



ST JOHN'S COLLEGE

NEWSLETTER

EASTER TERM

No 1/2010

Dear Parents

I would like to congratulate Mr Warwick Taylor, presently our Head of the Science Department, on his appointment as Deputy Headmaster. The College has made the decision not to appoint anyone to the Second Master position immediately. Mr Martin Huysamer, Mr Robert Long and Mrs Anne Nettleton, together with Mr Taylor will share the various responsibilities and portfolios.



The interview process for this position was very encouraging, with several outstanding applications. I was personally very encouraged by the calibre and integrity of the people selected for interviews. In all, 11 people were interviewed for the post. This included six of our own staff, and I am pleased that the best person for the position came from within the ranks of the St John's College staff. The process confirmed that we are blessed with many outstanding teachers.

I would also like to congratulate Bruce Tobias on his achievement of a PhD in Mathematics Education. A Doctor of Philosophy is the reward for many, many hours of hard work. He joins a small band of six staff who have their PhDs. Dr Stephen Sproule (Maths), Dr Colleen Henning (Science), Dr Belinda Huntley (Maths), Dr Allan Thompson (Music Department – although his PhD is in English Literature), Dr Ben Oosthuizen (Music) and now Dr Bruce Tobias (Maths).

Mr Mike Workman

Mike and Cindy Workman were honoured by the Parents' Association at a wonderful farewell function in Big School. Mike's contribution over thirteen years as Headmaster of St John's Preparatory School has been immense. The three addresses of the evening – one from myself, one from the Chairman of the PA, Mr Gary Greeff, and the response from Mr Workman himself, all reflected on a theme of gratitude and service. Mike spoke of his great love for the boys, his staff and St John's. In many ways it was a celebration and a thanksgiving for a wonderful headmaster who has contributed so much into the lives of boys and St John's families. We are grateful for all that Mike has done.

I am pleased to announce that Mike's application to be medically boarded has been successful. The school has granted him long-leave for six months and during this time Mr Patrick Lees will act as Headmaster with the support of Mrs Margot Long. Adverts have been placed in the national newspapers and on the ISASA website. During the course of next term interviews will take place and an appointment will be made. It is anticipated that the new Head of the Preparatory School will officially take up his position from 1 January 2011.

Mr Alan Thompson

We also said farewell to Mr Alan Thompson, his wife Gwynneth and his family. Alan takes up the position of Rector (Headmaster) of St Dunstan's College, Benoni from next term. Alan has served St John's for sixteen years as science teacher, Housemaster of Clarke House, Deputy Headmaster and Second Master. He also successfully acted as headmaster during my sabbatical leave last year. Alan has exercised a principled leadership role as Chair of the Disciplinary Council; coaching an Under 14 cricket team; initiating the St John's Academy and organizing several conferences. He has driven a national alcohol awareness campaign for school and parents, and acted as a Lay Minister in the St John's chapel. He has been a

schoolmaster who has given of himself to serve the boys of St John's College. Our best wishes accompany Alan and his family.

May the Light, Life and Love of Christ keep you and your family in your new venture of faith.

Mrs Debbie Horsley

Mrs Horsley leaves us to move with her partner to Utrecht, Holland. Mrs Horsley has taught mathematics with passion and enthusiasm. We have enjoyed her energy, warmth and friendliness, and we wish her and her family much happiness. We thank her for her service to St John's College.

Mr Graeme Evans

Mr Evans joins St John's College Maths Department next term. He comes to us from the IEB where he was the Maths Science Assessment Specialist. Prior to this he has taught in several independent schools in South Africa. Mr Evans has a B Sc Hons degree from the University of Bristol. He is married to Mary and has two young children.

Performance Enhancing Drugs and Supplements

Dr Jon Patricios, a Sports Physician and Old Boy of St John's, has highlighted a problem that young men face in their growing up, particularly if they are competitive sportsmen. This problem involves drugs which are readily available and which can dramatically enhance performance, bulk and strength. However, they have serious health risks to kidneys, liver and fertility and can even be life-threatening.

At the International Boys' Schools Conference (South Africa) meeting at Selborne College, East London, it was agreed that schools, parents and coaches should unite to eradicate this practice from schoolboy sport. It would promote an educational programme among boys, parents and coaches which focuses on a healthy diet, on the dangers of the abuse of supplements, and work to negotiate with the South African Institute for Drug Free Sport (SAIDS) to randomly test boys for illegal sport performance enhancing drugs.

