



WEEKLY NEWSLETTER 5 April 2024

“There is a fundamental flaw in education - that being the fact that kids in sport, are not being taught (coached) by teachers, but rather by ex-professionals. Kids need to be taught, and they don't need to be coached at an early age. In teaching - educators always just try to get the best out of people. Get them to fulfil their potential. In coaching - the emphasis is often based on the result.” - Eddie Jones

Message from the Deputy Headmaster

Virtually to the day, five years ago, I spent a little time writing down some thoughts about where school sport was headed; raising concerns about the ‘culture’ within school and the associated behaviour on the sides of the field. Sadly, I think we are in more trouble now than ever before. In that previous piece of writing, I referred to the Australian cricket chaos that ended in Cape Town 2018. That was a direct result of a culture eroded away, with norms and values not being respected over a long period of time.

Sadly, we witnessed two horrible events at the recent rugby festival which has prompted this particular concern again. Not that this concern has ever gone away. Both incidents involved parents having despicable altercations with learners that were playing matches in front of them. It is absolutely crazy to think about this happening - but it's a symptom of where we are now, and very much a result of our current culture in school sport, and therefore within our society. SASRA has since banned the one parent from all school rugby anywhere in South Africa, for a period of four years.

Assistant coaches or team biokineticists are seemingly permitted to run up and down the touchline, shouting orders and remonstrating with referees about decisions. Often screaming at the referee in an attempt to suggest or demand decisions go the way of their team. This often fuels parents and spectators on the side of the field. There has been so much said about this, and the modern scenario has created chaos, especially in the

professional domain. That has now more than consumed the same space in school sport. It is apparent that we now seem to 'accept' verbal abuse from spectators (and coaches), towards officials and players. When did winning become this important in school fixtures? How naive a question is that to ask, when we have 25 000 spectators watching school derby fixtures. The irony of course, is that at those schools, the behaviour on the sides of the fields is probably a lot better (I am hoping), because of the sporting and school cultures attached to those particular schools.

You also hear more and more stories about parents questioning tactics and team selections. This was an absolutely alien concept 20 years ago. These days, you can witness unacceptable behaviour by spectators and coaches at any school fixture. When you combine all these scenarios, you find that we create a very unhealthy and significant pressure around school sport. That's when we see coaches and players lose focus; even more so (possibly) when the coaches are not educators. Scrolling through social media platforms, reveals how common this is in our country. There are though, equally, a vast number of posts from schools requesting appropriate behaviour on the sides of the fields. However, the real solution is not to try to stem the consequences, but rather look closer at the culture that allows this type of behaviour to manifest.

Over the last two decades, I have had the privilege to spend a lot of time with Greg Wilmot, a psychologist who is also employed by one of our local schools in that capacity as well. Greg has a passion for sport in general. He recently alluded to the fact that we are now in a world, where schools need to create a 'Spectator/ Visitor Policy' with regards to behaviour at festivals and matches and then hold the parents (and coaches) accountable to a much higher standard. He has written a great deal about this change in school sport. Please refer to his website for the various papers/ articles that he has written (<https://wilmotpsychology.co.za>).

<https://wilmotpsychology.co.za/navigating-the-professionalisation-of-school-sport-in-south-africa/>

He investigated the idea of 'Professionalisation of School Sport' which hasn't had much research up to now. The 'professionalisation' leads to both positive and negative outcomes - but he asks a massive question as a result: Who is addressing how this is managed? His articles raise so many questions about this process and he calls for much more research to be done. He refers to an environment where we are creating unfair scenarios on learners and parents - and create huge expectation from players and teams:

"'Priming' boys in high performance matches leads to aggression and often burst outs, which needs to be looked at. This is worsened when 'win at all costs' meets adolescent fear-of-failure and poor emotional regulation...

...we usually expect great things from 'professional' athletes but we also, wrongly, expect 'professional' performances from "talented" school-level athletes. This projection of expectations on young athletes is fraught with danger and happens all too often in South African school sport. We expect greatness from those carrying our own hopes, dreams and ambitions but don't consider the potential impact of our expectations. A host of recent Sport Psychology research tells us that the "motivational climate" we construct as parents, coaches and schools has a large role to play in determining our attitudes towards sport and exercise. Sport is a common language that transcends boundaries, barriers and backgrounds but how we as South Africans talk about sport and sporting success or failure will contribute greatly to both adult's and children's attitudes and beliefs about sport."

