



WEEKLY NEWSLETTER 10 May 2025

“Technology is a useful servant but a dangerous master.” – Christian Lous Lange

Message from the Headmaster

During last week’s school break, I had the chance to watch the British TV drama series *Adolescence*. I was drawn to it because of the growing conversation surrounding an article by Dr Ovid, a paediatric neurologist, which—like the series *Adolescence*—delves into the emotional and psychological challenges facing today’s youth. While Dr Ovid offers a clinical diagnosis of the crisis, *Adolescence* brings it to life, portraying the struggles through a deeply human lens.

The link between these two sources is unmistakable: our children are struggling, and despite the many benefits of modern technology, it is eroding the core foundations they need to flourish. Both sources call on parents, schools, and society to pause, reflect on what truly matters, and prioritise connection, stability, and mindful engagement over ease, excess/indulgence and constant distraction.

1. Mental Health Crisis in Children and Teens

- **Dr Ovid:**
 - Cites alarming statistics about rising ADHD, depression, and suicide rates among children and teens, calling it a “silent tragedy.”
- **Adolescence:**
 - Brings these mental health challenges to life through characters experiencing anxiety, depression, and emotional isolation.
- **Correlation:**
 - Both sources agree that emotional struggles are real, escalating, and systemic—not just a phase.
- **What can we do:**
 - Recognise early signs of mental distress in children and teens and create space for open, honest conversations about emotions and mental well-being.

2. The Role of Technology

- **Dr Ovid:**
 - Warns that digital distraction—especially from parents—is replacing emotional connection and overstimulating young minds.
- **Adolescence:**
 - Shows how social media, screen addiction, and online pressures contribute to identity crises, low self-esteem, and bullying.
- **Correlation:**
 - Technology, when misused, is a **barrier to real connection, creativity, and emotional health**.
- **What can we do:**
 - Be emotionally present—put phones down and be fully engaged.
 - Build daily rituals for in-person connection, even in small ways.

3. Lack of Boundaries and Overindulgence

- **Dr Ovid:**
 - Highlights the dangers of permissive parenting and the absence of limits, leading to entitlement and emotional instability.
- **Adolescence:**
 - Depicts teens who push boundaries and struggle with discipline due to lack of structure and accountability at home.
- **Correlation:**
 - Without structure and limits, young people are **left vulnerable and emotionally adrift**.
- **What can we do:**
 - Set consistent, age-appropriate rules and expectations.
 - Don't be afraid to say "no"—it builds self-regulation and resilience.

4. Disconnection from Family and Real Life

- **Dr Ovid:**
 - Emphasizes the importance of emotionally available parents who spend quality time with their children.
- **Adolescence:**
 - Portrays teens who feel unseen, unheard, or misunderstood by the adults in their lives.
- **Correlation:**
 - What children need most is **emotional connection—not control or constant entertainment**.
- **What can we do:**
 - Establish tech-free zones like mealtimes and bedtime.
 - Replace screen time with board games, storytelling, or outdoor activities.

5. Return to Simplicity and Human Essentials

- **Dr Ovid:**
 - Advocates for a return to basics—adequate sleep, nutritious meals, outdoor play, and daily chores.
- **Adolescence:**
 - Shows how healing begins when teens disconnect from digital chaos and rediscover meaningful, real-life experiences.
- **Correlation:**
 - Both encourage families to **slow down** and reintroduce routine, creativity, and real-world interaction into daily life.
- **What can we do:**
 - Allow time for boredom—it inspires creativity and independence.
 - Engage children in tasks that foster patience, imagination, and problem-solving.

Conclusion

Children don’t need perfection—they need presence. By focusing less on convenience and more on meaningful connection, structure, and simplicity, we can help our children grow up with the emotional strength and resilience they need to face today’s world.

Kevin Watson

Academics

Grade 12 DRAFT Examination Timetable

The Grade 12s will start their examinations on 2 June 2025. Many dates are still being negotiated, as for many subjects there has been a request from the Department of Education that the schools write common papers. However, the boys need to start preparing for these examinations as early as possible to ensure the best results that they can. Because of this, a draft timetable is being handed to Grade 12s today, in order that they can start planning their learning timeously.

