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 #WeAreReddam

REDDAM HOUSE
UMHLANGA



NEWSLETTER | 17 July 2020 | VOLUME 10

FROM THE HEAD

Dear Parents

Mandela Day is commemorated annually on Nelson Mandela's birthday of 18 July. It is not only celebrated in South Africa but around the world and is inspired by a call Nelson Mandela made shortly before he died for the next generation to take on the burden of leadership in addressing the world's social injustices when he said that "it is in your hands now" It is a global movement to honour his life's work and to change the world for the better.

Nelson Mandela was imprisoned for 27 years of his life for his political views and his attempts to make South Africa a better place for all South Africans. He lost out on watching his children grow up; his mother died and he could not attend her funeral; the law firm that he established and built up collapsed; his wife was threatened, interrogated and assaulted whilst he could do nothing to protect her. One would think, on being released from prison in 1990, that he would have embarked on a campaign to seek revenge, retaliation and serve his own interests to get compensation for the almost three decades that he lost of his life.

However, when faced with a choice of conducting the rest of his life in his own interests or serving the interests of the greater majority of South Africans, he chose the latter. He said: "As I walked out the door toward the gate that would lead to my freedom, I knew if I didn't leave my bitterness and hatred behind, I'd still be in prison."

Nelson Mandela knew more than anyone else that there would be no easy walk to freedom. He would have to unite a divided people; fix a broken economy and deliver on his promises of undoing hundreds of years of inequality and also to win over the hearts of the pessimists who said that it could never be done – that this country was doomed to follow in the footsteps of other post-independent African countries that had promised so much but had failed. He could see a bigger picture for the collective good of all South Africans. He was not driven by any selfish ambitions.

This year's Mandela Day takes place under unique circumstances. Communities across the world are affected by the spread of Covid-19, which has hit every economy, causing new social and economic challenges and exacerbating old ones. The lockdown regulations that have taken hold this year have, possibly for the first time, given most of us a small sense of what it means to have our movement restricted and to experience discomfort. In order to halt the spread of this devastating pandemic, our President has imposed social distancing restrictions on all South Africans; implemented curfews and made the wearing of masks compulsory. It has meant missed birthday celebrations; postponement of weddings; cancellations of holidays and not being in the company of extended family and friends. It has been hard. Masks in particular are uncomfortable. But, these uncomfortable measures are necessary to protect every individual – rich and poor - from the devastating impact of this pandemic.

The reality is that we are not going to stop the Covid-19 pandemic if we are a nation of people only concerned with our individual interests. Of late, too many people are behaving recklessly with no 'bigger picture' implications for their individual behaviour and are not taking any responsibility for themselves with the coronavirus basics, such as wearing masks and undertaking social distancing. The wearing of masks helps to protect the wearer as well as those around them. The term social distancing means not inviting those outside the family with whom you live into your house; not organising or attending parties or social gatherings at other people's houses; not going away to holiday homes with anyone other than those with whom you live; not attending large gatherings of more than 50 people; not exercising in large groups without wearing masks. The lack of co-operation prompted our State President to impose further restrictions on South Africans' behaviour when he addressed the nation on the

evening of Sunday 12 July. It was a collective “telling off” for our general good. Unfortunately, in a pandemic, everybody is impacted by other people's bad choices.

Our return to school to school safety protocols have been specifically designed to isolate individual grades. Teachers have selflessly given up their specialist classrooms and teaching venues to travel to the students so as to restrict student movement thereby minimising the number of people that each student is exposed to. Our teachers generously sacrifice more of their personal time to arrive at school from 06:30 in order to undertake additional COVID-19 duties such as health screenings. The intention is to limit the potential for infection to spread. It is our fervent desire to make it possible for every student and every staff member to feel safe enough to return to school and not remain cocooned in their homes. However, our efforts come to naught without the continuation of safety protocols such as social distancing when leaving the relative safety of our campus. It requires the support of all Reddam House Umhlanga families to limit their contact with anyone else outside of their home.

To defeat COVID-19, will take a society made up of individuals who recognise that there is something beyond themselves; who have a sense of responsibility and restraint that guides their interaction with others at all times. We will need to conduct ourselves selflessly like Mandela did. It requires continued courage. It requires us to continue to sacrifice the liberties that we so desperately want back. Stopping the Coronavirus is the responsibility of all of us. It is not the time to be selfish or find short cuts. Yet, taking our example from Mandela, we can't let our bitterness imprison us. As Mandela said: “What counts in life is not the mere fact that we have lived. It is what difference we have made to the lives of others that will determine the significance of the life we lead.”

