

#RED BLACK WHITE

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11 April 2019

12-2019

From the Headmaster's Desk

Dear Parents and Guardians

I am continuing to discuss the theme of the impact of screen time on boys in particular, as far as affecting communication and vocabulary is concerned, based on recent research conducted in USA.

From the beginning we know that boys are slower to develop communication skills than girls; boys tend to talk later and research has shown that the amount of time they spend on screen is affecting their communication skills. In US, this is known to be an average of 5-7 hours a day. In South Africa, 80% of the population have cell phones and we have an advanced social network and blogging culture.

Children are most often bullied on line with relational aggression - a type of aggression that is "intended to harm others through deliberate manipulation of their social standing and relationships". Boys are learning this on line, resulting in emotional instability, the objectification of women, and the generation of fake news. Furthermore, we are seeing increased dependency on GAMING, which is becoming an addiction, taking priority over other interest and daily activities.

What can we do? It is recommended that children have some digital connection, but that we limit their screen time. For middle school pupils aged 11-13, having no phones for five days, showed that they became better at reading human emotions. We need to reduce the time pupils spend on line at school AND at home. All devices should be used in public areas including TV at school and home. We need to educate pupils about the dangers associated with the internet especially laws regarding sexting and pornography, and related negative effects on women and men.

It is recommended that ALL screens are switched off 30 min before bed, and that pupils require 9-10 hours sleep a night, while adults need 7-8 hours. We as adults need to be good role models with regards to phones and screen time.

It is also critical that pupils are encouraged to READ and WRITE by hand, as it has been shown that this bring about better retention of information.

We will continue to monitor and manage these processes at College, to ensure the wellbeing and health of our boys.

Our focus on Social Awareness in College also continue this week with a Shikaya workshop for some of our teaching staff taking place. Presented by Roy Hellenberg and Dylan Wary, the over-arching theme for the event is Race and Membership in history and how this affects identity formation and educational spaces today. Included as well as is the use of methodologies which can be integrated into the classroom. We are excited to continue building this focus into the heart of our school and culture, as we learn and grow.

Congratulations to Mr Makhatini who has been appointed as Assistant HOD Leadership from the start of Term 2. Thank you to Mr MJ Smit for his contribution is this role.

Best wishes to our 700+ boys and 50 staff members who are on their way up to PBHS to compete across a range of sporting codes this weekend.

Chris Luman
Headmaster



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Academic Achievements

Focus on... Physical Education



Physical Education (PE) is run from Form 2 until Form 5, and is coupled with the High Performance Programme where boys have extra coaching during PE lessons across various sporting code for that term. Taught by Mr Nevay, Mr Duvenage, Mr Smit, Mr Sherriff, Mr Waters and Mr Haswell, the Form 2 and Form 3 boys have a double lesson once a cycle, and the Form 4 and Form 5 boys have one lesson a cycle. PE is not compulsory for Form 6 boys.

Our objective in PE is to ensure the boys do some form of exercise and for them to experience the benefits of exercise. This is also an opportunity for boys who do very little cardiovascular sports to at least have the chance to do so.

In our curriculum, we include a range of activities each term. With that, they use a measurable to test the boy's abilities for their PE component mark. These are indicated below:

Term 1 testing: (Measurables)	Activities to be played:
Test 1: Swim test	Rounders / swim safe
Test 2: Distance thrown with a cricket ball	Danish Longball / swim safe
Test 3: Hand wall toss	Action frisbee / swim safe
Term 2 testing: (Measurables)	Activities to be played:
Test 1: Distance kick with soccer ball	Rugby
Test 2: T-test	Soccer
Test 3: Beep test	Obstacle course
Term 3 testing: (Measurables)	Activities to be played:
Test 1: Accuracy throw at a cone (1 min)	Athletics
Test 2: Illinois	Athletics
Test 3: 40 yard sprint	Athletics
Term 4 testing: (Measurables)	Activities to be played:
Test 1: Plank	Action frisbee
Test 2: Push up	Soccer
Test 3: Sit up	

Focus on... Academic Excellence

Top Ten per Form for Term 1

Form 2

1. Roux G
2. Pillay D
3. van Rooyen MP
4. Kock E
5. Osman A
6. Ganie T
7. le Roux J
8. du Toit LT
9. Paine RD
10. Sithole L



Form 3

1. Goddard KB
2. Kisten K
3. Mazibuko NN
4. Zimu TL
5. Pillay W, 5 Abramia TE
6. Prinsloo CJ, Finnie RJ
9. Ferraz ABI
10. Hankinson CI

Form 4

1. le Roux JR
2. Desai U
3. Whyte MJ
4. Beauclerk JO
5. Essa A
6. Emberton GB
7. Pearson MA
8. Maphumulo UPJ
9. van der Merwe JL
10. Lalor JM, Govender Ke



Form 5

1. Katzenellenbogen TM
2. Smith MH
3. Zunckel MH, Zondi AS
5. Westley AJ
6. Maharaj I
7. Mosiea LV
8. Kidsingh S
9. du Toit JR
10. Venter CM

Form 6

1. Akoo Y
2. Msiya N
3. Diedricks LA
4. Soorju ST
5. Dlamini SS
6. Collocott J
7. Ryan MD
8. Essack M
9. Abdool A
10. Himwanth RR



Focus on...Strachan

Strachan House is named after a great Deputy Headmaster of the school, Mr. John Roy "Cabbage" Strachan (1962-1978). Strachan House has already established itself as a competitive force within the house system. Our emblem, the fighting antelope on our bright green shirts, characterises the spirit within each of us and the 'never give up' attitude. Our motto is "Non timeo, sed caveo" which means: I fear not but am cautious.

