



Rundle REVELATIONS

APRIL 2022

PRINCIPAL
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HEAD OF PREPARATORY
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 **Cambridge Assessment
International Education**

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PRINCIPAL'S PERSPECTIVE

This term marks the start of the external Cambridge exams for IGCSE and other senior-level examinations. Over 60 students are writing their external Cambridge examinations and are currently preparing for this. In South Africa, there are two examination sittings, one in May/June and the second in October/November, and in some northern hemisphere countries, a third examination sitting is brought in to accommodate the large Asian population by having a March/April sitting.

Generally, our students write between 6 and 7 external IGCSE subjects in the May/June sitting of their grade 11 year and follow up with a combination of between 4 and 6 Advanced Subsidiary (AS/Matric) subjects to complete their schooling. This is then equated to either a matric with or without exemption to allow the students to register and enrol for further education.

It is dangerous to underestimate the importance of your Grade 11 results as these are used by most institutions to give provisional acceptance into an academic track of further study. Our Grade 12 students are already submitting applications for 2023 and predicted marks for their end-of-the-year examinations are being requested. Tutors need to be able to give fair and accurate predicted results to allow students to submit their applications.

When I meet with students to give them advice on their academic paths and careers, one of the most important points I try to carry across is having options. It is understandable that a student might have a desire to go to a particular university in a particular town, possibly because of a parent or sibling that attended that university. However, to put all hopes into gaining entry into a track in only one university is extremely risky. For example, at one of the universities, twenty-four thousand applications were submitted where only four thousand seats were on offer. A better plan would be to have a list of choices, so for example have one university as option one and then even have a second study track as an option should you not be accepted into that field. Then, in addition, have a second university and preferably even a third university choice. This way, once the results are released and you are presented with an offer, you have the privilege of being able to select your first choice.

One thing that the pandemic has taught us is that life is unpredictable and that things can change in a heartbeat. This fact makes it all the more important that students should have options to be able to move into their next phase of academic life without being stranded or left without options. I look forward to an exciting term and would like to wish the students writing their external examinations the very best of luck and hope that their hard work will pay off.



IT'S QUIZZZZ TIME

Putting general knowledge and wit to the test. The Senior General Knowledge Quiz was won by Muirfield (blue house) with Jubilee (red house) coming second. The junior quiz was won by Sandhill (yellow house) with Jubilee once again taking second place. The teachers were put under pressure but luckily persevered when they beat the A-level team by only 1 point in a very tight final.



SWIMMING STAR BEN BIEHLER

Rundle College Checkpoint 3 student Ben Biehler swam his way to 2 gold, 2 silver and 3 bronze medals in the recent SA Level 2 Age Group Provincial Gala in Malmesbury. 37 clubs participated in the 3-day event from 22 - 24 March. Congratulations on your wonderful results, Ben!



MOMENTS AND MECHANICAL FORCES OF ROTATION

Advanced Subsidiary Level Physics practical: Using moments around a pivot point to determine the spring constant.



HOSPITALITY, TRAVEL AND TOURISM

Nothing like a milkshake to sweeten an outing to George Tourism Centre. The IG1 Travel and Tourism Class visited the George Tourism Centre.



Rundle 2022

PREPARATORY

As a parent myself I often like to take a step back and take into account the complaints teachers have regarding parents. These days, one of teachers' biggest complaints is that it's far easier to put a child in front of the TV or computer screen to occupy the child so the parent can get something done or have some alone time instead of entertaining the child themselves. Admittedly, I sometimes do this exact thing and I often climb into bed at night and feel so guilty that I didn't go throw the cricket ball to my boys in the garden, like they asked me to, or the evening routine got interrupted and we ran out of time for our nightly book-reading session.

As parents today, the demands of our lifestyles can be overwhelming and I researched some articles on this topic to get some perspective. I found the following written by Alice G. Walton which resonated with me, so I felt the need to share it with some more parents.