ADAM ROGERS
HEADMASTER

GENERAL NEWS & INFORMATION

Staff News

Mr Phil Edmonds will be leaving Reddam House Umhlanga to take up a position at Reddam House Berkshire. Mr Edmonds' last day will be Friday 14 August. **Mr Ryan Smith** has been appointed as locum teacher of Business Studies from Monday 17 August until the end of the year. A Reddam House Umhlanga parent, Mr Smith holds a Bachelor of Business Administration degree. He managed his own printing business before deciding to study towards his teaching qualification. Mr Smith is also a freelance pyro technician, sound & lightning engineer and professional photographer.

We are in the process of confirming the replacements for the Grade 8 and 9 headships which we will announce in the next newsletter.

Daily Registration

Now that we are into our second week of Covid-19 protocols we are looking at ways in which we can streamline the process for our staff and students. One such way is that as of this week, we have removed the registration period first thing in the morning. The students report straight to their first lesson whether online or physically present and staff will record the absences in this lesson. A registration period is built into the timetable every Friday so that staff and students can still connect with each other in a more informal setting and catch up on the week that has gone and then plan for the week ahead.

Cycle Tests

A detailed letter pertaining to the new cycle test procedures and protocols was sent out earlier in the week to all parents and students. The biggest change is that those students who are online, must now ensure they log onto the Google Meet with two devices so that they can be seen throughout the assessment. The onset of loadshedding has further added to the complications of our hybrid model and we have therefore shifted the time of the bi-weekly cycle tests in order to be outside of our scheduled loadshedding times. As of Tuesday 21 July the cycle tests will be written from 12:30 to 13:30 (periods 9 and 10 on the timetable). The lessons that are scheduled to take place in lesson 9 and 10 will take place earlier in the day in periods 3 and 4 (previously the cycle test period).

Loadshedding

The reintroduction of loadshedding has provided challenges as we navigate our way through the hybrid approach to lessons. We are currently in the process of investigating various solutions to ensure that loadshedding does not interrupt the delivery of virtual learning in particular. In the interim, teachers will upload the work to be covered during the course of the day in the specific Google Classroom. This will allow students at home to work on the allocated work should loadshedding at the College interrupt the live virtual lesson. Teachers will continue to record

their lessons and upload these recordings to Google Classroom should loadshedding impact on those students at home. They can watch these recorded lessons at a later time.

Hair & Uniform Expectations

This is an appeal to parents to assist us in ensuring that your son/daughter attends school appropriately attired. While students are wearing civvies from Monday to Thursday of each week, they are expected to be attired in a manner befitting a school environment. Strappy, low-cut tops, shorts that are excessively short or leggings that are revealing are simply not acceptable. Parents will be contacted from next week to bring a change of clothing for those students who elect not to cooperate in this regard. Students may not have obviously dyed hair and jewellery, other than the regulation jewellery that is permitted with the uniform. Girls' hair must be tied up if the length is such that it would touch the collar. Now that students are expected to wear their "step-out" uniforms on Fridays, we can no longer condone hair that is not in keeping with the code of conduct. Boys who have not yet had their hair cut need to do so as soon as possible.

A date for the resumption of the daily wearing of school uniform will be announced in due course. In the interim, parents are encouraged to inspect their child's uniforms to determine whether the items of clothing may need mending or replacing. The Uniform Shop has resumed business.

Term 3 Extramural Expectations

With Covid-19 regulations in place for the foreseeable future, our extramural activities will take place mainly through the 'In Da House' competitions. These sporting and cultural activities will be done through the use of our online platforms. Extramural challenges and activities are essential for student connection; mental and physical wellbeing and in keeping with our holistic educational ethos. Students will compete in their own spaces before submitting their results that will count towards the House Competition. Our students also have the opportunity to compete with other Reddam House schools in an inter-school virtual cross country challenge.

All students have signed up for at least two activities taking place this term. Depending on the activity, there are weekly sessions for students to attend so that they can work on their submissions or train for their events. Each event is compulsory and every student should submit or attend these. If they fail to do so they will be issued with a demerit. If you require further information on these events please email Mr Ross Veenstra at ross.veenstra@reddam.house

Pick up & Drop off Arrangements

Kindly refer to this diagram for details as to where to collect your child after school. Two lanes have been provided in the College car park to accommodate a pick-up zone for Grade 10 to 12 students (left lane) and a drive through zone for collection of the Grade 8 and 9 students near to the Creative Arts Centre.



NCUK

THE UNIVERSITY CONSORTIUM

INVITATION to all Parents, Guardians & Students

Over
35,000
international students
at universities
since 1987

Your best route to UK universities

Parents, Guardians and Students are invited to take part in the NCUK Information Webinar, affording you the opportunity to learn more about the Northern Consortium of United Kingdom Universities (NCUK) and routes to the UK, Canada, Australia, New Zealand and the US for international students across a diverse range of universities.