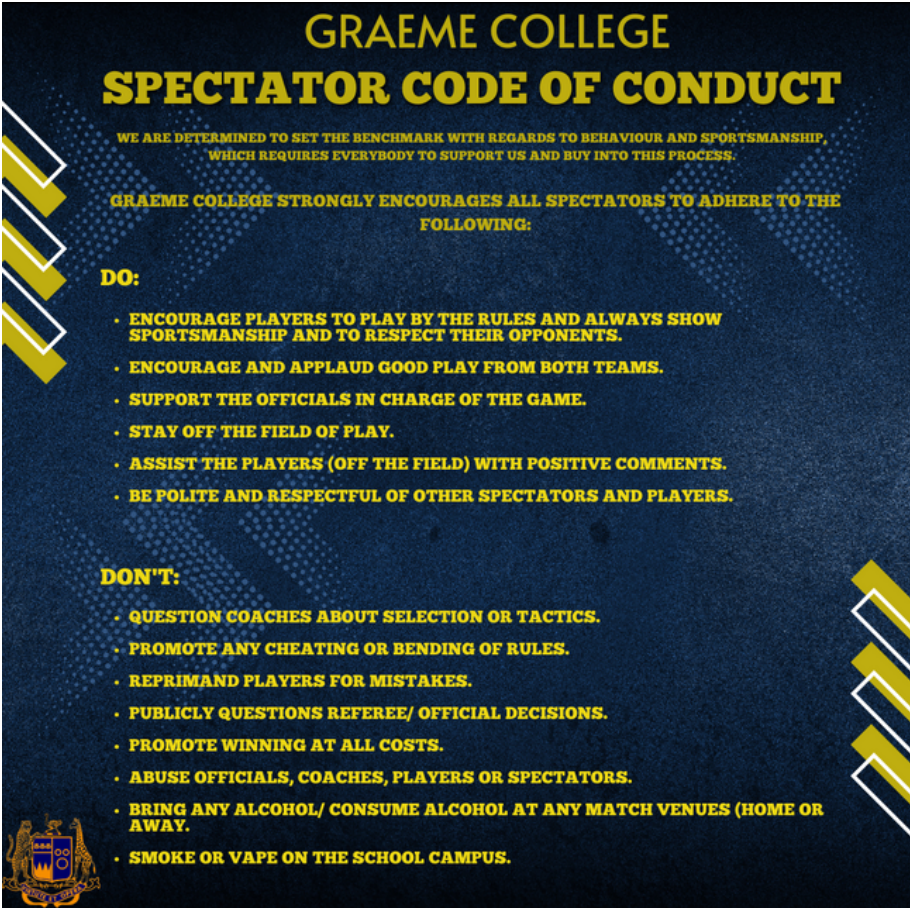
Greg refers to the professionalisation of school sport as "runaway freight train", which is such a brilliant analogy. Nobody can stop this process, and we seem to have lost all control. Everybody is well aware of the changes, which possibly started with ranking systems, then moved to live coverage of school sport on

streaming and television channels. We have also seen a major growth in what Greg calls “The ‘trading’ and ‘poaching’ of school-aged sportsmen.” School sport has seen a huge leap forwards in highly specialized training and coaching, and with that has come the ‘over investment’ from parents and spectators. We have seen the career option of sport become a bigger reality but we have also clearly seen the overemphasis on First Team results and performances rise significantly. Profoundly, Greg’s most significant conclusion in a way forward is to highlight one major flaw in the current school systems with regards to this growth/ change:

“Just as we increase training, funding, tactics, equipment and facilities to improve a player’s on-field performance, we also need to increase the quality and care given to young sportsmen and women such that they can cope with increased pressure and performance demands both on and off the field. This does not require that each school has its own Sport Psychologist or that every player should be seeing the school Counsellor but rather that we are both sensitive to the wellness and needs of young sportsmen and women and that appropriate support systems and referral networks are in place as and when the need arises. coaches, teachers and parents should be consistently attuned to the subjective wellness of athletes in their care so that a well-timed and appropriate intervention can be implemented. Often, such an intervention might be a casual conversation on the side of the field.”

Somewhere there, schools are possibly missing the role of education and well-being of the learner in this process. But even more so, maybe we are losing the emphasis always being placed on morals, values and culture - ahead of the results. Some schools have possibly managed to keep these all in balance, where maybe others have completely lost the plot. The obvious statement is that we can all do more, and desperately need to do more. Otherwise that freight train is going to do irreparable damage to the culture within our schools and around the sports fields. Hopefully, each school around the country is urgently addressing this as we enter an emotionally charged Winter sport season in South Africa.

