

RECTOR'S eNEWS



MICHAELHOUSE

NEWSLETTER 26/2025: Wednesday 27 August

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Rector's Message

Watching our boys participate on the athletics track last Wednesday reminded me of the importance of keeping the Olympic spirit alive in all of our sporting encounters, even in rugby! A successful athletics competition, held over three afternoons, saw our Houses compete in a purposeful and spirited way in the best Olympian tradition of giving of one's best but appreciating the best in others.

As most will know, the Summer Olympic Games takes place every four years with the Winter Olympics held separately since 1994 in the intervening years, two years after each of the Summer Olympics. A form of Games, attracting the best athletes who were able to travel to a particular venue was held from the 8th century B.C. through to the 4th century A.D. in Greece and this was revived in 1896, the year of the foundation of Michaelhouse, by a Frenchman, Pierre de Coubautin to promote individual excellence, friendships and respect in an atmosphere of fair play and to celebrate mastery in a particular discipline. It was hoped that fraternity, generosity of spirit and a sharing of common purpose would lead to international understanding and promote peace. Originally, the Olympic Games was for amateur athletes but soon professional athletes were allowed to compete. The positive values espoused by the founders and organisers were not, however, always evident. For example, the Berlin Olympics of 1936 were infamous for Hitler's refusal to shake the hand of Jesse Owens, the gold medallist in four events because of the Führer's belief in Aryan superiority. The Munich Olympics of 1972 saw a terrorist attack by the Palestinian militant group, Black September, on Israeli athletes, leading to the death of eleven of the Israeli team.

At my previous school in the United Kingdom, one of our staff, Christina Boxer, who ran in the 1500 metres in Moscow in 1980, Los Angeles in 1984 and Seoul in 1988, was beaten in the last of these by a Russian athlete for third place and, thus, denied a bronze medal. Some weeks later, it was established that the Russian athlete had taken performance enhancing drugs which led to her being stripped of her medal. The sadness is that Christina never attained a medal for which she had trained relentlessly over many years, overcoming many personal difficulties en route to Seoul.

Since 1896, the Olympic Games has only been cancelled three times, in 1916, 1940 and 1944, for obvious reasons. But there was also limited participation in the Cold War years of 1980 and 1984 and it



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is to be hoped that the next Games, to be held in Los Angeles in 2028 and in Brisbane in 2032, will not be plagued by international hostilities. The Paralympics began in 1988 with the Seoul Olympic Games and similarly extremely worthwhile events have taken root in many other sports, including tennis at Wimbledon where, increasingly, disabled tennis players have competed on the courts more favoured by spectators.

The last Michaelhouse Olympian gold medallist was Jean van der Westhuyzen, who left Michaelhouse in 2017 and represented Australia in the kayaking section of the 2020 Olympic Games, achieving a gold medal in the K2 1000m event, as well as a bronze medal in the 2024 Olympic Games in the K2 500m event. His brother, Pierre, achieved a silver in 2024.

In any event, the Olympic spirit was alive and well at Michaelhouse last week and there was little difference, ultimately, between the 10 Houses with Farfield ousting East and the other 8 Houses to record an overall victory.

As we have already mentioned in the eNews, Mr Ryan Ravenscroft, our Head of Sport, participated in the Olympic Games on one occasion representing South Africa in the mens' hockey. I asked him some quickfire questions and here are his responses:

- **Which Olympic Games did you attend?**

I attended the Athens Olympic Games in 2004.

- **What surprised you most about the Olympic Games you attended?**

The sheer magnitude of the event was incredible. What stood out most was the scale of organisation involved in coordinating 10,000 athletes competing across so many different events. From a personal perspective, as hockey was played over almost the full two weeks, the daily pressure and intensity were immense. There was little time to switch off.

- **How did your team do? Was this better or worse than expected?**

We started off superbly and showed glimpses of our potential, but unfortunately, we weren't able to fully capitalise on it. Compared to other nations, our limited exposure to international hockey in the lead-up was a significant disadvantage and, ultimately, that caught up with us. It's something that continues to be a challenge.