The International Foundation Year (IFY) is a post-Matric qualification designed with our university partners to prepare students for first year entry to undergraduate degree courses. Studying in small classes with NCUK in South Africa before students start their degree will give students the confidence they need before embarking on their degree course. All curricula, examinations, coursework and moderation are provided externally by NCUK and taught via our accredited partners in South Africa.



The Information Webinar will take place on Thursday 23 July at 17:00.
For more information and to confirm your attendance at our Information Webinar, please contact: enquiries.ncukify@reddam.house

Hosted by **REDDAM HOUSE**
www.reddamhouse.com

Member of **inspired**
www.inspired.co.uk



Like A-Levels, students will choose three academic modules depending on which degree area is of interest to them. In total, NCUK students have a choice of around 4 000 degrees across the university network, including everything from Electrical Engineering to Business Management, International Law and Medicine. The IFY also comes with the 'NCUK Guarantee' which means students who successfully complete a NCUK qualification and actively engage with NCUK's University Admissions and Placement Service gain a guaranteed place at a NCUK University. 90% of students do achieve progression to their first choice university with over 80% then going on to achieve a first or second class degree upon graduation. Hosted by NCUK (including a representative from the

University of Kent), attendees will gain further understanding of the UK and the opportunities available to students both during and after graduation. It will also be a chance to highlight the unique opportunity that students will have from January 2021 right here in South Africa as well as the evolving working opportunities they have after studying in the UK.

Yours sincerely,



Andrew Straughan
Regional Manager
(Africa and the Middle East), NCUK

SCAN ME
TO LEARN MORE



HOW DOES THE IFY PATHWAY WORK?

The NCUK International Foundation Year is designed by NCUK university partners to prepare you for entry to thousands of degree courses.

Earn Your Local Qualification

Successfully complete your high school qualification



NCUK
International Foundation
Study IFY at Reddam House



Progress to University

Choose from thousands of courses with the NCUK university partner network

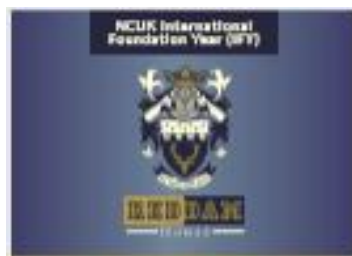


We very much look forward to having you with us at our Information Webinar. Click [HERE](#) to register for the event or alternatively contact us at enquiries.ncukify@reddam.house



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LEARNING IN A FURTHER CITY
NCUK
THE UNIVERSITY CONNECTION

University Course Finder

Search

Search for thousands of degree courses available for you to study after completing the NCUK International Foundation Year successfully.



And many more pathways for you to choose from.

Visit our search tools today to search for your perfect degree.
www.ncuk.ac.uk/study/uk/university/degree

Chat to our Ambassadors

Get a question about one of our courses for student life at our Universities in the UK? Send a message to one of our friendly student ambassadors.

www.ncuk.ac.uk/study/uk/university/degree



NCUK Universities

Students who successfully complete the NCUK International Foundation Year gain guaranteed access to NCUK Universities. Take a look at the selection of NCUK Universities in the UK that you can progress to!



Study Abroad with NCUK

We are experts in providing international students with the perfect pathway to gain access to universities all around the world. We have helped over 35,000 students achieve their dream of studying abroad at university.

We know that choosing to study abroad is a big decision and we are here to provide you with guidance and advice to help you through your journey.

Read through our student friendly study abroad guide to find information on cities, language, culture, safety, money and more.
www.ncuk.ac.uk/study-abroad



Successful completion of the NCUK International Foundation Year qualification provides students from Reddam House with guaranteed* access to NCUK Universities.
*The success of NCUK International Foundation Year is not guaranteed.



Get in Touch With Reddam House

Contact our Reddam House Virtualist!

Reddam House Virtualist
Address: Reddam House Virtualist
Reddam House Virtualist
Reddam House Virtualist

www.ncuk.ac.uk

Member of **Inspired**

About Reddam House

Reddam House is a proud member of Inspired, a leading global premium schools group educating over 27,000 students in 42 schools, which provides access to international educational best practices and solving edge learning problems.

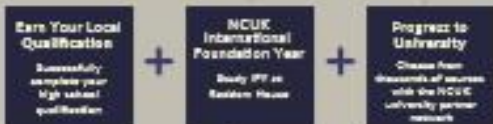
As a member of Inspired, Reddam House offers a fresh and contemporary approach to education by reimagining traditional learning methods and curricula, and creating a more dynamic, relevant and powerful model reflecting current realities.

Reddam House uses a curriculum to provide education with a definition to excellence, permitting every aspect of the school, including its structure, and changing and existing students, performing and learning programmes.

Reddam House Cambridge and Reddam House Virtualist both offer the NCUK International Foundation Year, an outstanding qualification which guarantees students access to NCUK Universities upon successful completion.

