would not have taken place without **Mrs Geldenhuys and Mr Kuhn**. Their hard work ensured a smooth and enjoyable event for all participants.

Congratulations to all the winners, record-breakers, and dedicated swimmers who made the day a success!

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Word Search

Find the following words in the puzzle. Words are hidden

- | | |
|-------------|----------------|
| ATHLETE | REFEREE |
| CHAMPION | RELAY |
| COOL-DOWN | SCOREBOARD |
| DISCUS | SHOT PUT |
| ENDURANCE | SPEED |
| FIELD | SPRINT |
| FINISH LINE | STAMINA |
| HIGH JUMP | STARTING BLOCK |
| HURDLES | STOPWATCH |
| JAVELIN | TRACE |
| LONG JUMP | TRIPLE JUMP |
| MARATHON | VICTORY |
| MEDAL | WARM-UP |
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The Vital Role of Physiotherapy at Attwood & Associates

In the competitive world of youth sports, young athletes dream of championships, personal bests, and the thrill of victory. But with these dreams comes the risk of injuries that can sideline even the most dedicated players. We believe that every athlete deserves the chance to excel—not just in performance, but in health and well-being too. That's why our expert physiotherapists are here to support you every step of the way, ensuring you stay strong, recover faster, and perform at your best.

PREVENTING INJURIES:

Stay in the Game!

Injuries can be frustrating and discouraging, but they don't have to be inevitable. At Attwood & Associates, we take a proactive approach to injury prevention. Our physiotherapists create personalized programs that focus on building strength, flexibility, and coordination. Through comprehensive assessments, we identify potential risk factors and implement strategies to keep you on the field and off the sidelines. Whether you play rugby, netball, hockey or any other sport, our goal is to help you push your limits safely and confidently.

STRENGTH AND CONDITIONING:

Build Your Foundation for Success!

Want to become stronger, faster, and more agile? Our physiotherapists work closely with coaches to design dynamic strength and conditioning programs tailored to your unique needs.

Using evidence-based techniques, we help you build the muscle endurance, power, and agility needed to outperform the competition. Imagine shattering your personal records, outrunning your rivals, and reaching new heights in your sport—it's all within your reach with the right guidance!

MANAGING INJURIES:

Your Path to Recovery

Injuries can feel like a roadblock, but at Attwood & Associates, we see them as an opportunity for growth. Our comprehensive rehabilitation services address both the physical and emotional challenges of recovery. We craft individualized rehab plans that inspire you to regain your strength, rebuild your confidence, and return to the sport you love.

With our support, the recovery process becomes a stepping stone to your next big achievement.

BACK IN THE GAME, BETTER THAN EVER!

Our ultimate goal is to get you back on the field safely and quickly while instilling lifelong habits for health and resilience. We take a holistic approach to your athletic journey, ensuring you not only recover from injuries but also develop the skills and knowledge to prevent them in the future. At Attwood & Associates, we're committed to helping you build a thriving athletic career that lasts a lifetime.

WHY PHYSIOTHERAPY MATTERS

Integrating physiotherapy into school sports programs is essential for nurturing high-performing athletes.

At Attwood & Associates, we're passionate about injury prevention, performance enhancement, and effective rehabilitation. Our team is dedicated to helping you unlock your full potential, both on and off the field.

So, whether you're recovering from an injury, looking to improve your performance, or simply aiming to stay in the game, Attwood & Associates is here to help.

Your journey to success starts here—let's make your athletic dreams a reality together!



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A bioblitz for the Overstrand

Started in 2016 as a competition between San Francisco and Los Angeles the City Nature Challenge, CNC, has grown into an international event in its 10th year and Overstrand's 4th. People around the world are motivated by the CNC to find and photograph wildlife around them. CNC goals:

- Connect people in urban areas to nature
- Connect people to each other
- Collect biodiversity data for use in science, conservation etc
- Grow volunteer biodiversity documentation
- Have fun through friendly competition and global collaboration

World CNC 2024 participation by the numbers

- Observations: 2,436,844
- Species: 65,682+ (including more than 3,940+ rare/endangered/threatened species)
- Observers: 83,528
- Most-observed species globally: Mallard duck (*Anas platyrhynchos*)
- Cities: 690
- Countries: 51

CNC is an annual 4-day global bioblitz at the end of April to see who can gather the most observations of nature and engage the most people in the event. See: www.citynaturechallenge.org

To join: <https://www.inaturalist.org/projects/city-nature-challenge-2025-overstrand>

Click on the GREEN JOIN button. If you are already a member of



iNaturalist, first log on. Otherwise sign up to iNaturalist at the prompt. See the new Journal postings to assist you with your photo taking. Start practicing for the CNC and get your family and friends to join you.