Focussed study sessions schedule:

Focussed study sessions schedule:

Subject	Grade	Monday	Tuesday	Wednesday	Thursday
Maths	8			2:00 - 2:45	2:00 - 2:45
	9			2:45 - 3:30	2:45 - 3:30
	10			1:30 - 2:15	1:30 - 2:15
	11	2:45 - 3:30		1:30 - 2:15	
	12	2:00 - 2:45	1:30 - 2:15		
isiXhosa	8	2:30 - 3:30		2:00 - 3:00	
	9	2:30 - 3:30		2:00 - 3:00	
	10	2:30 - 3:30		2:00 - 3:00	
	11	2:30 - 3:30		2:00 - 3:00	
	12	2:30 - 3:30		2:00 - 3:00	
Afrikaans	8		2:00 - 2:45		
	9		2:00 - 2:45		
	10		2:00 - 2:45		
	11		2:00 - 2:45		
	12		2:00 - 2:45		
Physical Science	10	2:30 - 3:15			2:00 - 2:45
	11	2:30 - 3:15			2:00 - 2:45
	12	2:00 - 3:15			1:30 - 2:45
Life Science	10		1:30 - 2:15	1:30 - 2:15	
	11		2:15 - 3:00	2:15 - 3:00	
	12		1:30 - 2:15	1:30 - 2:15	

Celebrating Our Moms – Grade R and Grade 00s celebrate Mother's Day morning at Graeme College!
What a heartwarming start to the day on Friday! Our Grade R and Grade 00 learners hosted a beautiful Mother's Day morning filled with smiles, songs and sweet treats. Moms were welcomed with the comforting aroma of freshly baked muffins and the warmth of coffee and tea, setting the tone for a truly special gathering.
It was filled with lovely moment of connection and appreciation — a small way for us to say thank you for the endless love and support our moms give every single day.
We're so grateful to have shared this meaningful celebration with you!



Junior School Clubs

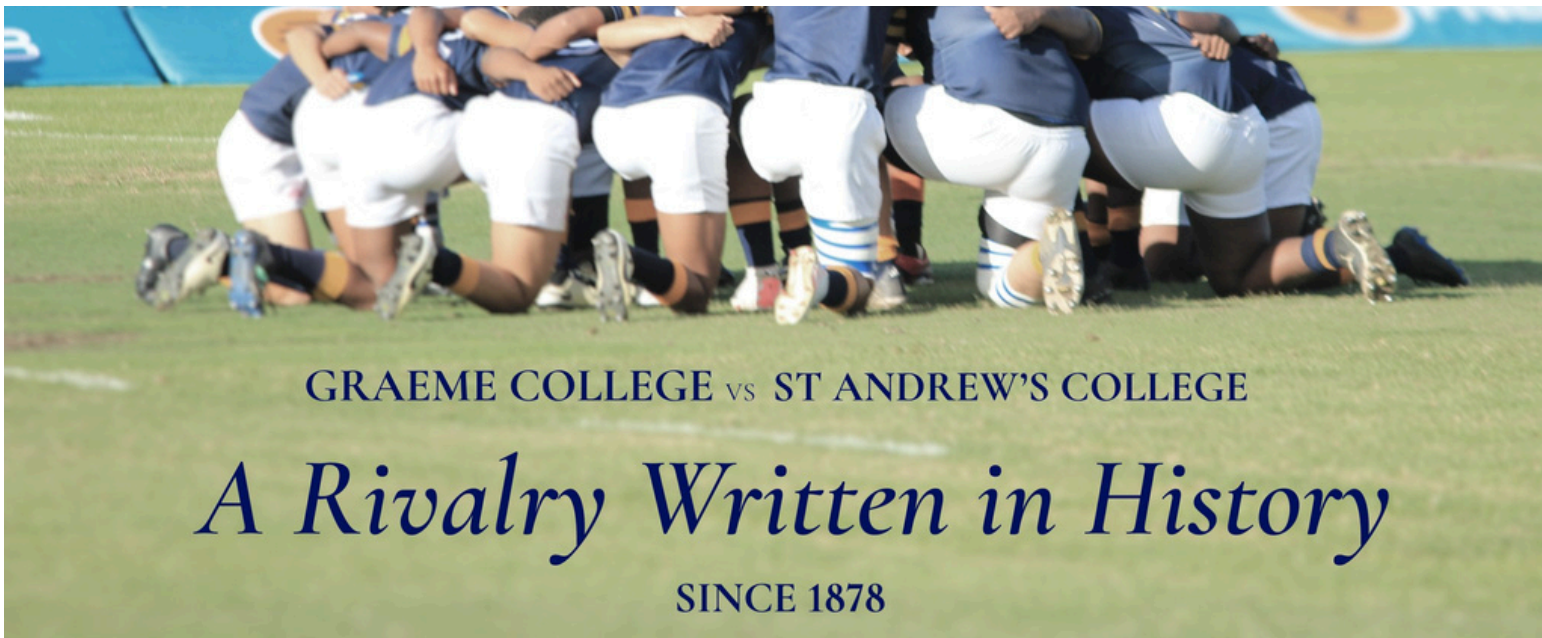
Did you know that every second Monday, we run both a Games Club and a Juggling Club? It's a truly special time where the boys not only have fun but also develop new skills, build confidence and enjoy spending time together in a supportive environment. Mrs Danilatos is the teacher and we think she has lots of fun too!