HOW DOES THE REDDAM HOUSE IFY PATHWAY WORK?

Reddam House offers the NCUK International Foundation Year, designed to NCUK university partners to prepare you for entry to thousands of degree courses.



Start the IFY in January and progress to leading UK universities in September

The International Foundation Year is a pathway to university that is designed to help you progress to university in September.

	English	IELTS	University
Cambridge	2.0	5.0	University
International Foundation Year (IFY)	2.0	5.0	University
NCUK	2.0	5.0	University

1. Complete English and IELTS to meet the requirements.

How will I be assessed?

2. Assessment will be a combination of written exams, writing, presentation and oral communication.

The IFY qualification consists of:

1000 hours of learning, 1000 hours of learning, 1000 hours of learning.

Have you received a matrix certificate via IELTS, NCUK or IELTS?

Check NCUK website for more information on Reddam House and the pathway.

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Check NCUK website for more information on Reddam House and the pathway.

Find out more:

www.contentful.reddamhouse.com or www.virtualist.reddamhouse.com



NCUK University Admission and Services

If you successfully complete your NCUK International Foundation Year, you will be guaranteed access to NCUK Universities. Your NCUK University partner will provide you with the necessary support and guidance to ensure you progress to university. You will not be required to provide any IELTS or IELTS results to progress to university. You will not be required to provide any IELTS or IELTS results to progress to university.



NCUK always acts in your best interest, helping you realise your dreams and ambitions.

NCUK Overseas University Scholarships

NCUK is pleased to offer a scholarship of NCUK International Foundation Year to students who are successful in their studies.

NCUK University Scholarships

NCUK University Scholarships

NCUK University Scholarships

NCUK University Scholarships

NCUK University Scholarships

NCUK University Scholarships

NCUK University Scholarships



Why Study with NCUK?

NCUK recruits students from over 100 nationalities each year

90% of NCUK students get the first choice university

80% of NCUK students achieve a first or second class degree

NCUK, Your best route to university.

Did you know?

Since 1987, NCUK has placed over **35,000** international students on to university.



Mid-Year Academic Awards

Congratulations to the following students in Grades 8 to 12 to have been awarded merit certificates for achieving an overall average of 80% and above over all subjects (excluding LO) within the first two terms of the year.

Grade 8

Pirash Baijnath	Shristi Balgobind	Shayur Bansee
Rebecca Dally	Kate Harding	Wilhelm Ip
Ruth Kesene	Amber Lewis	Jamie Lofstedt
Keshav Lutchman	Kyle Mackay	Ella Matthews
Jessica Pooler	Paige Ramsamy	Gianna Reddy
Nahav Reddy	Elizabeth Retief	Jean Yu

Grade 9

Yareev Baniparsad	Yumika Bhoda	Tristan Daly
Josh de Beer	Christian Elsner	Esther Ephraim
Azrah Essop	Josanne Fincham	Branson Jabour
Hannah Karodia	Ethan Kruger	Mbali Kweyama
Minyang Li	Steven Mafuru	Risa Makan
Mahek Peeroo	Roche Potgieter	Jayden Reddy
Caitlin Roden	Liam Ryan	Kate Searle
Charlotte Sinclair	Kriya Singh	Kushiv Singh
Kiara Whiteboy		

Grade 10

Luke Buxton	Gemma Coleman	Mitchell Coull
Bridget-Leigh de Sousa	Maya de Souza	Shivandran Govender
Joshua Houston	Chrisantha Munsami	Varan Naidoo
Noah Rogers	Layla-Ann Sachse	Kayur Simon
Luke Stern	Tia Thathiah	Rhys Tweedy
Jed Yellappen		

Grade 11

Yo Chen	Simone Ephraim	Michaela Ehrich
Tyra Fenger	Shrien Naidoo	Brogan Rolfe
Erin Webb		

Grade 12

Thoraya Bonnin	Sarah Donkin	Caitlyn Fincham
Sarah Harding	Robert Jessop	Diya Lutchman
Georgia Mackay	Kelly van der Vyver	Tiaan Walters

Top 3 in the Grade

Third in Grade 8:	Elizabeth Retief
Second in Grade 8:	Jean Yu
First in Grade 8:	Ruth Kesene

Third in Grade 9:	Kushiv Singh
Second in Grade 9:	Christian Elsner
First in Grade 9:	Mahek Peeroo

Third in Grade 10:	Kayur Simon
Second in Grade 10:	Bridget-Leigh de Sousa
First in Grade 10:	Gemma Coleman

Third in Grade 11:	Yo Chen
Second in Grade 11:	Brogan Rolfe
First in Grade 11:	Simone Ephraim

