



Dear Parents, Old Boys and Friends of Michaelhouse

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## Rector's Message

Over the half-term period, our 2020 Matric students received their **IEB examination results**. There are many yardsticks by which results are able to be measured and, ultimately, what is of importance is that the boys have done well by their own standards and that they are able to progress to the next stage of their careers. We congratulate our boys warmly on their achievements; some of the headline statistics follow:

- 100% passed and 107 out of 108 achieved a Bachelor Degree pass, thus enabling them to go on to university.
- 25 boys achieved an A aggregate and 47 a B aggregate.
- There were 2.4 As on average per boy.
- The average mark across all subjects was 73%.
- 32% of all results were A symbols.
- 10 subject results were in the top 1% in South Africa.
- 4 boys achieved 8 distinctions, 2 achieved 7 distinctions, 4 achieved 6 distinctions and 7 achieved 5 distinctions.
- Tapiwa Chikwanda is the *Dux* with an aggregate of 93.4% and 8 distinctions and Tristan Naidoo *Proxime Accessit* with 90.29% and 8 distinctions.

Tapiwa Chikwanda  
(*Dux*)



Tristan Naidoo  
(*Proxime Accessit*)





Overall, this was a very creditable performance from boys who had something of a topsy-turvy year in which they had to work online – a *modus operandi* which did not necessarily suit all boys. They may feel proud of themselves.

On another matter, it has come to our attention that a number of boys have been using **protein supplements** as part of their recovery after training sessions. Whilst we recognise that there may be a need for extra nutrition for growing boys who are extremely committed to their training, we cannot allow them to use products that are not recognised as 'clean'. Accordingly, we introduced a "top-up meal" shake in 2019 which was formulated by a dietician and produced by a reliable source, but we are aware that some boys prefer to use a well-known supplement brand. After much consideration and research, we have decided to allow boys to take two biogen products, *Recovergen* and *Iso-whey*. These are considered reputable and used by professional athletes and sports teams (eg. the Sharks). These two products are batch-tested meaning that the products are tested to ensure that they are "clean". This is all-important, naturally, if it comes to boys being drug tested at any stage. We do not want boys taking any products which could be harmful to them or, possibly, put them at risk of failing a drugs test at an event such as a festival and bringing their names and that of the school into disrepute. For the sake of clarity, we do not permit boys to take any creatine or *pre-workout* products.

Please see information below of the two biogen products which we will allow.

Recovergen:

<https://www.biogen.co.za/products/competitive-athletes/recovergen/>

Iso-whey:

<https://www.biogen.co.za/products/core-muscle-range/iso-whey-premium-2/>

Both of the above can be purchased at Dis-Chem or through our Strength and Conditioning Department. If you have questions in this regard, please consult with Mr James Fleming who has engaged with several medical practitioners in this connection. His email is [JamesF@michaelhouse.org](mailto:JamesF@michaelhouse.org) and his telephone number is 033 234 1148.

As indicated in the previous eNews, the weekend ahead (27-28Feb) is a **closed weekend**, but the boys are allowed to take, as usual, one of the following three Saturday nights as overnight leave (viz. 6-7 March, 13-14 March or 20-21March). The usual timings for departure on the Saturday after all school events have taken place and the return on Sunday evening for Chapel apply.

Relative to most other issues with which we have had to deal with over the past years, this is a minor consideration, but we have decided to phase out the sale of aerosol deodorants at our Trade-Inn and ask parents to assist us in limiting the use of spray cans of this nature; there have been situations which could have been dangerous in terms of aerosol cans exploding and aerosol deodorants have also been inappropriately used by some for "huffing". From the beginning of next term, therefore, **no aerosol**



**cans** will be allowed at Michaelhouse and it would be very helpful if you take note of this when you are helping your son with his shopping.

## Distance Parenting – A course for parents new to boarding

It's never easy dropping off your sons at boarding school, even if this is not the first time you have done so. Not only is there concern around how they will manage, but it can also really impact on the family dynamics back at home. It takes some getting used to for everyone. To this end we want to offer some reassurance and guidance.

Michaelhouse is running a new course specifically aimed at parents of first time boarders. We are calling it **Distance Parenting** and it will be run by Cape Town psychologist Megan de Beyer and our school counsellor Tim Jarvis. Megan is also the author of the book *'How to Raise a Man'*. The course will consist of three sessions ONLINE all of which are designed to help you best parent a boy who is in boarding. It will include the following content:

- The impact of Covid on your son, the school and you.
- Understanding what your teen is going through and the impact of boarding school life.
- Male adolescence
- Best parenting practices
- Communication skills
- How to offer him emotional support

The course is for both Mums and Dads and will be run at lunchtimes starting on Friday, 5 March. Please see the attached brochure with more details and a link in order to register.