Both the Parents' Association and the College Council have endorsed this step. Next term we will be holding a series of educational talks aimed at parents, boys and coaches to address this issue. We will be seeking the parents' permission to randomly test boys under the auspices of SAIDS. The consequence of a positive test could be a ban on competitive sport for a period of time.

Our first intention in this is to educate about the dangers of drugs and the abuse of nutritional supplements. We would also seek to advise parents and boys regarding a healthy diet. We look forward to parental support in this

I attach an article by Dr Jon Patricios that appeared in the Sunday Times of 24 January 2010.

Easter 2010

This year we once again hold the Easter Rugby Festival and wish all the teams an enjoyable celebration of schoolboy rugby. Parents are invited to several Easter Services in the St John's College Chapel. We wish you a very happy Easter break.

Holy Week and Easter Notices

Maundy Thursday	-	Eucharist and Stripping of the Altar	-	19h00 in the Crypt
Good Friday, 2 April	-	Service in the Main Chapel	-	09h00 – 10h00
Easter Saturday, 3 April	-	Cleaning of the Crypt Chapel	-	14h00 – 15h00
Easter Sunday, 4 April	-	Lighting of the New Fire (Main Chapel)	-	06h30
		Eucharist in the Crypt Chapel	-	09h00

Roger Cameron
Headmaster

Gym & Tonic – A Sordid Side of South African School Sport

Dr Jon Patricios

Published in The Sunday Times, 24 January 2010

AS THOUSANDS of pupils stream back to school, many will be focusing not only on their studies but on the exciting sporting opportunities that are an integral part of South African school culture.

It is a perceived strength of many of our institutions of learning that our sons and daughters receive a rounded education — what I remember my headmaster regularly referring to as developing “body, mind and character”.

It is summer, so one would think cricket, swimming and water polo are occupying most schoolboys’ time of an afternoon. Increasingly, however, there is a single sport that overshadows all in terms of prestige, status and marketing value: rugby. In many schools, rugby season preparation has become a 12-month commitment.

I am a fan of the game, in particular what I had perceived to be school rugby’s ability to accommodate all body types: the nippy half back, the deft kicker, the lithe three-quarter, the gutsy loosey and the fatty in the front row. But I can detect through the window that my sports medicine practice affords me that the situation has changed quite dramatically. The emphasis is now above all else size, strength and power.

In order to achieve target weights (“the coach says that to make the front row I need to be 95kg”), schoolboys are resorting to extreme measures, using supplements both legal and banned.

Supplements used as aids to mental and physical performance have been in existence since the ancient Greeks were urged by the physician Galen to consume “the rear hooves of an Abyssinian ass”. By definition a supplement is described as “any product intended for ingestion as a supplement to the diet” — about as broad a definition as one could imagine, encompassing vitamins, amino acids (protein building blocks), protein formulas, meal replacements, creatine and a host of other things.

The underlying belief is that by taking these products you are building more muscle and this makes you a better player. The truth may be quite different.

The core issue is that the supplement industry is unregulated. A prescription drug such as an antibiotic is put through several years of testing in laboratories and in humans to establish its efficacy and side effects, and continues to be monitored after release.

Supplements are not required to undergo such testing. The result is that we do not truly know what is in the bottle, whether it is effective and what the potential negative properties and interactions are. In a nutshell, a pharmaceutical drug has to be proven effective and safe before being released onto the market. A supplement has to be proven to be harmful before being withdrawn.

Often the public’s only exposure to these products is in sports and lifestyle magazine adverts where the chiselled (airbrushed?) body of a rugby player is shown holding a bucket of a powdered concoction. Schoolboys receive information from their peers and the Internet and parents often act on hearsay.

Studies have found that up to 25% of supplements are tainted with banned substances.

Before using supplements one should be aware of the following:

- *Their long-term safety has not been established;*
- *Interactions with other supplements and drugs are unknown;*
- *You may not have quality assurance (even the quality between batches of the same supplement may vary) and labelling may not be accurate;*
- *There may be contamination with banned substances; and*
- *The claimed benefits may not be scientifically proven.*

There may well be a place for supplement use if we acknowledge that they are indeed supplementary to a structured eating plan and appropriate training. But I would rather a doctor or dietician decided this than a coach, gym instructor or pharmacy sales assistant.