Gregg van Molendorff
Deputy Headmaster



GRAEME COLLEGE
SPECTATOR CODE OF CONDUCT

WE ARE DETERMINED TO SET THE BENCHMARK WITH REGARDS TO BEHAVIOUR AND SPORTSMANSHIP, WHICH REQUIRES EVERYBODY TO SUPPORT US AND BUY INTO THIS PROCESS.


GRAEME COLLEGE STRONGLY ENCOURAGES ALL SPECTATORS TO ADHERE TO THE FOLLOWING:

DO:

- ENCOURAGE PLAYERS TO PLAY BY THE RULES AND ALWAYS SHOW SPORTSMANSHIP AND TO RESPECT THEIR OPPONENTS.
- ENCOURAGE AND APPLAUD GOOD PLAY FROM BOTH TEAMS.
- SUPPORT THE OFFICIALS IN CHARGE OF THE GAME.
- STAY OFF THE FIELD OF PLAY.
- ASSIST THE PLAYERS (OFF THE FIELD) WITH POSITIVE COMMENTS.
- BE POLITE AND RESPECTFUL OF OTHER SPECTATORS AND PLAYERS.

DON'T:

- QUESTION COACHES ABOUT SELECTION OR TACTICS.
- PROMOTE ANY CHEATING OR BENDING OF RULES.
- REPRIMAND PLAYERS FOR MISTAKES.
- PUBLICLY QUESTION REFEREE/ OFFICIAL DECISIONS.
- PROMOTE WINNING AT ALL COSTS.
- ABUSE OFFICIALS, COACHES, PLAYERS OR SPECTATORS.
- BRING ANY ALCOHOL/ CONSUME ALCOHOL AT ANY MATCH VENUES (HOME OR AWAY).
- SMOKE OR VAPE ON THE SCHOOL CAMPUS.



Grade 7

Some intensive Grade 7 term 2 monitors training in progress today.



Grade 5

Congratulations to the Grade 5 boys for getting a Leopard certificate for Term 1. A huge achievement!



Abongile Tanga matriculated from Graeme College in 2011.

Whilst at school he was a school prefect, he played second team tennis and was deputy head of the academic and dance committees.

Abongile is a product of a very humble beginning in life. He grabbed every opportunity afforded to him at school with both hands.

Abongile was awarded colours for Choir in 2010 and re-awarded in 2011.

Abongile completed his schooling at Graeme College as the Dux Scholar and was awarded Academic Honours. After school, Abongile enrolled at the University of the Witwatersrand where he completed his medical degree (MBBCh). Abongile was the Head of the Nelson Mandela Fidel Castro Collaboration Students. He also enrolled at the University of Havana where he he was awarded another medical degree! While in Havana Abongile was a member of the SRC where he assumed the roles of treasurer, health officer and finally deputy president. Abongile was awarded "Outstanding Leadership" and "Obstetrics and Gynecology" awards at the University of Witwatersrand.

After graduating, Abongile completed his two year internship at Chris Hani Baragwanath Hospital and then did his community service at Andries Vosloo Hospital in Somerset East.

Currently, Abongile works as a medical officer in the Life Healthcare Group - Life Nkanyisa division where he mainly focuses on mental/psychiatric illnesses.

Abongile has continued to pursue his studies and has studied towards a Diploma in Mental Health (DMH) under the College of Medicine of South Africa.

Currently, Abongile is studying towards a Diploma in Community and General Peadiatrics at the University of Cale Town.

Abongile has completed several other qualifications in Basic Life Support, Advanced Cardiovascular Support, Basic HIV management and Neonatal Resuscitation amongst many others!

Abongile has certainly lived up to the school motto of Virtute et Opera.

We have followed his after school progress with great enthusiasm and pride. Abongile, we are proud to have you be a Son of the Leopard.

We look forward to watching your career unfold. We know that you will make an enormous difference in countless lives.

Not only are you exceptionally talented and capable, you are kind hearted and will conduct yourself as an empathetic doctor which will be a huge source of comfort to all those under your care.



Pledge to save lives
and bring your goals
to life in 2024.