- **What interaction did you have with teams from other countries? Was there a sense of friendship or only of competition?**

The dining hall in the Olympic Village was a central hub, and it offered great opportunities to chat with athletes from around the world. While the high-profile athletes, like Usain Bolt, tended to keep to themselves, there was definitely a sense of camaraderie across teams.

In our team, we had a tradition where the "Dork of the Day" had to get a signature from the best-known athlete they could find. That shirt ended up with signatures from Haile Gebrselassie, Roger Federer, Martina Hingis, and many others. We eventually gave it to our manager as a gift and it holds some great memories.

- **Were you aware of any situations where athletes were taking performance-enhancing drugs?**

Not at all. There was regular, thorough testing. I personally went through two official tests. Even when you have nothing to hide, the process can still be nerve-racking.

- **What was the most important thing you learned from the experience?**

Simply making it to the Olympics was probably the biggest lesson in itself. The dedication,

commitment, and sacrifice required to reach that level have shaped much of my journey since. Equally, being dropped from the national team two years later, as both a player and the captain, was another defining moment.

Both experiences were incredibly humbling and have influenced how I approach challenges to this day.

Inter-House Athletics

Our Inter-House Athletics Day last week was a huge success and thoroughly enjoyed by boys, parents and staff. At the conclusion of three days of events, these Houses were placed in the top three positions:

1st Farfield – 517 points

2nd East – 507 points

3rd Ralfe – 478 points

Congratulations to the following trophy winners:

The Michael Jeffrey Memorial Athletics Trophy 1981-86 (Silver Plate) – **Thomas Peach** (Pascoe)

St Evens Athletics Trophy for the most Outstanding Performance – **Thomas Peach** (Pascoe) – U19 Hammer Throw

Mike Gledhill Cup, Best Performance on Field – **Thomas Peach** (Pascoe) – U19 Hammer Throw

G D Barrie Floating Trophy : Best Middle Distance Runner – **Jarrold Frost** (Baines) – U17 3000m

JR Cairns Trophy : Best Throw Javelin – **Henco van Loggerenberg** (Founders)

Steven Waidelich Floating Trophy: Best Performance on Track – **Mholi Phili** (Farfield) – U15 200m

John Odams Memorial Trophy, Senior Victor Ludorum – **Thomas Peach** (Pascoe)

Martin Rose Floating Trophy U17 Victor Ludorum – **Kyle Heyns** (Farfield)

Paul Nash Trophy, Junior Victor Ludorum – **Henco van Loggerenberg** (Founders)

Age group placements:

U19 - 1st **Thomas Peach** (Pascoe), 2nd **Noah Bates** (East), and 3rd **Lwandle Nzama** (Baines)

U17 - 1st **Kyle Heyns** (Farfield), 2nd **Joel Reinhardt** (West) and 3rd **Nicola Salamousas** (East)

U16 - 1st **Daniel Uys** (Tatham), 2nd **Akhona Sayeeda** (Ralfe) and 3rd **Iminathi Mntu** (Farfield)

U15 - 1st **Henco van Loggerenberg** (Founders), 2nd **William Robson** (West) and 3rd **Thembikile Nthuli** (Baines)

U14 - 1st **Phiwayinkosi Sithole** (Farfield), 2nd **Kgauhelo Moloi** (Ralfe) and 3rd **Bandile Mahaye** (East)

Well done to the boys below who set new records:

U14 Discus – 42,88m **Keegan Bezuidenhout**

U15 Hammer Throw – 35,13m **Thembikile Nthuli**

U19 Hammer Throw – 35,70m **Thomas Peach**





A fun but competitive day on the athletics field

As you will know, we continue to use *Steer Tracking*, a programme used by many top UK schools, as well as other organisations such as Chelsea Football Club, to monitor and support in a light touch way the mental health and well-being of our boys. It is encouraging to report some very positive developments this year as outlined below:

- **Priority Pupils:** The number of boys flagged as “priority pupils” has decreased from **7.1% to 5.9%** between March and August - an encouraging trend showing fewer boys in need of extra support.
- **Self-disclosure:** One of the key risk factors for all teenagers is low self-disclosure (battling to be themselves or struggling to share how they really feel). This is especially true in E Block, but we see steady improvement as boys settle into Michaelhouse. From Grade 9 onwards, our boys consistently perform *better than global STEER norms* in this area, and by Grade 12 they are sometimes more open at school than they are out of school! This reflects the strong culture of care and helpful signposting at school.
- **Over-regulation:** This is the social-emotional equivalent of continually driving on dangerous, busy roads without ever getting a chance to park the car. It yields a persistent state of hyper-vigilance, threat management and over-thinking leading to emotional depletion and longing for emotional dysregulation to self-soothe. Over-regulation has been a long-standing risk factor, but thanks to consistent messaging, modelling and awareness across classrooms, sports fields, and boarding houses from our staff, we’ve seen remarkable improvement. In 2023, **37.9%** of boys were identified as over-regulating; by 2024 this dropped to **24.4%**, and this year it has reduced further to just **19.6%**. These measurements were all at the same point in each year.
- **Targeted support:** Between March and August nearly **70 boys** quietly received additional support based on their March STEER data. Encouragingly, the most recent assessment (August) shows that **75%** of these boys are now in a better place than at their earlier assessment – often without even being aware of the intervention.

Looking ahead, after our third and final assessment for 2025 (next term), each boy will receive an email with feedback on his results and some simple, personalised tips on how to “steer” himself positively into 2026.

We are proud of the progress made and remain deeply committed to ensuring that Michaelhouse continues to be a place where boys can flourish academically, socially, and emotionally.

SARB MPC Schools Challenge – Ms Riette White

On Tuesday 19 August, the Michaelhouse Monetary Policy Committee Team attended the winner’s announcement at the Reserve Bank headquarters in Pretoria.

The Michaelhouse team, made up of **Reily Elliot** (A Block East), **Lerotholi Seeiso** (A Block Mackenzie), **Simon Bailes** (A Block Founders) and **Oliver Bruyns** (A Block Ralfe), was one of ten finalists out of 216 teams entered, chosen by the Reserve Bank’s economists.

After the rigorous process of presenting and defending their statement to the SARB economists on 5 August, it was announced that Michaelhouse had come in third place in the competition. Paarl Gimnasium came in second, and Midrand High School in first place.

The competition was an exceptional experience for the Michaelhouse team, providing them with real life experience and insight into Monetary Policy decision making.



Lerotholi Seeiso, Oliver Bruyns, Mr Hankinson, Governor Kganyago, Reily Elliot and Simon Bailes

Mums at Michaelhouse (M@M)

On 22–23 August, Michaelhouse opened its doors to a special group of women for our annual Mums@Michaelhouse event. Designed for prospective mothers, this immersive experience offered a glimpse into the daily rhythm of life at Michaelhouse, allowing mums to walk in their sons' shoes, quite literally. From sleeping in the same beds and dining in the same halls, to asking the hard questions and forging new friendships, the event was a celebration of shared values, honest conversations, and the deep connection between family and school.

The programme began with a literary twist as John van de Ruit (Founders, 1993), award-winning author of *Spud*, led mums on a spirited “Spud Tour” through the campus. With wit and insight, he peeled back the layers, with stories behind the stories, offering a unique lens into the culture and character of Michaelhouse.

Friday evening brought warmth and wisdom as past Michaelhouse parents, Gary and Debbie Kirsten were interviewed by our Admissions and Marketing Director, Murray Witherspoon, as they unpacked the journey of parenting boys through, particularly, the lens of a mother's experience. Questions were then opened to the floor, and the mums took the opportunity to dive in with their questions. The Q&A conversation was candid, heartfelt, and empowering, giving mums the space to ask the tough questions (which they certainly did!) and to reflect on what truly matters.

The Old Boys' Clubhouse provided the perfect setting for relaxation and connection. Whether it was laughter over shared stories or more earnest reflection, the evening was a reminder of the strength found in community with the mums retiring at a reasonable hour to their boarding houses (we won't confirm any rumours of night swimming or other escapades!)

The following morning, the chapel service offered a grounding moment, and our Chaplain Rev Chris Meyer spoke beautifully about the importance of this formative time in a boy's life - how values are not just taught, but lived. He reminded us that we grow into what we believe about ourselves, and that Michaelhouse is a place where those beliefs are nurtured with care.