Grade 4s

The Grade 4 English boys recently delivered engaging oral presentations on countries from around the world. Each student chose a country and shared a wide range of interesting general facts, including geography, culture, landmarks, and traditions. To bring their presentations to life, the boys used creative props, displayed national flags, and even brought along food items representative of their chosen countries. It was a vibrant and informative experience, and all the boys performed confidently and enthusiastically.





A Rivalry Written in History

Graeme vs St Andrew's | Since 1878

There are rugby matches... and then there are fixtures that carry the weight of history. This weekend Graeme College and St Andrew's College meet once again in a derby that's been played for nearly 150 years — and it's one of the oldest schoolboy rugby rivalries in the country. First played in 1878, this isn't just a game. It's tradition passed down through generations. It's school pride, community spirit, and a bit of something you can't quite describe unless you've stood on the sidelines and felt it.

A Historic Weekend for SA Rugby

This weekend is a rare one. The three oldest schoolboy rugby derbies in South Africa are all being played: SACS vs Bishops – first played in 1873; Graeme vs St Andrew's – since 1878 ; Dale vs Queen's – since 1891 That's not just special — it's a celebration of where it all began.

St Andrew's College (founded in 1855) is the 6th oldest school in South Africa. Graeme College (founded in 1873) is the 22nd. But when it comes to tradition on the rugby field, both schools punch well above those numbers. Graeme claimed victory in that very first clash in 1878, and over the years, the fixture has only grown in significance. In 2006, it was named an FNB Classic Clash, drawing national attention and adding another layer of legacy. This derby is about far more than the First XV. It's a full-day festival of rugby, from U14s to the final whistle, with pupils, families, Old Boys, and the Makhanda community all showing up for the occasion.

A Proud Rugby Heritage

Both schools have produced standout players who've made their mark far beyond school fields.

Graeme Old Boys include:

- Hennie le Roux – 1995 World Cup winner
- Kotaro Matsushima – Japanese international, 2019 World Cup standout
- Batho Hlekani – Current SA U20 player

Dirk de Vos, Tony Markow, and the Watson brothers among others

St Andrew's legends include:

- Nick Mallett, Ryan Kankowski, Russell Bennett, Danie Craven, and Sintu Manjezi

And let's not forget the milestones: Last year, St Andrew's celebrated 125 years of rugby on Lower Field

The year before, Graeme marked its 150th anniversary

This derby isn't just about who lifts the trophy. It's about tradition. It's about legacy. It's about remembering where we come from and celebrating the spirit of schoolboy rugby in South Africa.



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

CHOIR REHEARSALS

Tuesday: 13h30 - 14h15 Junior Choir

Wednesday: 13h30 - 14h30 Senior Choir

Thursday: 13h30 - 14h30 Senior Choir

Super exciting! We're especially thrilled to share that one of the talented soloists featured in today's RU120 Makhanda Community Concert, is Soso Sizani, a proud member of the Graeme College Class of 2023! He is ALSO our U15B rugby team coach- a man of many talents indeed!