The physical exhaustion of parenthood is, of course, tightly coupled to mental exhaustion: In fact, it's difficult to separate the two. The very act of taking care of a baby or child can be draining on many levels—emotionally, cognitively, and psychologically. Let's be honest, playing with teddy bears or transformers for hours on end is not the most stimulating activity for an adult. Focusing one's attention on child games and kid-oriented activities can be wearying, so often parents just zone out. It's easy to beat oneself up for not feeling mentally present 100 percent of the time, but these are feelings that most parents grapple with at some time or another.

Despite all of the evidence that parenthood can be hard on the psyche, parents also experience times of fulfilment that are hard to beat. Sometimes it's the little moments of parenting—like the way your toddler says "bsghetti" or how she hums when she is colouring—that make the difference, and paying attention to these can have a big impact. Some studies have found that when people are actively parenting, it's these specific moments in time that are linked to the highest levels of happiness.

Having kids generally entails some level of sacrifice, as some parents are eager to remind their kids. "What I did for you!" can be a common refrain in some households, which is probably not the healthiest sentiment to impart on one's children, but reminding yourself of the cost (and the benefits) can actually help your attitude toward parenting. It may sound a little dire, but recalling how much you have sacrificed to have your own kids can actually help you appreciate the endeavour more.

Parents are a self-conscious, self-serious group these days. The "helicopter" phenomenon—parents who monitor their kids' every move and pack their kids' schedules full of extracurricular or educational activities—is becoming more widespread. But as helpful as we try to be, sometimes we do too much. And doing less can also make parenting more pleasurable.

Free play, the kind kids do totally on their own (as opposed to structured or supervised activity) is critically important in how kids develop basic cognitive abilities, like decision-making, problem-solving, and self-control. The trial-and-error nature of unstructured play is an essential practice for the trial-and-error nature of life—and taking it away from kids can actually be a great disservice to their overall mental well-being.

Our tendency to strive for parental perfection is understandable, given the amount of information to which we have access nowadays. But over-parenting can lead to more anxiety than there needs to be. Learning to have fun with your child—and let him have fun too—will not only make the experience more pleasant; it will be a big help to your child's development.

But childhood goes by fast. The early days of colic and diapers give way to action figures and tea parties, to college applications, to proms, and, finally, to empty-nesting. Approaching parenthood as a process can help keep you sane through it all. Take it seriously but not too seriously. As harrowing as the bad times are, keep in mind that they too shall pass—and the good times go by just as quickly.

Parenting is demanding, however, what we need to keep in mind is a quote which was sent to me recently by a good friend: Someday you will wake up and the house will be clean, but your babies will be grown up and on their own. Enjoy the mess and your kids. They're only young once!

PREPARATORY HEAD

Sharon Puttick



FOR THE LOVE OF HISTORY

Outings are an ideal way for students to connect to the outside world, practise social skills and engage with what they're learning. On the 2nd of March, while the Intermediate Phase learners were on camp, the Foundation Phase learners went on an outing on the Outeniqua Power Van. The students were transported in the school bus to the train museum. The train took them about 24-25 km up into the Outeniqua Mountains with immaculate views all around. This trip was breathtaking as the students experienced the beautiful four passes, waterfalls and six tunnels. We also got to have a picnic at the highest point with delicious snack packs and a gorgeous panoramic view.

The learners had so much fun on this trip as for most it was their first time on a train. They were in awe of how big and beautiful our town of George really is and were very brave whilst going through the dark tunnels!

TENNIS STAR JAYNÉ COETZEE

Jayné Coetzee took part in Free State Growth Point Super 8 which was held on 23 – 29 March in Bloemfontein, Free State. She and her doubles partner from North West won the finals in the Girls Doubles U14 Gold Division. Congratulations, Jayné!

INTERACTIVE MATH

The Grade 1 students enjoyed a practical math lesson with water play.

Look who came to visit!

Our favourite beloved holiday bunny came to visit the preparatory students and hid plenty of Easter eggs around the school and garden for the students to find. Great fun was had as the students competed against each other in the race to fill their bags with the most eggs before the Easter weekend started.



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