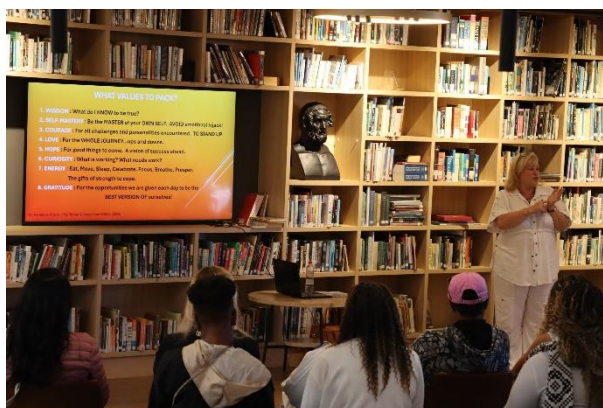
The event concluded with an empowering talk by Dr Penelope Alison, who spoke about the unique bond between boys and their mothers. Her message was clear: when preparing for life at Michaelhouse, the

most important things to pack aren't found on a checklist - they're found in the heart. She encouraged mums to instil values of wisdom, self-mastery, courage, love, hope, curiosity, energy, and gratitude - the true essentials for a boy's journey.

We are deeply grateful to every mum who joined us, asked the hard questions, and shared in the laughter, learning, and love. As always, these events take a lot of planning and we are grateful to all those who took the time and effort to make this event possible during the half term break.

"Thank you so much for hosting and spoiling us for the Mums' weekend and all the time and effort that you all put into it. It was really very special and I think more so that I already have two boys and had the chance to experience their space for a little while! I really thought it was well done and the feedback from the mums that I overheard was 100% positive!"

"Thank you so much for accommodating us Mums, and for making our overnight experience at Michaelhouse so memorable and insightful. It was such a lovely opportunity to get to know other mums, and get a feel of what a 'day in the life of a MHS boy' is like. I had the best time listening to John tell his stories, and loved hearing the honesty of the Kirsten family's experience. Thank you for making our stay so comfortable and insightful, I really do appreciate it."



Another successful M@M

Hockey

The U17 Stayers Hockey Team took part in the annual Kearsney Hockey 5s Festival over half term. A group of nine boys went out to represent Michaelhouse, playing some brilliant hockey and achieving excellent results. The boys finished in 2nd place, which was an outstanding achievement. The results were as follows:

vs Hilton won 2-1, vs DHS lost 2-5, Kearsney drew 3-3 (but won on shoot outs), vs St Albans won 4-2, vs Ashton won 8-0, vs Westville drew 4-4 (but won on shoot outs), vs Garsfontein won 2-1 and vs DHS in the final, drew 3-3 (lost in shoot outs)



U17 Hockey 5s team at Kearsney College, along with coaches Mr Nic Berichon and Mr Lwando Saunders

Cricket

The Michaelhouse 1st XI got their 2025 season off to the perfect start in the Eston T20 Series with a dominant performance against Glenwood Boys High.

Batting first, Michaelhouse set an imposing total of 214/2 in 20 overs, thanks to a brilliant century from **Ethan Muir** (116 off 56 balls), well supported by **Cody Sander** (53 off 44) and **Graydon Leslie** (27 off 18). Their positive stroke play and partnerships ensured Michaelhouse were always in control of the innings.

In reply, Glenwood struggled to find momentum against a disciplined Michaelhouse attack and were bundled out for 67 in 13.5 overs. The wickets were shared among the bowlers, with **Radhesh Jhilmeet** (3/10), **Thandanani Zuma** (2/13) and **Ethan Muir** (1/0) all making valuable contributions.

This emphatic **147-run victory** marks a fantastic start to the season, showcasing both strong batting depth and a relentless bowling unit. The team will no doubt look to build on this momentum as the season progresses.

A superb performance and a great way to begin the season for Michaelhouse cricket!