The house is led by the enthusiastic Mr Nithia Pillay and Mr Jacques Lyons, who is Assistant Housemaster.

The first quarter has been very eventful with Strachan House achieving moderate success in the inter-house events. In the 5 completed events thus far, Strachan House is currently in 4th position. We did well by finishing 3rd the inter-house swimming gala and finished runners up in the house-band competition.

The following are the Mentors of Strachan House for 2019

CLASS	MENTOR
T1	Ms Tammy Schofield
T2	Mr Darren Sheriff
T3	Mr Manoj Jeewan
T4	Mrs Wendy Erasmus
T5	Mrs Suzanne Webley

Strachan House is truly proud of Travis van Aardt for being elected the Head Prefect for 2019. He has been an overwhelmingly popular choice among his peers and teachers. We have full confidence that this young man will fulfil his duties to the best of his ability and will be a credit to both Strachan House and Maritzburg College.

At the passing of the drum ceremony, Head Prefect Ntuthuko Mchunu placed his personal message of support to head prefect for 2019 in the old drum, and handed the custodianship of the drum to Travis van Aardt as a symbol of the passing of his authority.



In addition, we have seven other boys who have been appointed prefects, the largest number of prefects for 2019 from one house. They are B Reddy, ZT Jali, PB Simamane, TR Drummond, OHS Salim, L Robinson and SE Mntungwa. In addition B Reddy and ZT Jali have been appointed House Captain and Vice-captain respectively.

The following boys have been elected house-leaders for 2019 with their relevant portfolios.

HOUSE LEADERS		PORTFOLIO
T1	B Mothebe	Culture and competitions
T2	D Anastatis	Sport and competitions
T3	T Elam	Behaviour and traditions
T4	K Smith	Academics and tutoring
T5	J Jacabsen	Mentoring and Outreach

Congratulations to the following boys for being appointed captains for 2019 in their respective fields.



Y Naidoo (Form 5) is currently representing the South African U/18 National team at the ITTF African Youth, Junior and Cadet Championships in Ghana. (6-13 April 2019).

Focus on...Fawltly



Dont forget to book your tickets or our upcoming show

Sporting Spotlight

College vs Glenwood

The past weekend saw some strong performances across all age groups in both hockey and rugby against long-term rivals Glenwood.

Rugby

The weekend saw College play 21 rugby matches against Glenwood, winning 14 of these, losing 5 and drawing 2. The breadth and depth of the College rugby teams meant we also played another 4 games against Alex and Linpark, winning all of these games. Overall summary for the weekend, was College played 25 games, winning 19, losing 5 and drawing 2.

Our 1st XV played a great 1st half but struggled in the 2nd half and despite some brave performances, the final score was 7-15 to Glenwood.



Hockey

College's hockey teams dominated against Glenwood this weekend with the summary of results showing we played 10 matches, winning 8, drawing 2, and losing none.

Our Red Army 1st XI had a great 1st half quickly going 2-0 up. However, the 2nd half saw them fail to keep up their quality of the first half, as Glenwood scored twice. With College not capitalizing on larger periods of dominant play, the final score was a 2-2 draw.



Soccer

Our soccer teams took part in a series of friendlies vs the PMBHSFA U15, U17 and U19 sides. College's U16A, 2nd and 1st XI teams were in action. Our 16A side drew 2-2, the 2nd team lost 1-2 and our 1st team won 3-1.



Full details of our Sporting Results and Fixtures are available on D6 and on the school website
www.maritzburgcollege.co.za/sport



College Old Boy Hockey Hero

Brad Logan (2009) has been selected to play for the Canadian Men's Hockey International team to go to an Olympic qualifier tournament in Kuala Lumpur, Malaysia.

Brad is a talented international player, with a wealth of playing and coaching experience. He has played hockey in South Africa, Ireland, England and Canada in the course of his professional career so far. His blend of southern hemisphere, northern hemisphere, African, European and North American playing styles makes him a perfect fit for the multi-national EVO coaching team. We wish Brad well.



Thumbs up for CollegeConnect

We recently received the following testimonial from a College Old Boy.

This loyal and passionate OC has previously joined us at our regular CollegeConnect Business Networking breakfasts, has made use of services offered by other Old Boys, has advertised a job opportunity through CollegeConnect and has recently employed a College Old Boy through this ad.