## Sports Achievements

During the half-term break our canoeists took part in the following events:

Campbell's Farm to Dusi Bridge with these results: U18 – 1<sup>st</sup> **Jack Edmonds**, 2<sup>nd</sup> **Matthew Millward** and 3<sup>rd</sup> **Murray Behn**, U16 – 3<sup>rd</sup> **Dominic Furby** and 4<sup>th</sup> **Robert Butcher**.

The 50 Miler, which takes place from Mission Rapid on the Dusi to Mfula's Store, and these boys achieved places: U18 – 3<sup>rd</sup> **Matthew Millward** and 5<sup>th</sup> **Murray Behn**, U16 – 2<sup>nd</sup> **Robert Butcher** and 3<sup>rd</sup> **Dominic Furby**.



## Confirmation Camp – Rev. Chris Meyer

The beautiful Emseni Camp site near Spioenkop, played host to the annual Michaelhouse Confirmation Preparation Camp, held recently from Saturday 13-17 February. A group of more than 90 boys and a dedicated team of 18 staff members enjoyed the beautiful surroundings, while taking the time to explore the Christian faith and the implications of entering into a relationship with God through Jesus Christ. The content of the camp is shaped by the excellent Youth Alpha course which the boys, once again, loved. And at the heart of Alpha is the opportunity to gather in small discussion groups where no question is regarded as too small or too large. In the groups the boys reflected on engaging topics like, “Who is Jesus?”, “Why did he die?” and “What about the church?” with every opinion given space. The camp also managed to balance plenty of time for leisure and fun, with times of contemplation, together with plenty of hearty food. This year, a worship band, consisting of boys and a staff member, gave leadership to our singing, which at times, lifted the roof! There were also opportunities for those boys who wanted to chat in confidence about the deeper issues on their hearts and to receive prayer. From the comments shared by the boys on the final day, most found the camp to be enjoyable and a significant opportunity to grow in their faith. It was also an opportunity for everyone to get to know the new Chaplain, Chris Meyer, as he led his first camp.

For many of the boys who choose this, the next step will be symbolically to declare their faith through the service of Confirmation, which will take place on Friday 19 March. In order to comply with the current COVID regulations, this service will be held in the Michaelhouse Indoor Centre, and further information will be circulated shortly.



B Block Boys enjoying their Confirmation Camp at Emseni



## Congratulations and Individual Achievements

In a previous eNews I brought to your attention **Muako Maepa** and his recipe book entitled *“Tell me what You Eat and I’ll tell you who You Are”* which he created during the 2020 hard lockdown.

On Friday 19 February Muako was lucky enough to celebrate the release of his book. Themed ‘An evening with Muako’, a group of Michaelhouse boys joined a small, intimate and lovely event involving 20 young guests at the gallery style Steyn City, in Johannesburg. Food was selected from Muako’s book. The event was led by boys from Muako’s childhood, friend Robbie van de Steen presided as MC, to Muako’s inspiring own words and this was followed by a touching thank you note from Nathi Kumalo. In his book Muako says “I cook because it is different from what other kids do, writing this book was not only about food, but proof that I could achieve what I set out do. During the lockdown last year, I set out to finish writing my own book, I wanted to inspire and share food with other kids my age”

Certainly, the book launch was about that, an evening of inspiration, food and boys’ banter. The book launch will be televised on InsiderSA on Tuesday evening, 2 March, at 7:30pm on SABC 3 and repeated on the following Saturday evening. You can buy the book online from Muako’s publisher [annakem@mweb.co.za](mailto:annakem@mweb.co.za) and it will soon be on Amazon and in bookstores nationwide. On social media, you can follow Mybook\_Maepa on Instagram.





## C Block Exchange Programme 2021

Our previous communication indicated that if your son would like to apply for the exchange programme for 2021, he should submit a letter of motivation to us by Friday, 26 February 2021.

The exchange programme is unfortunately still suspended and, until we can get clarification on when matters are likely to return to normal, there is a chance that the programme will not commence at all in 2021.

To avoid your son completing the letter of motivation unnecessarily, we have decided to postpone the submission until further notice. Should your son have already submitted his letter of motivation, please note that should there be any changes, he will not need to re-submit.

We apologise for any inconvenience. Please email [exchanges@michaelhouse.org](mailto:exchanges@michaelhouse.org) or contact Julie Flanagan or Mary McMichael if you have any further queries.

## Durban Old Boys' Club

Old Boys and parents in the Durban area should see the attachment to this eNews about a Golf Day on Friday 22 April at Beachwood Country Club.

## Conclusion

It is good to have the boys back at school and working towards the resumption of some matches. In some sports, boys are able to participate in events but, as you will know, no inter-school sport is currently allowed; however, this may change over the next weeks and we would like our boys to be fit and ready for action when we are allowed to resume more usual sporting activities.

With my best wishes

**ANTHONY CLARK**  
RECTOR