We are the
pulse
#Donate blood.
#Save lives

GRAEME COLLEGE
Venue: HALL
Date: 10 APRIL 2024
Times: 09h30 – 14h30

sanbs.org.za

SANBS

When one donates blood, they give patients the gift money cannot buy or science cannot create. Please join us for our Graeme College Blood Drive on the 10 April.

Did you know? Every unit of blood donated can be separated into 3 components and used to help improve and save the lives of up to 3 recipients. There's no known substitute for blood and it can't be replicated due to its complexity.

Join us for the 21km walk from Graeme College to Mountain Drive and return to the school.

Date: Sunday 28 April

Cost: R50 for adults
R30 for scholars.

Register to walk at the office by Friday 26 April 2024.

The purpose of the fundraising is to help the Observatory Museum to raise money towards the installation of a world class scientific digital display. A first of its kind in the Eastern Cape!

Mountain Drive Challenge

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Community Engagement

Community Outreach Portfolio boys are busy sorting all the donations received from the Graeme College family over the course of term 1.

Once all of the items are sorted, they will then be donated to various organizations.

Thank you for such a wonderful response to our drive for term 1.



Community Outreach Portfolio Ikhaya Losizo Project.

We thank Coenraad Pieterse and family for donating 3 smart watches towards our Child Welfare Ikhaya Losizo Children's Home Project for term 2.

We asked what their greatest wish is for the home. They would very much love to have a braai built for the home. We will raffle off the 3 Macaron Smart Watches to raise money towards building a braai for the home.

Tickets are R10 each. Tickets can be bought at Ms White's classroom. Tickets can also be paid for at the office. Simply bring the slip from the office to Ms White and enter the raffle in her classroom.



MARIMBA BAND REHEARSALS

Monday: 14h00 - 14h45 Grade 6 and Grade 7 Group

Wednesday: 13h30 - 14h15 Grade 4 and Grade 5 Group

STEELBAND REHEARSALS

Monday: 14h00 - 14h30 Beginner Steelband

- **14h30 - 15h00 Intermediate Steelband**

Tuesday: 13h30 - 14h15 Senior A Steelband

- **14h15 - 15h00 Senior B Steelband**

Friday: 14h00 - 15h00 Senior A Steelband

The steelband once again entertained and amazed crowds with their vibrant music at two Rhodes University graduation garden party events during the past week.



It's good to be back...Our Grade 00 class just love their music classes!



STEELBAND

The steelband performed at the annual Bathurst Show. The boys put on an amazing display with their lively upbeat music and rhythms.



Debating



The Graeme College 1st V debating team attended the Alex Road Debating Festival on 21 and 22 March. After a day and a half of competitive debating, they found themselves in the finals. Graeme College won the final after a truly dominant display of skillful debating. Noah Tabensky was also crowned the best speaker of the tournament. The team consisted of Noah Tabensky, Jesse McConnachie, Ali Rizvi, Roman Prevec and Lesedi Mothibi.

Old Graemians

The recent gathering of old boys at the Wahoo Aquatic Centre in Johannesburg was a heartwarming occasion that brought together former classmates to reminisce and reconnect. Amidst the echoes of shared stories and laughter, the event buzzed with the joy of seeing familiar faces and catching up on years gone by. The turnout exceeded expectations, with alumni from near and far joining in, making it a truly special reunion. A sincere thank you extends to Michael van Hille for graciously hosting us at the Wahoo Aquatic Centre. Though he couldn't be present in person, his generous provision of the venue, refreshments, and food set the stage for a memorable gathering. His support ensured that the event flowed smoothly, allowing old friends to come together and create new memories. To all who attended, your presence made the reunion a success, and we look forward to future gatherings filled with camaraderie and shared stories.



Fixtures for tomorrow against Port Rex tomorrow.

FIXTURES

JM Brittz		P.A Venter	
09:00	U14 A	09:00	U16 B
10:00	U15 A	10:10	3rd
11:00	U16 A	11:20	U14 B
12:10	2nd	12:20	U15 B
13:20	1st		

MENTE ET MANU

Toolshed Open after 1st XV Game

The Graeme College 1stXV attended the St John's College Easter Rugby Festival. It is always a great privilege to be invited to this prestigious festival and it is an experience of a lifetime for the learners.

The 1stXV struggled on day one and went down 7-31 to a good SACS team. They fought back to win a tense battle on Saturday 12-10 against St David's. On the 3rd day they put in a dominant display to beat St Benedict's 50-10. The boys can be commended on their good behaviour and the way they represented the school at the festival.