Last night marked the final dress rehearsal ahead of this evening's highly anticipated RU120 Makhanda Community Concert, taking place at 15:00 in the Guy Butler Theatre at the 1820 Settlers' Monument in Makhanda TODAY.

Among those in attendance were some proud representatives from Graeme College, showing their support for this incredible community event.

Hosted by Rhodes University, this celebratory concert will showcase a rich lineup of performances by the Department of Music and Musicology, the Rhodes University Chamber Choir, and the Makana Community Orchestra—a vibrant collective of musicians from across the Makana District and surrounding institutions.





3 golds, 3 silvers and 2 bronze awards- we are so proud!

Our steelpan music learners performed at the Port Rex Lions Eisteddfod in East London on Thursday 8 April. The boys performed with amazing composure. Well done to each participant for the effort and dedication they made in preparing for their performances.

Solo category (One piece)

Leroy Adriaan - Gold

Athenkosi Manyati - Gold

Thurston Marthinus - Gold

Duncan Mcleod - Silver

Mikhulu Yolani - Silver

Herschelle September - Bronze

Recital Category (Three pieces)

Cairis Appollis - Silver

Amyoli Songongo - Bronze





Congratulations to Joshua Danilatos!

Joshua was proudly awarded the Kilimani Leopard in a recent assembly in recognition of his outstanding achievement at the 2025 Rock and Surf Super Pro League (RASSPL) Africa Nationals, held over three days from April 23rd to 26th.

Joshua took 1st place in the Junior division, placed 6th overall, and—most impressively—earned a place on the RASSPL International Team! He will go on to represent the team at the international competition in Namibia next year.

Well done, Joshua! We are incredibly proud of you and can't wait to see what you achieve next.

Joshua Danilatos and Josh Potts took part in the 2025 Rock and Surf Super Pro League (RASSPL) Africa Nationals for 3 days between the 23rd and 26th April.

RASSPL competitions are 100% catch and release events. All species count and points are allocated according to their abundance or scarcity. Anglers are to catch as many different species possible in the given time. The highest points standing wins.

RASSPL works very closely with the Rhodes Department of Ichthyology and Fisheries Science (DIFS) conducting research on best handling practices for catch-and-release events and analysing catch and effort data. Rhodes students were on site recording air exposure time of fish, and making sure that all fish were appropriately handled.

All species (for all RASSPL competitions) are recorded on a database set up by the Rhodes Ichthyology and Fisheries Science Department. This has been ongoing since 2014 and is the only record of marine shore-based rock and surf species along the South African coastline.

Joshua Danilatos and Josh Potts were accompanied by Prof Warren Potts of Rhodes DIFS.

They were amongst 180 anglers from all over South Africa. Joshua Danilatos came first in the Junior section and 6 overall. Josh Potts came second in the junior section. Warren Potts came 1st in the senior section and 1st overall. They all made the RASSPL international team and will compete in Namibia next year. Well done!! We are so proud of you!



Community Outreach

Community Outreach Portfolio supports Makana Veterinary Clinic!

Community Outreach Portfolio shook tins outside Pick 'n Pay two weeks ago in aid of Makana Vet. Makana Vet does amazing community work in our town and we wanted to support them to free up their cash flow for sterilization.

The boys raised R4 200! This bought 32kg of cat food and 160kg of dog food! Unbelievable!

Well done to the leopards in this Portfolio. They never stop in their pursuit of assisting others!



Graemians out and about!

Proud Graemians support Batho in PE!



High School

Congratulations to Coenraad Pieterse on an outstanding achievement!

Coenraad has broken the South African record at the EP National Qualifying Powerlifting Competition and will go on to represent at the World Powerlifting Congress (WPC) Nationals in Benoni this June.

He also claimed the highest bench press in the Teen 1 U90kg category — a remarkable accomplishment that reflects his hard work and dedication.

We're proud of you, Coenraad, and wish you all the best as you prepare for Nationals!



Blood donation

Community Outreach Portfolio hosts the South African National Blood Service. A grand total of 40 units of blood were collected this week. We thank the many learners and staff who supported the blood drive.



Our team of the week goes to the u11B rugby team for their brilliant win on Wednesday!