Third in Grade 12:	Kelly van der Vyver
Second in Grade 12:	Caitlyn Fincham
First in Grade 12:	Georgia Mackay

Grade 8 – 11 Global Competencies Day: Wednesday 29 July

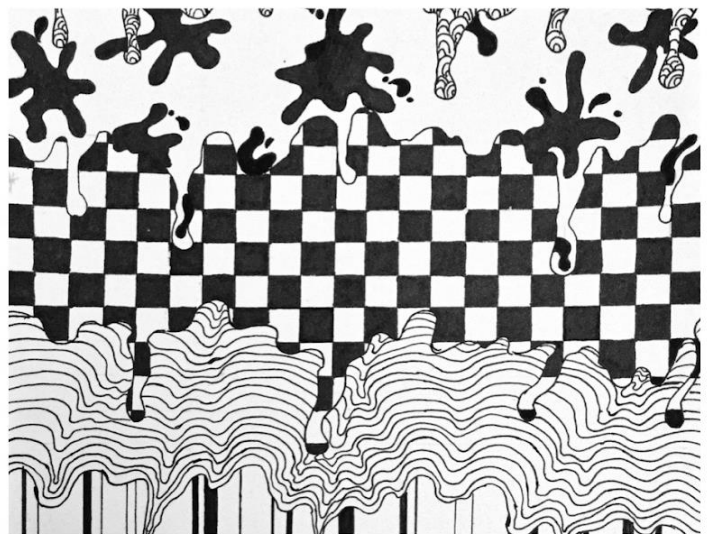
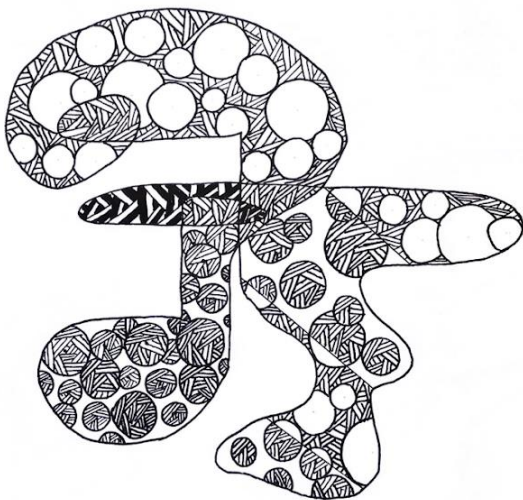
The Covid-19 pandemic has proven now more than ever that we need to be cognisant of preparing our students for an unknown future. The key competencies of creativity, critical thinking, communication and collaboration have been highlighted as the 21st century skills that teachers need to be incorporating into all of our syllabi. Although there are many instances of these and other essential skills that are a part of our curriculum, we are taking time out of the day on Wednesday 29 July to workshop activities and lessons that build these specific skills. Grade 8 and 9 students will work through these workshops from 10:00 to 12:00 and then Grade 10 and 11 students will have the workshops from 12:30 to 14:30. All workshops will take place in register classes and students will stay in their allocated zones and seating plans. Online students will be given a programme to follow at home. Normal lessons take place at all other times of the day.

Grade 9 Subject Choice Evening: Thursday 30 July

Our annual Grade 9 Subject Choice Evening takes place on Thursday 30 July via the Zoom platform. Parents and Grade 9 students will be sent an invite electronically and will log on at 17:00 to hear an address from Mr Rogers and Mr Dekker, the psychologist who ran the educational assessments. Mrs Lourens will finish off the evening with an explanation of the decision process to follow. Teachers will load videos onto the Grade 9 Google platform which outlines their various subjects and students and parents are encouraged to watch these videos in order to gain insight into the course content from Grade 10 to 12.

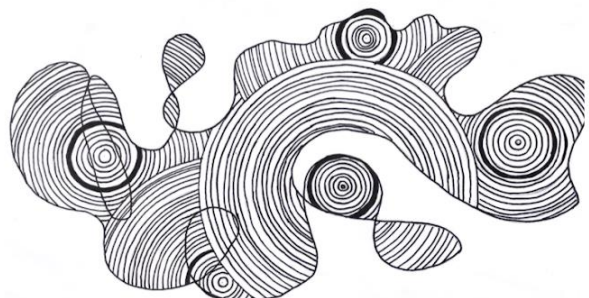
Visual Art

This term, the Grade 8 and 9 students are working through drawing exercises based on Bert Dodson's book "Keys to Drawing with Imagination". This book is designed to not only develop skill and technique in drawing, but to develop creativity and lateral thinking. It starts with doodling and each exercise gets progressively more challenging. The following examples are from the first exercise in the book: Doodling and Noodling. The doodling stage is different from the noodling stage. Doodling is typically free, loose, spontaneous, vigorous and fragmentary. The noodling stage is often controlled, patient, mechanical, repetitive and complete. But these neat categories have a way of spilling into each other.