We need to showcase the amazing biodiversity of the Overstrand to the world.

Check out the Overstrand Bioblitzing Facebook site for latest news and tips on how to sign up on iNaturalist and become part of the bioblitzing for 2025 – <https://www.facebook.com/groups/522034079236092/?ref=share>

Remember it is not only plants we photograph in the City Nature Challenge but all living things, other than humans and pets.

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VISIONARY FUTURE:

An Interview with Mr Smuts



Mr Smuts thriving. PHOTO: Stefan Botha

BY:
Heike Kuchar

To be a Hermie is to thrive; one cannot exist without the other. When I delve into the depths of our school's heart, it becomes clear that it's not just about lessons and exams—it's about building a place where every student feels empowered to reach their fullest potential. It's about more than grades or accomplishments; it's about creating an environment where students feel understood, supported, and inspired to discover who they are. This vision of thriving is rooted in fostering resilience, nurturing curiosity, and igniting a passion for learning that stays with them long after they leave the classroom. However, we cannot use "to thrive" without knowing its meaning and significance. Luckily, Mr Smuts lives for a visionary future!

Is there a story behind our vision?
I was not part of the creation of the

Vision of Hermanus High School. I do love it, though. "We are committed to developing the full potential of each learner, inspiring them to follow their dreams."

For me, there is a story. In the same class, we have two learners from two very different circumstances at home. One sleeps in a warm bed, has their own room, and has all they need. They are woken up by their mum with a nice breakfast and are dropped off at school on time, with enough money to buy something at the tuckshop.

The other learner sleeps in a one-room house, is cold, does not have breakfast, has to drop off a younger sibling at a crèche, and walks to school, hoping to be on time. They also have no extra money for food at the tuckshop.

Very different circumstances. Can we inspire them, despite their different circumstances, support, and resourc-

es, to follow similar dreams? Therein lies the challenge. The vision does say that we are committed to developing each learner, which means we have to be aware of the diverse backgrounds and opportunities of the learners under our care in order to guide them towards their dreams.

Why the word "thrive"?

"Thrive" coincidentally rhymes with "twenty, twenty-five—Thrive." Thriving suggests more than just merely existing. Other words similar to thriving are flourishing and being prosperous. Now, that is what I wish for every individual (pupil and staff member) at our school. In a very busy schedule, we can get caught up in being "busy", but it doesn't mean that we are "productive" or adding value. We end up chasing our own tails and don't make the progress that we should. So, my wish for everybody who is part of the HERMIE family is that they will thrive, flourish, and be productive in 202(Thrive).

How can we implement this vision?

We want to implement "Thrive" at Hermanus High School as part of a positive mindset. Each one of us who is part of the HERMIE family has a corporate responsibility to remind each other, whenever we are merely "existing" at school, to rather step up and thrive. It refers to the way in which we approach and do things.

You can either do something just to get the box ticked, or you can choose intentionally to do a great job, to go above and beyond, to exceed expectations. With that kind of mindset, we will be in pursuit of excellence every day at Hermanus High School. We will be thriving.

Lastly, what goal are we aiming to achieve with this vision?

The aim of this vision is for us all to become better than we were when we arrived at Hermanus High School—an improved and better version of ourselves. Parents and learners come to our school because they believe it is the best school for their child.

So, after five years of moulding, influence, and exposure to the Hermie Magic, we hope to have produced a well-rounded individual who is independent and ready to face the world and all its challenges. In spite of the challenges and curveballs that life might throw at you, we hope you will be equipped with the necessary skills and values to flourish in an ever-changing world with new, fresh challenges every day. We hope that many HERMIES will be able to return to share with us that they are busy living their dreams.

To be a Hermie is to thrive—mend this vision within your beliefs and make a difference beyond the classroom!

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