Left: Well done to our sportsmen of the week. Ethandwa Makeba has scored two consecutive hat-tricks and Odwa Ndlazi scored 4 tries in his last match.

Below: Benjamin Fox is our Graemian of the Week and will be looking after Courage the Leopard. Ben participated in the National Junior Livesaving event and won a number of medals and even broke a national record! However we are even more impressed with what was required to achieve this - huge levels of determination, commitment and courage. Well done Ben, keep it up, we are super proud of you!



Old Graemian Union



MEET OUR TEAM



Odwa Xonxa
Old Boys Liaison

Sean Kilian
Centre Management

Sotiris "Sots" Stergiou
Marketing

Mike Pretorius
Treasurer

Keagan Fischer
Founders, Legacy Derby

Sean Wiblin
President

Liyema Mafane
Old Boys Liaison

Dylan Schneiganz
Vice President

Eddie Wille
Tech Support

Kevin Watson
Headmaster

Richard Gowar
Sales

Debbie Myburg
Secretary

Meet Your OGU Committee for 2025!

We're excited to introduce the team behind the Old Graemian Union for 2025 — a group of individuals who care deeply about Graeme College, its legacy, and its future.

Not all of us are Old Graemians by schooling, but every one of us shares a meaningful connection to Graeme — whether through family, community, or service. What unites us is a shared passion for the College and a commitment to keeping the Sons of the Leopard thriving.

Over the next few weeks, we'll be introducing each committee member — so you can get to know the people working together to support the school, strengthen the Union, and carry forward the legacy we're all part of.

We're here to connect, collaborate, and grow — together.

School vaccancies

Graeme College

Virtute et Opera



Graeme College is a fine, traditional public boys-only school situated in Makhanda [Grahamstown]. Founded in 1873 the school celebrates a rich heritage and proud history. The College caters for just over 650 boys from Grade 00 to Grade 12.



EDUCATOR VACANCIES

GRADE 8-12

Applications are invited from a suitably qualified teacher for this full-time **Governing Body** post:

A vacancy exists for a qualified educator who is able to teach

1. MATHEMATICS and or ACCOUNTING

2. ENGLISH and or HISTORY

in the FET Phase.

Extra Mural involvement: Advantageous to your application.

Submit your CV and complete the Google Form below, to apply for the vacancy:

[APPLICATION FORM](#)

Appointment date: 1 January 2026

Closing date: 23 June 2025

Applicants who have not heard from the school by 1 August 2025 should assume that their application was unsuccessful.

Graeme College reserves the right not to make an appointment to the advertised positions.

Please follow the link to apply:
<https://forms.gle/td4FyD2dK4y4VscA7>

Templeton Drive, Grahamstown

PO Box 281, Grahamstown, 6140

info@graemecollege.co.za

www.graemecollege.co.za

Tel: 046 622 7227

Fax: 046 622 7491

Rugby

All results from our junior rugby on Wednesday:

Junior school rugby results

Wednesday 7 May

GC U9B vs Gill U9B won 10-5

GC U9B vs Port Alfred U9A lost 5-10

GC U9A vs Gill U9A lost 7-10

GC U11C vs Good Shepherd U11A lost 10-15

GC U11B vs Port Alfred U11A won 10-0

GC U11A vs Gill U11A won 40-5

GC U13C vs Good Shepherd U13A/B lost 10-24

GC U13B vs Gill U13B won 30-0

GC U13A vs Port Alfred U13A won 54-0



A massive congratulations to our U14B, U16B and 2nd XV teams who took to the field against Mary Waters on Wednesday—what an afternoon of competitive rugby! Below are photos from the 2nd XV vs Mary Waters 1st XV game.

vs Mary Waters:

U14B vs Mary Waters U14A: Lost 5–25

U16B vs Mary Waters U16A: Won 20–10

2nd XV vs Mary Waters 1st XV: Won 31–21

vs GetAhead College (Komani):

U15B: Won 26–5

4th XV: Drew 12–12 – a humdinger of a game that finished under the lights.

A heartfelt thank you to all the coaches, referees, first aid staff, and supporters who made these games possible. Your dedication is what keeps the spirit of school rugby alive!



