



Dear Parents, Old Boys and Friends of Michaelhouse

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Rector's Message

I hope that you enjoyed the long weekend/half-term with your sons and that they have returned to school in the right frame of mind to take on their **June examinations** which start tomorrow. Success in these exams give boys confidence for later examinations, such as those at the end of the year, and these ones are sufficiently spread out to enable the boys to give of their best even if they were to be simultaneously heavily engaged in their winter sports season. Please do encourage them to keep their heads down and to aim to excel, relative to their own capability.

It is unfortunate, in my view, that the decision made in government circles to suspend contact sport between schools was considered on a national, rather than a regional/provincial basis and, of course, there is uncertainty as to what the next steps might be for our boys. At present, we are likely to continue to engage in **skills training** related to our winter sports programme with the hope of a return to inter-schools rugby and hockey soon following petitions and representations to the Department of Basic Education, but we may need to adjust our thinking in this regard if there is no response as the boys thrive on competition against other schools and we would want to try to meet that need in a creative way if possible.

I have started considering in our weekly eNews aspects of the *Seven Habits of Highly Effective Teens* as fuel for conversations with your sons (or other siblings) and will comment on the third of the habits today – this relates to *Putting First Things First*. In effect, this is something most adults do all the time: we prioritise because each day is filled with so many balls which we have to keep in the air. However, it is not necessarily a phenomenon which teenagers find easy to identify with as their lives are generally more programmed than ours: lessons start and end at a certain time when a bell rings and signifies that they should move on from one activity to another. It is suggested that the important parts of Habit Three lie in both the **effective management of time** and having the **will power** to meet what one needs to do.

Regarding the first of these, the time quadrant model which we have all, at some stage, seen divides time into four quadrants, reflecting things which are important or urgent to do. The important things relate to aspects our life mission and goals and could be something as simple as writing a birthday card to a friend, whilst the latter relate to pressing things demanding immediate attention such as deadlines.



Here is the quadrant model:

	URGENT	NOT URGENT
IMPORTANT	Q1: The <u>Procrastinator</u> Crises Emergencies	Q2: The <u>Prioritiser</u> Preparing, planning, improvement
NOT IMPORTANT	Q3: The <u>Yes-Man</u> Interuptions	Q4: The <u>Slacker</u> Time Wasters

The first quadrant is where young people often spend too much time because they have left things until the last minute and therefore important things have been pushed aside by urgent things with the result that the important things have become both important and urgent (for example, cramming for an exam the night before taking it). People who regularly operate in this quadrant can find themselves under enormous stress and, because they have not spent sufficient time planning and preparing, the outcome can be mediocre. Ideally, we should be spending most of our time in Quadrant 2 and teenagers should be encouraged to balance their lives between their various activities and to plan to do so. This entails saying, at times, “no” to friends and peer pressure and “yes” to important commitments. Young people are, through planning, able to control their lives better so that their performance reflects their best efforts and they gain, through this, self-respect and the respect of others. Quadrant 3 is filled with urgent things that appear important but often they are things that are important to other people - such as receiving unimportant phone calls or dealing with the small problems of others. Ideally, young people should be encouraged to say no to unimportant things, rather than simply to please people by going along with them. The fourth quadrant is characterised by time-wasting, trivial activities, and irresponsible actions. The slacker spends too much time on social media and cannot prioritise anything leading to under performance and, ultimately, to a lack of satisfaction with himself.

It is suggested that teenagers need consciously to consider **putting first things first** by effective planning on a regular basis, blocking out time for events which are important such as sports practices, music rehearsals and similar activities and then working out what time is available to spend on other important events or activities. The complementary action related to this is to stick to what one has planned rather than veering off course and following the crowd. In essence, teenagers need to overcome peer pressure if they are to achieve at the optimum level relative to their own capacities and to feel the self-respect that comes from doing so.

Successful teenagers are disciplined, make sacrifices and persevere in doing the things that they sometimes don't want to do because it leads them to be the best that they can be.



Staff News

We welcome Khalipha Manyoni, our new San Sister who joined Michaelhouse over our half-term. Khalipha is an enthusiastic, engaging and well-qualified person with a number of nursing qualifications including a Diploma in Nursing Services and Midwifery – the latter of which will hopefully not be needed at our San! – as well as a B.Tech in Nursing. She has more than 14 years' experience, most recently with the Department of Correctional Services so she will also know how to handle all situations!



Cultural & Sports News

Canoeing

In the South African Canoe Marathon Championships held at the Peninsula Canoe Club in Cape Town this past weekend, **Matthew Millward** won a gold medal in the U18 K1 category and **Jack Edmonds** was placed 6th. In the U18 K2 category, **Matthew Millward** and **Jack Edmonds** both won gold medals.

These two elite athletes always give of their best and they have trained with dedication and discipline. They have justifiably been rewarded for all their efforts and we are delighted to celebrate their wonderful achievement with them. We recognise their tenacious approach to canoeing and warmly commend them for this.



Matthew Millard



Jack Edmonds



Rugby

The Michaelhouse rugby teams enjoyed a successful day against Glenwood at Michaelhouse just before inter-schools contact sport was suspended nationally. The U14As started the afternoon on Far Meadows with a stunning 52-7 victory, whilst the U15A ran out 20-14 winners; the U16A, level at 19-19 had the opportunity to equalise with a penalty in the last minute but opted for a possible win by setting up a line-out and lost 19-22. Our 2nd XV combined well to win 17-7 and our 1st XV, up against bigger opposition, did not concede a try, going down 3-12 in a tight match.



No way through for Jason Makhele in the 1st XV match



Scott Kirk ready to engage in the 1st XV match



The 1st XV at half-time

Hockey

Our teams also played Glenwood last Wednesday here at Michaelhouse and secured a clean sweep of victories: the U14A recovered from some earlier losses to win 5-0; U16B won 3-1, U16A won 5-0; the 2nd XI won 2-1 and the 1st XI won 1-0.



Oliver Jonsson beating the Glenwood defence to set Jadin Jordaan up on the left wing in the 2nd XI match.



The 2nd Hockey XI, led by captain Stephen Perkins and vice-captain Ayanda Cele, discussing tactics during an injury time-out. Valiant defence prevented Glenwood scoring an equaliser.



The 1st XI ready to take on Glenwood

Team of the Week

Mr Strudwick, Director of Sport, would like to mention the U14 teams for their convincing wins on the rugby and hockey fields. But, the winner this week must go to **Matthew Millward** for his two gold medals in the SA Canoeing Championships. Well done to Matthew!

POPIA - Protection of Personal Information Act

Last week we drew to your attention the Protection of Personal Information Act 4 of 2013 (POPIA) which is the comprehensive data protection legislation enacted in South Africa. POPIA aims to give effect to the constitutional right to privacy, whilst balancing this against competing rights and

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MICHAELHOUSE

interests, particularly the right of access to information. You will have received a form sent out by Pushpa Ramharack in our Bursar's Department in which you are asked to indicate your support for information that the school may hold about you or your son being used in a responsible fashion by Michaelhouse. Please do help us by signing, ticking boxes and returning the form to us.

We have already received a number of responses and we thank you for returning these promptly to us. It would be appreciated if those parents who have not done so yet would return them or contact the Bursar, Damien Rautenbach, on 033-234 1002 if they wish to discuss any aspect which is unclear.

With my best wishes

ANTONY CLARK
RECTOR