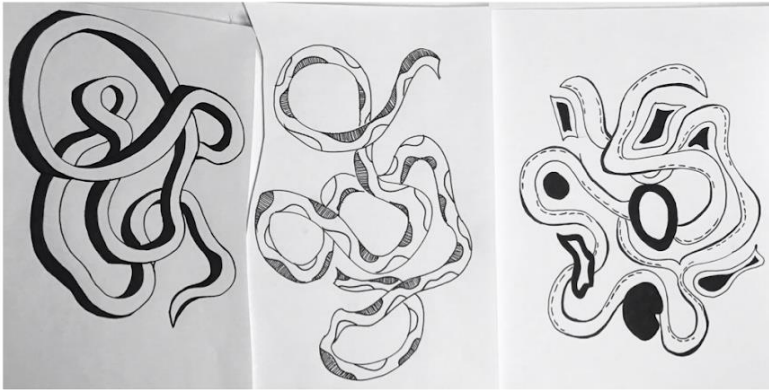


Grade 8

**CLOCKWISE: KAYLA MOODIE,
JAMIE LOFSTEDT, KAYLA MOODIE**

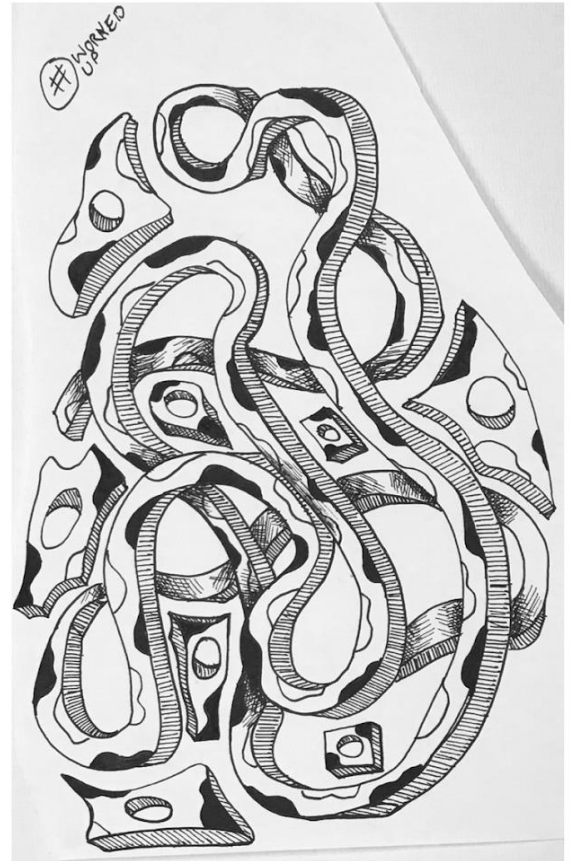


For the second exercise the students had to create variations of doodles that were of a similar type and then focus on developing one further than the rest.



Grade 9

ALL OF THE IMAGES HERE ARE BY
CHRISTIAN ELSNER



Reddam House Umhlanga Advantage Learn High Performance Maths Academy Update

Applications for Term 3 are still open to Reddam House Umhlanga students. Register at www.advantagelearn.com/maths-academy. Advantage Learn has also added Science and Afrikaans to their offering. For the Afrikaans Academy click on www.advantagelearn.com/afrikaans-academy and for the Science Academy click on www.advantagelearn.com/science-academy/

BOARDING NEWS & INFORMATION

Return of the Reddam Residents

Sixteen Reddam residents returned on Monday 6 July with the remainder expected back by 3 August. Fun activities scheduled for this weekend include watching the surfing at Umhlanga or cycling on the Durban promenade. Sunday will be spent meandering on the beach from Umhlanga to Umdloti and back.



CULTURAL NEWS & INFORMATION

Interhouse Music

Our first virtual Interhouse Music Competition has kicked off in earnest with houses competing in different and unique categories, all through online collaboration.

Original songs, vocal and instrumental music and even electronic tracks will be produced by each house and will all be judged by a panel of professionals from the music industry. As musicians find themselves pushed further and further into the digital environment in these trying times, we are excited by the skills already shown by our students and look forward to some great musical items.

Interhouse Visual Art

Our first Interhouse Visual Art competition is based on an initiative started by the Getty Art Museum during lockdown restrictions in the USA this year. Since visiting an art gallery was out of the question, the folks over at the Getty Museum in Los Angeles came up with a creative way to keep art lovers occupied — by challenging them to re-create famous artworks at home.

The original challenge was posted on Twitter. See below:



Getty
@GettyMuseum



We challenge you to recreate a work of art with objects (and people) in your home.