Riley and Ethan Muir – a special moment having brothers sharing the field at the Eston T20 Series



1st Cricket XI at the Eston T20 Series

Under 15 Cricket Pre-Season Camp

As preparations for the upcoming cricket season continue, the Michaelhouse Under 15 squad enjoyed a focused and rewarding pre-season camp held on Thursday 21 and Friday 22 August. The boys were fortunate to be coached by Lwandiswa Zuma, with valuable assistance from Benjamin Jarvis. Across the two days, players were exposed to intensive skills sessions, technical drills, and match scenarios designed to sharpen their cricketing fundamentals and build confidence ahead of the season. The camp proved to be hugely beneficial for both players and coaches, providing an opportunity to fine-tune technique, strengthen team spirit, and establish clear goals for the months ahead. The positive energy and commitment shown throughout the camp set a promising tone for the season to come. With strong preparation and quality mentorship, our U15s are well on track for a successful season.

Under 14 Cricket Pre-Season Camp

On Monday 25 August, the Michaelhouse Under 14 squad took part in a dedicated pre-season cricket camp as they geared up for the season ahead. The boys were coached by Darryn Mortimer, with excellent support from Jeremy Cahill. The day's programme combined technical skills, tactical awareness, and scenario-based training, giving the players a strong platform to develop both individually and as a team. The camp was greatly beneficial for both boys and coaches, allowing for constructive feedback, skill refinement, and the building of team cohesion in preparation for a competitive season. The enthusiasm and effort displayed throughout the camp bode well for a successful and enjoyable season of cricket.



Fitness first for the U15 cricketers going for a run at 6am on a frosty morning



U14 Cricket Camp in full swing

Congratulations to Mr Lwandiswa Zuma, who has been appointed as the new Convenor of Selectors for the KZN Inland U15 cricket team



Well done, Lwandiswa!

Water Polo

The Michaelhouse 1st water polo squad competed in the annual winter league from mid-July to mid-August. This was a good opportunity to enjoy some competitive matches, as the team builds towards their major tournaments at the end of the quarter. This was an extended squad which participated, giving a number of players (including some up and coming juniors) exposure to 1st team level matches.

Overall, we played 6 games, winning 2, losing 2 and drawing 2 over the course of the league:

29 July 2025

vs Kearsney College lost 5-13 and vs Westville Boys' High School drew 10-10

12 August 2025

vs Hilton College lost 3-8 and vs Maritzburg College won 8-6

19 August 2025

vs Kearsney College drew 5-5 and vs Northwood School won 10-7

Saint Michael's Club – Mrs Frances Fleming Boltler



The St Michael's Club is a life membership community for past parents of Michaelhouse.

If your son is matriculating this year and you'd like to stay connected to the school, the St Michael's Club offers a wonderful way to do so. As a member, you'll receive the Rector's eNews, invitations to school events, regular updates, and the opportunity to attend select Old Boys' functions and future SMC gatherings.

To learn more or to join, please contact us at smc@michaelhouse.org
or visit: michaelhouse.org/st-michaels-club

Gqamile (GQ) Mbuyazi (Founders 2023) and his brother Menzi (Founders 2018) performed at a benefit concert in the Schlesinger Theatre on Friday, 22 August. Prior to this concert, the brothers presented two workshops to the E Block and second marimba bands, thereby giving of their time and expertise to the up-and-coming musicians at Michaelhouse. Both GQ and Menzi were part of the competition marimba band who were in 2018 & 2023 respectively crowned as the overall winners at the International Marimba Competition.

Menzi will start his Masters degree in commercial music composition and production at Nottingham Trent University's London campus. GQ studies jazz and contemporary music at Berklee in Boston and was placed on the Dean's list of achievers after his first semester in the United States.