This week our 1st team and the U16A team played against St David's Marist. The 1st XV team won 66-8. The U16A boys won 41-17.



Hockey



The 1st team put in a strong performance against St Dominic's in Port Elizabeth but narrowly lost 2-1. Despite dominating large parts of the game, we struggled to convert our chances into goals. A valiant effort from the team—heads held high and lessons learned. We go again next time!

Junior school hockey results:

U11C drew 0-0 vs Kowie Foundation

U11B won 4-0 vs Bedford

U11A won 7-0 vs Bedford

U13C lost 8-2 vs Kowie Foundation

U13B won 1- 0 vs Bedford


U13A won 1-0 vs Prep B




Rugby Fixtures

REMAINING **RUGBY** FIXTURES 2025

10 MAY	Graeme College vs St Andrew's College	HOME
24 MAY	Graeme College vs Hudson Park High School	AWAY
31 MAY	Graeme College vs Nico Malan High School	HOME
7 JUN	Graeme College vs Stirling High School	AWAY
21 JUN	Graeme College vs Union High School	AWAY
26 JUL	Graeme College vs Pearson High School	AWAY
2 AUG	Graeme College vs Dale College	AWAY
9 AUG	Graeme College vs Queens College	HOME
16 AUG	Graeme College vs Muir College	AWAY



BACK THE **BOYS**

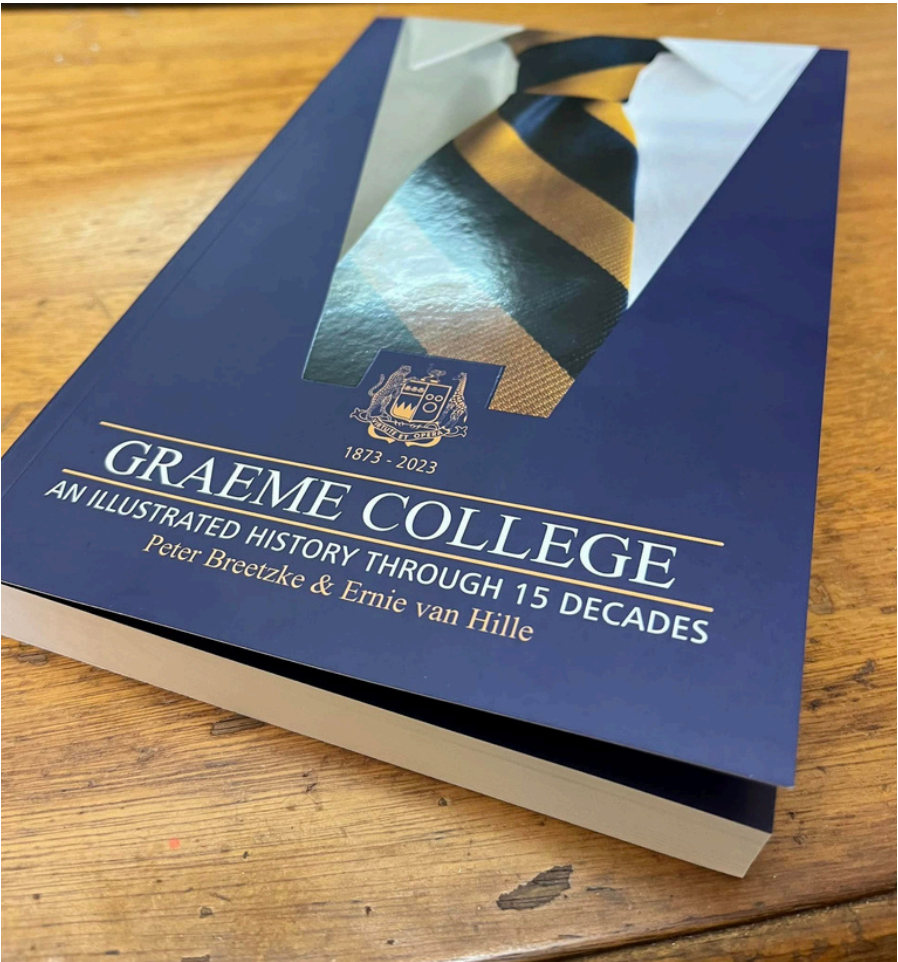


As the season nears its close, our boys, still have battles ahead. Here's what's coming up as we head into the final leg.