- 1 Choose your favorite artwork
- 2 Find three things lying around your house
- 3 Recreate the artwork with those items

And share with us.



6:09 PM · Mar 25, 2020



27.1K



16.2K people are Tweeting about this

We have set this same challenge as the first of our Interhouse Visual Art competitions. We can't wait to see what our students create.

Interhouse Dance

This week saw the launch of our first ever virtual Interhouse Dance Competition. Each house is required to choreograph and conceptualise 3 different dances in 3 contrasting styles. Congratulations to the following students who will be leading their houses:

Thongathi

Rebecca Holloway
Shweta Ramgobin

Ohlanga

Maya de Souza
Carl Oosthuizen
Caillym Ganesh

Umdloti

Rachel Keats
Grace McIlroy

Interhouse Plays

"Zooming around the World" house plays take place online this year. House play directors and producers have been very busy auditioning and casting their plays. We look forward to rehearsals kicking off next week. This year the directing team have elected to write their own plays. Thank you to all those who auditioned and we

look forward to seeing you on the “digital stage.” The directing and producing teams for 2020 are.

Ohlanga:

Director: Ayanda Chiliza

Producer: Ayanda Dlamini

Thongathi:

Directors: Demi De Charmoy, Jessica Martin and Tamia Reddy

Producer: Kimera Mohangi

Umdloti

Directors: Catherine Maroun, Zukiswa Mhlongo and Erin Webb

Producer: Tyla Murphy

Come Dine with me Reddam

We are all set up and ready for the cooking challenge of the year! Teams will spend next week creating their menus and selecting who will be making and creating the different dishes. Every week a Mystery Box Challenge will be revealed. One team member has 48 hours to create an original recipe with the ingredients given. A professional chef will judge the Mystery box challenges and the final submissions will be judged by South African Master Chef Season 3 winner Roxi Wardman. Captaining their teams are:

Junior Chefs

Ohlanga

Netanya Chetty and Divya Venkatesan

Umdloti

Georgia Whitlie and Faye Ellis

Thongathi:

Catherine Eastes and Joshua Ribbonaar

Senior Chefs

Ohlanga

Kari Kriel and Maxine Morey

Umdloti

Hannah Ferreira and Daniela Roberts

Thongathi

Bridget De Sousa and Taryn Jabour

Please come and support
Aidan as he sells **67** bottles of
homemade lemonade and
Christian as he sells **67** bars of
homemade soap this Mandela Day
in support of



BHAMBAYI PROJECT
rooted in hope

Saturday 18th July from 9am to 3pm
at 45 Margaret Maytom Avenue

Pay by cash or **zapper™**



COMMUNITY SERVICE NEWS & INFORMATION

Compulsory Community Service Hours

As communicated in previous newsletters, every student is required to complete 15 hours of community service a year. Many of our students have successfully logged hours through the College Outreach Tab on the Reddam House Umhlanga App. These hours were reflected on their reports last term and the updated hours will appear again on the fourth term reports.

This term will see the Outreach Portfolio launching a number of different opportunities that will allow every student to complete their 15 hours for the year. Many students have used their own initiative in the last few months to contribute to outreach projects, and we look forward to another successful term of giving back.

WELLNESS INFORMATION

Physical Wellness

According to the Health Minister Dr Zweli Mkhize, South Africa has entered its peak in COVID-19 infections. Although we are still on level 3, South Africans are urged to stay indoors as much as possible and only go out for essentials. Many South Africans are isolating post a positive test, while some are quarantining at home post exposure to positive individuals. If there was ever a critical time for protecting ourselves and immune boosting, that time is now. Immune boosting aids in fighting off bacteria and viruses. There are a number of recommended vitamins namely Vitamin C, Vitamin D, Zinc and probiotics. Additional to supplements and nutrition is the need to exercise daily. Exercise may help combat the disease by boosting our immune systems and counteracting some of the co-morbidities like obesity, diabetes, hypertension, and serious heart conditions that make us more susceptible to severe COVID-19 illness. Please stay safe and healthy.

Emotional Wellness

It is important to acknowledge that whilst some may not be particularly worried about COVID-19, others may be terrified. Fluctuating anxiety; in keeping with the latest statistics and trends in the virus is also an absolutely normal response to these extraordinary circumstances.

With the recent return to school – all our students' experiences are likely to be completely unique and subjective. As much as from a practical front – the school can put all possible COVID policies and procedures in place – children and teenagers will ultimately be looking to their parents or guardians in terms of how to respond to the measures in place and for safety and reassurance.

It is so tough as a parent in the most uncertain of times to be a calm, reassuring voice to any worries your child may have. However, this is so very important to ease your child's anxiety about returning to school. Modelling and demonstrating that you are confident in the school's approach is so important to minimize any doubt and anxiety in your child. Start with an open conversation about how they are coping or feeling about returning to school. Keeping that door open is vital. Normalizing anxiety regarding returning to school is helpful and may take a few days or weeks for it to become another 'new normal'.