We thought we'd share it with you:

"I am emailing to say that on the back of the job listing we posted in December, I have hired a College Old Boy (Matthew Mitchell) as a mobile app designer for The Hatchery, and assuming he gets through the 3-month probationary period (end of April), I will make a contribution of R800 per month to the College Foundation for as long as he remains employed by The Hatchery. He started on the first of February and seems to be proving himself capable already – it is really great to see that College continues to produce hard working and enthusiastic young gentlemen. At the end of April I hope to also be able to take a pic of the two of us in the office holding a College flag (assuming I can find one) and will then send that to you in case you want to use it for promoting College Connect."

What a wonderful story on the strength of our College network and tribute to the fact that our beloved Alma Mater keeps on producing young men of this calibre!

Thank you to this College Old Boy for supporting this initiative, for offering Matthew this opportunity and for sharing your support via this testimonial.

And best wishes to Matthew for the remainder of your probationary period – make us proud!

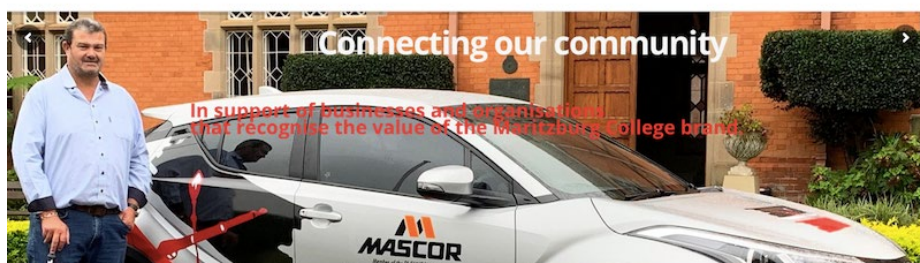
If you have an opportunity within your firm or company and would like to make this available to a College Old Boy, or are a College Old Boy looking for an opportunity and would like to submit your CV please contact us at careers@collegeconnect.co.za

You are also welcome to visit our CollegeConnect site for news updates and job listings.

www.collegeconnect.co.za



HOME CAREERS CORPORATE "WOODEN SPOON" CONTACT EVENTS



BECOME ONE OF OUR
CORPORATE PARTNERS



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OUR CORPORATE PARTNERS



SUBMIT OR SEARCH FOR A
JOB OPPORTUNITY



NEWS AND UPDATES FROM
COLLEGECONNECT

Focus on...The Hindu Society

The Maritzburg College Hindu society has been on the rise these last few years. Teaching the boys the various facets of Hinduism while incorporating the values of the school itself, is the core mission of this society.

2019 started off on a good note. In the first term the MC Hindu Society spent an amazing day at the "Goshala" (a sacred cow sanctuary) in Thornville. In Hinduism the cow is revered as sacred and Goshala, a Sanskrit word ("Go" means cow and "Shala" means a shelter place, therefore Go + Shala = shelter for cows), means the abode or sanctuary for cows and calves.

An interesting discourse on Hinduism from a parent, followed by fascinating moments of feeding the cows was enjoyed by all the boys and a few parents who attended. A scrumptious lunch followed before we headed back to College.

During the holidays, some of the boys enjoyed a fun-filled day as volunteers at the HOLI/PONGAL celebrations held at the Protea Grounds in the northern suburbs of PMB. This was a festival of colour which had loads of laughter, games, music and dance. The day ended off on a high when the boys, together with Ms Sarawan, took part in the tug of war matches and emerged victorious. Each one received a medal and the group, a trophy. Further to which, the boys were also featured and mentioned in the local newspaper. Many comments from the public was received about what amazing gentlemen Maritzburg College has!



The second term brought the society together on a road trip to Durban to visit the ISKON Hare Krishna temple. Another address was given there by one of the resident disciples who started his talk with Maslow's Hierarchy of Needs. The boys answered his questions with ease which was very impressive. An explanation of the Hare Krishna Movement - Devotees of this movement consider themselves monotheistic and have adapted itself to the Western/Modern way of life. Chanting is their main way of worship.

The temple is in a beautiful setting surrounded by a Koi fish pond and lovely gardens where the boys sat and enjoyed a delicious meal of various curries, biryani and cool drinks while soaking up the peaceful atmosphere. After perusing the shops

Important Dates

- 13 Interschool exchange PBHS [Away]
- 16 Form 2 Parents' Evening (APMH)
- 17 St Stithians Hockey & Rugby depart
- 18 School closes at 12.00
- 19- 22 Easter Weekend
- St Stithians Hockey & Rugby
- Ken Florens Festival U14B Hockey
- 23 Tennis Junior Finals
- 25 Form 3 Parents evening
- 26-30 School Production: Fawltly Towers
- 27 Hockey & Rugby vs St Charles (away)



for little gifts to bring home, we heading back to College, tired but more knowledgeable on some Hindu facts.

A thank you must go out to the parents who sponsored the Durban trip and meals provided. On both trips, Mrs Moushmi Maharaj and Ms Yaksha Sarawan accompanied the Hindu Society boys.

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