150 year book

Journey through more than 150 years in our Graeme College history. Our book is still available to buy and will be treasured by everyone who buys it- we promise!

The book is available to all alumni or anyone interested in the history of our special school. This book is a culmination of years of work by Peter Breetzke & Ernie van Hille. Order Information: Contact Ms Busi Stamper: b.stamper@graemecollege.co.za



Leopard's Rugby

The tiniest leopards were on the move on Saturday—full of energy and absolutely adorable! Watching them play was the perfect way to start the day.



Old Graemians

We are so proud to share that Murray Holland (OG' 03), has completed the incredible Cocodona 250-mile ultramarathon, a gruelling race stretching from Phoenix to Flagstaff, Arizona. Out of 350 runners, Murray finished 79th overall and was the 2nd South African to cross the finish line—an outstanding achievement in one of the toughest endurance races in the world. This journey has been a lifelong dream for Murray, and he dedicated his run to the memory of his late father, who passed away from cancer. In doing so, he also partnered with the Candy Cane Project, an initiative that supports individuals and families affected by cancer. Well done, Murray—your strength, resilience, and heart are an inspiration to us all.



Teen App

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/>

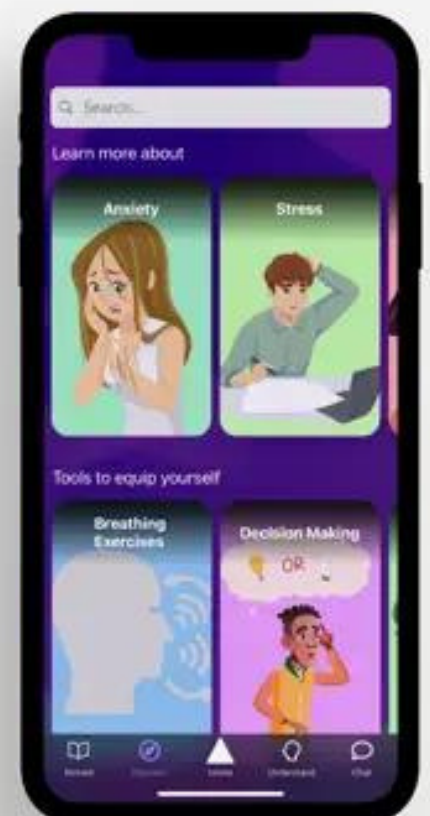


Browse uplifting stories

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 marketing@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.

“ *#GC150Plaques* **150** **GRAEME COLLEGE 1873 - 2023**

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. **”**

“ *#GC150Plaques* **150** **GRAEME COLLEGE 1873 - 2023**

Our first few plaques are up!



”

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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 Second Hand Clothing Shop: PLEASE NOTE DAYS HAVE CHANGED.

Time: Mondays and Wednesdays, between 13h00 and 14h00.

Please report to Reception for enquiries or contact Jerri via e-mail (info@graemecollege.co.za).

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

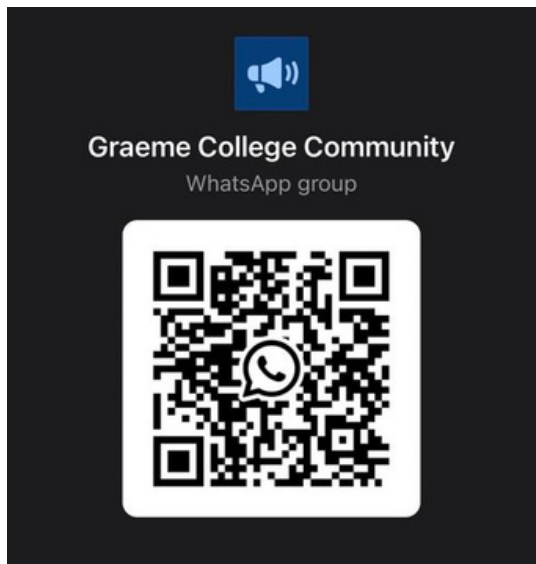
Awsum App

<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.



Right: Friday Kicking Competition won by Alden Walters. Closest competition to date !