SPORTS NEWS & INFORMATION

Inter Reddam / Redford Virtual X Country

We have a very exciting event this term with an interschool cross country being held against all the Reddam House and Redford House schools around the country. Our cross country runners will be required to submit their times after running 4 kilometers once a week. These times will be sent to Gauteng to determine the winners.

Surfing

With the easing of restrictions on some sporting codes, surfing will take place every Saturday morning at 7am at Umhlanga main beach. Mr Beach and Mr Skinner will be running the sessions and a surf report will go out by 6:45am to all the surfers that have signed up.

Cycling

Our first interhouse cycling event takes place on Saturday 18 July in which those who have signed up are required to cycle 30 kilometers and to submit evidence of their times through the specific Google Classroom.

Wednesday Wellness Sessions

We will be hosting live training sessions on the Physical Challenge Google Meet platform every Wednesday at 15:45. Mr Jones and Mr Veenstra will be running the sessions.

Interhouse Trick shots

All students that have signed up for the trick shots competition have to upload their video to the Trick Shots Google Classroom by 27 July. Details can be found in this classroom.

Updated Interhouse Cross Country Results from Term 2

Kate Searle and Jamie Sindt were erroneously omitted from the Top 4 Interhouse Cross Country places. We apologise for the error

Girls:

1. Taryn Jabour (16 minutes)
2. Gemma Coleman (20.16 minutes)
3. Michaela Ehrich (20.39 minutes)
4. Kate Searle (22:15)
5. Georgia Swart (22.56 minutes)

Boys:

1. Kolbe Collett (15.56 minutes)
2. Josh Swart (16:13 minutes)
3. Jonathan Hicks (18.24 minutes)
4. Jamie Sindt (18:35 minutes)
5. Josh Collins (19.41 minutes)

PARTNERSHIP NEWS & INFORMATION

Gold Navy Online Second Hand & Supporters' Store



**SUPPORTERS GEAR
AND
PRE-LOVED ITEMS**

It is with great excitement that we announce the imminent launch of the Gold Navy online store.

Given the new COVID-19 safety protocols which do not allow parents into the College building, the online store will offer a full range of pre-loved uniforms for ELS / Prep / College, as well as supporters gear. We look forward to going live with this new concept, and will advise as soon as it is up and running. In the mean-time if you require any pre-loved uniforms, please contact Karen on 076 811 6878 to assist you.

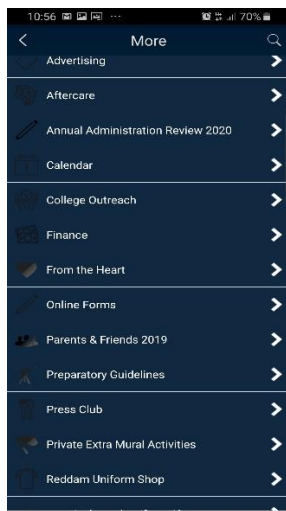
The Press Club

We are pleased to announce that the Press Club will be resuming business from Friday 17 July. They will operate through an online order system as outlined below.

STEP 1 – Go to Reddam App Tab Select “More”



STEP 2 – Select Press Club Tab



STEP 3 – Look at the menu



STEP 4 – Go to the Order tab submit and complete your order

STEP 5 - Give method of payment

STEP 6 - Put in total and

Orders & Delivery

All orders must be placed and paid for by 8:30am of the morning that the order is for. The food will be individually packaged and delivered to each classroom at the start of break each day.

DATES TO DIARISE

Monday 20 July

08:00 Interhouse Art Competition 1 Final Submissions Due

Wednesday 22 July

15:45 Physical Fitness Training Session

Friday 24 July

Formal Friday
09:00 Assembly: Cultural and Sports Awards and Level 1 Matric Leadership Awards

Monday 27 July

08:00 Interhouse Trick Shots Final Submissions Due

Wednesday 29 July

Grade 8 – 11 Global Competencies Day

Thursday 30 July

17:00 Grade 9 Subject Choice Evening for Parents and Students

Friday 31 July

Formal Friday

Weekly Attendance Register

Surveys will be sent out weekly as we are aware that some parents would like to monitor the situation carefully and may wish to change their mind regarding returning their child to school from one week to the next. Returning to campus or continuing online learning is a choice that only parents can make in keeping with their child's and their family's unique health profiles.

We would like to ask all parents to indicate whether they would like their child to (a) return to campus or (b) continue with online learning by 13:00 every Thursday - a link will be emailed out each Tuesday.

REDDAM ADS



Please click on this button to see our Reddam House Umhlanga Advertisements