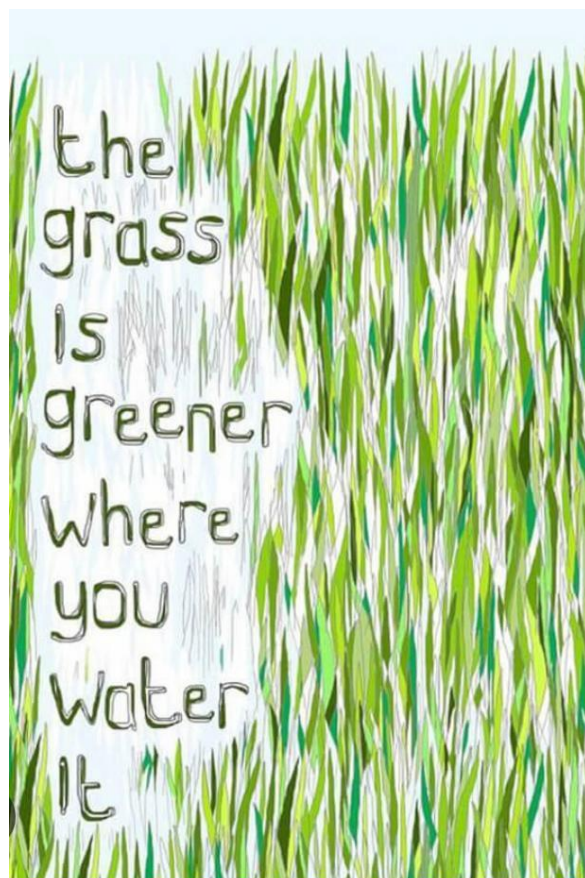


GQ and Menzi performing on stage in the Schlesinger Theatre

Samir Dookie (Tatham 2023) finished his first year of music studies at the Royal College of Music in Wales. Specialising in classical music, he has already built up quite a repertoire of performance pieces.

We will host Samir for a piano recital on 3 September in the Michaelhouse Chapel. Samir will perform alongside three of our senior pianists: **Ben Viljoen**, **Ian Graham** and **Zhengfei Li**. His program will consist of works from Chopin, Liszt and Mozart. This recital is free and will start promptly at 18h30.





With my best wishes

ANTONY CLARK
RECTOR



MICHAELHOUSE

Sports Fixtures_30 August 2025

SUPPORT OUR BOYS.



Soccer

Saturday 30 August 2025

(HOME/AWAY)

Team	Opponents	Venue	Start
1st	Northwood	Reece-Edwards*	12:45
2nd	Northwood	Reece-Edwards*	11:30
3rd	Northwood	Brosnihan*	11:30
4th	Northwood	Brosnihan*	10:30
5th	Northwood	Brosnihan*	09:30
6th	Northwood	Brosnihan*	08:30
7th	Northwood	Davidson*	09:30
U16A	Northwood	Reece-Edwards*	10:30
U16B	Northwood	Davidson*	12:30
U16C	Northwood	Davidson*	11:30
U16D	Northwood	Davidson*	10:30
U16E	Northwood	Davidson*	08:30
U15A	Northwood	Reece-Edwards*	09:30
U15B	Northwood	Meadows	10:30
U15C	Northwood	Meadows	09:30
U15D	Northwood	Far Meadows	10:30
U15E	Northwood	Far Meadows	09:30
U15F	Northwood	Far Meadows	08:30
U14A	Northwood	Reece-Edwards*	08:30
U14B	Northwood	Tarpeys	10:30
U14C	Northwood	Tarpeys	09:30
U14D	Northwood	Tarpeys	08:30
U14E	Northwood	Vlei	10:30
U14F	Northwood	Vlei	09:30
U14G	Northwood	Vlei	08:30

* Denotes away matches



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Sports Fixtures_30 August 2025

SUPPORT OUR BOYS.



Rugby 7s

Saturday 30 August 2025

(AWAY)

Team	Opponents	Venue	Start
1st	Durban High School Sevens Festival	Durban High School	09:00
2nd	Wembley College Festival	Wembley College	07:30
3rd	Wembley College Festival	Wembley College	07:30
4th	Wembley College Festival	Wembley College	07:30
U15A	Wembley College Festival	Wembley College	07:30
U15B	Wembley College Festival	Wembley College	07:30



Canoeing

Saturday 30 August 2025

(AWAY)

Team/Opponents	Venue	Start
Interschools Canoe Polo	Currys Post	09:00



Athletics

Friday 29 and Saturday 30 August 2025

(AWAY)

Team/Opponents	Venue	Start
KZNCSSA Provincial Championships	PMB Athletics Stadium	08:00



*Note fixtures are subject to change