Rugby

The Graeme College u16A rugby squad flew up to Jeppe High School for Boys to play in the annual Tony De Munnik u16 festival. 10 of our boys flew and visited Johannesburg for the first time in their lives! The u16 team played some scintillating running rugby against tough opposition in Johannesburg which saw them achieve a 3/3 win record against Parktown Boys', Pretoria Boys' and St David's Marist. Erin Nelson, Luke Doyle and Lucritia Magau were all named 'Man of the Match' by the Golden Lions schools' selectors. Lucritia was also named the Backline Player of the Festival! Thanks to our proud parents who travelled with the team and for their great support! A special mention to our sponsors MuirTrans and Summerpride Foods who greatly contributed to the success of the festival.

Festival results:

Won vs Parktown Boys' High School 50-3

Won vs Pretoria Boys' High School 33-13

Won vs St David's Marist 61-10



Rugby

The Graeme College U14A team had a successful tour in Johannesburg, winning two of their three matches against tough opposition.

The results were as follows:

Graeme College 38 - 12 St. John's

Graeme College 5 - 28 KES

Graeme College 33 - 0 St David's

We would like to thank all parents who supported the boys in Johannesburg or from their screens back home in Grahamstown.

We would like to thank our sponsors for the kit that was supplied to the boys.

We would like to make a special mention to Mrs Muir who ensured that the logistics of the tour went off well, from the beginning to the end.



Squash

The Graeme College First Squash Team had a great time at the St Stithians Squash Festival. For the first time, it was run on a tournament basis. The team had some outstanding results with 3 of the boys remaining unbeaten.

The results were as follows:

Beat Clifton 18-0

Beat Helpmekaar 15-4

Beat Saints Festival 15-3

Lost Saints 1st Team 12-9

Beat Parktown 18-2

The team ended in second position to the Saints' first team, which was a brilliant achievement.

We would like to thank Saints for a wonderful tournament. We would also like to thank all the host families who so kindly opened up their homes to our boys, treating them like family throughout.



Thank you

Thank you to our parents who went to Johannesburg and supported our rugby teams!



Miscellaneous

What a great initiative! The class of 1984 have decided as a group to tackle one of the tasks on the Graeme College wishlist.

If you part of the 1984 class and want to find out more please contact Jeremy Sieberhagen (074) 558 3971.

150
GRAEME COLLEGE
1873 - 2023

Congratulations Class of 1984!

Inspiring change and supporting Growth

UPGRADE OF GRANDSTAND

THE GRAEME COLLEGE CLASS OF 1984 IS UNITING TO IMPROVE THE SCHOOL'S GRANDSTAND, REPAIRING THE CONCRETE FLOOR AND ADDING WOODEN BENCHES. THIS INITIATIVE HONORS THE SCHOOL'S HERITAGE AND IMPROVES THE SPORTS-WATCHING EXPERIENCE FOR STUDENTS, FOSTERING COMMUNITY SPIRIT AND PRIDE. IT EXEMPLIFIES THE ENDURING GENEROSITY AND COMMITMENT OF GRAEME COLLEGE ALUMNI, LEAVING A LASTING LEGACY.

Current Seating Area:

Banking Details:
Graeme College
Standard Bank
Account Number: 081 996 551

Branch: 050917
Reference: 1984 Matrics

For more information contact:
Jeremy Sieberhagen: 074 558 3971

School term calendar

Please take note of our term diary which has a comprehensive calendar of events and what is happening for the term ahead.

Link: <https://www.graemecollege.co.za/media/1521/gc-term-1-diary-2024.pdf>

The calendar is also available on our school website.

We are delighted to announce that Graeme College has purchased a full membership of the VIVE TEEN WELLNESS application, which will enable ALL our learners to have full access to the app. It is something that we have thoroughly investigated, and feel that this is a massive step in the right direction for the wellbeing of our all learners. We are excited that every learner will have safe space to learn more about mental wellness, and reach out for help if needed, in a number of ways.

VIVE TEEN WELLNESS is an Artificial Intelligence enabled digital platform and smartphone application that was built in South Africa. The first version was launched earlier in 2023, with several schools presently using the full suite of functionality. The schools and learners that have been using the platform in recent months have provided us with very valuable feedback that assisted us in planning the next phase of the roll-out.

During 2022 VIVE TEENS has been selected as a winner in the UpLink - World Economic Forum (WEF) Youth Mental Health Challenge where it has competed with over 120 other mental health companies from across the globe.

The platform is expected to launch internationally early in 2024, and as part of that process we are awarding South African schools the opportunity to gain from a locally built application and support the mental wellness of our children.

The Graeme College subscription starts from 1 September 2023, but we would like our learners to download the application in the meantime, and familiarise themselves with it by referring to the various videos and guides.

Here is a link to the video to understand what Vive is all about: <https://fb.watch/mcK3MzNNrn/>

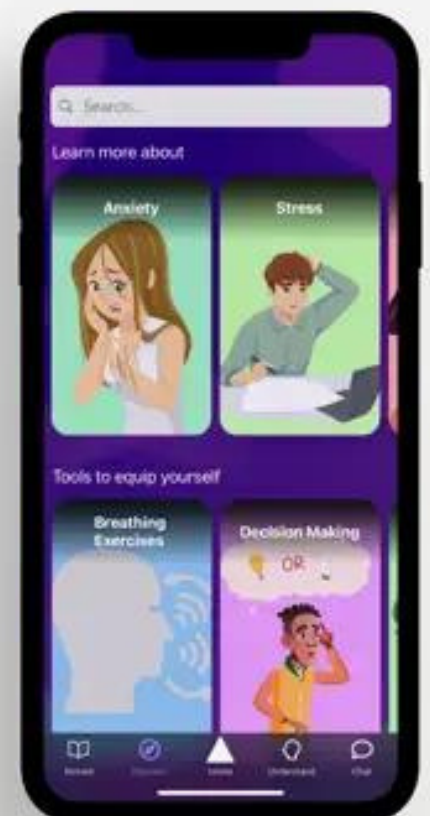


Browse uplifting stories

Vive Teens
Your always-there
personal wellness
companion



Discover content
that is AI-curated
for you



Plaques for Indoor Sports Centre

Our commemorative plaques allow you to celebrate and appreciate the memories of your loved ones, honour someone special or distinguish your family.

Our granite plaques are enduring and timeless. They are a fitting tribute on our beautiful new Indoor Sports Centre and a valuable contribution to our school.

ADD YOUR NAME INTO THE HISTORY OF THE GRAEME COLLEGE CAMPUS FOREVER:

We are selling plaques to add to the new indoor centre... where you can add your name or family name into the history of the building. The idea is to sell 150 plaques only.

Email your request to z.wille@graemecollege.co.za - we will send you more information re payment etc.

The plaques will be R5000 each and will be 270mm x 130mm. They are Rustenburg Granite - black/grey.

Lettering is 15mm in height. All funds raised will go into the extra building costs as well as equipping the facility with sports and gym equipment.

150
GRAEME COLLEGE
1873 - 2023

#GC150Plaques

Would you like to honour someone special/loved ones or your family through our commemorative plaques? Our plaques at the new Indoor Sports Centre will be the mainstay for putting the finishing touch on a beautiful and historical great buildings at our school, thereby adding your name to the history of Graeme forever. Our commemorative plaques are a dignified and formal means of honouring someone truly special/or your family.



150
GRAEME COLLEGE
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#GC150Plaques

Our first few plaques are up!



150
GRAEME COLLEGE
1873 - 2023

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Library

Library times

The library will be open at first break only, every day. If you would like your son to study in the library in the afternoons, you need to write a letter to the school to get permission. Thank you for your cooperation.

2nd Hand Clothing Shop

The Graeme College second-hand clothing shop will be open between 13h00 and 14h00 every Monday, Wednesday and Friday (excluding public holidays and school holidays). Please contact the school should you have any queries.

Google Calendar

Please click on the link below to be directed to the school Google Calendar. The link helps you subscribe to the school calendar which you can add to your phone, tablet or computer. Just click on the 'plus sign' at the bottom right hand corner of the calendar.

Click here for a link: <https://calendar.google.com/calendar/u/0/r?cid=public.calendar@graemecollege.co.za>

Stay connected

Do you follow Graeme College on the following platforms?

Instagram:

@graemecollege

@graemeboys

Awsum App

<https://www.awsum.co.za/download-the-awsum-app-for-schools>

Facebook:

Graeme College

If you aren't on the GC Community WhatsApp group - you can join by following the QR Code below or communicate with your Class Register Teacher or Mentor Teacher.

Thank you.



In the footsteps of the great man...
Our teachers pictured enjoying the sights of Johannesburg.