There are many players in this hazardous and expensive game. They include the ectomorphic (long-limbed, less muscular) pupil seeking muscle gain, the parental “sponsor”, the profit-seeking producers and distributors and the often ill-informed coach.

All may succumb to peer influence rather than being guided by science. The boy is doing it because his mates are and he feels he is being left behind. The parents are aware of other parents subsidising this venture so they follow suit. The coach sees opposition schoolboys increasing in size (although this may not be due to supplements) and feels pressured to implore his charges to seek similar means to this end.

Clearly, supplement use is not restricted to amateur athletes. Many professionals — as part of a structured diet and in consultation with nutrition experts — may make use of dietary supplementation. But if these products are so successful, why did Ben Johnson, Marion Jones and Dwain Chambers resort to more potent agents? Perhaps, when they recognised the limited rewards of their supplement programme, they turned to something that they knew really worked. Many schoolboys are doing the same.

Of the banned substances, anabolic androgens (“steroids”) are the most widely publicised and relevant to muscle gain. My schoolboy patients inform me they are also the most easily accessible — from gym trainers, under the counter at supplement shops and from school mates. Last week a schoolboy from a prominent rugby-playing school conceded to me that “well over half” of the first-team squad of 30 take anabolic steroids. Steroid use at school has quickly evolved from being surreptitious to ubiquitous. Ironically, these pupils may be tested for recreational drugs but fall through the steroid-detection net because sports dope testing is not routinely performed at schools.

The side-effects of anabolics, both physiological and psychological, are well-described and although the acne, aggression and depressed mood states may be confused with adolescent development, the heart enlargement, high blood pressure, raised cholesterol, liver damage and low sperm count may be more clandestine and enduring.

My young patients tell me that most of the products are obtained via a ballooning black market in gyms. Some of the ampoules they have shown me are intended for veterinary use and are imported from Asia and Central America. But, in the now tainted world of school sport, apparently anything justifies a first team jersey, the coach’s approval, glowing parental pride and the school’s adulation.

An unregulated supplement industry has resulted in anecdote prevailing over science. In our increasingly competitive world we have, encouraged by nutritional charlatans, forsaken the simple yet important principles of sports nutrition and with it “the spirit of the game”. Increasing school sporting pressures and the acknowledged superiority of steroids as muscle builders has led to schoolboys following professionals’ lead into the drug underworld. Many of our children, contrary to the perceived noble tenets of school sport, are drug-taking cheats. Suspicious coaches and parents who turn a blind eye are complicit in this sordid process.

To address this issue, we should all be a little more introspective:

- As a player do you really know what you are taking? Perhaps you should seek to more ardently explore the benefits of an appropriate training programme and eating plan rather than seeking success in a bottle.*
- As a parent, are you subsidising the use of supplements of unproven efficacy and unknown side effects? I would encourage you to spend the R500 on a consultation with a sports dietician rather than a concoction of supplements.*
- As a coach, are you pressurising the pursuit of size at the expense of your players’ wellbeing? Engage a sports doctor or dietician to help formulate correct eating principles and a supplement policy (see www.boksmart.com/eating & drinking right for rugby)*

As a public health initiative, the South African Sports Medicine Association is planning to draft a position statement on supplements in sport. More immediately, I feel inclined to contact the heads of some of our more prominent rugby playing nurseries whose players I know are using steroids. They should be made aware that, should these inappropriate practices not be addressed, we are eroding the “body, mind and character” that our teachers once sought to nurture.

Patricios is a sports physician in private practice in Johannesburg, president of the South African Sports Medicine Association and a consultant to the BokSmart rugby safety programme.



Cambridge International Examinations

We congratulate the following Sixth Formers for their outstanding achievement in the November 2009 CIE examinations:

Samantha BOTHA	Top student in South Africa in A-level Economics Top student in South Africa in A-level Psychology Ranked 5 th in the World in A – level Psychology
Derin LUWAJI	Top student in South Africa in A- level Biology
Sarah WARD	Top student in South Africa in A-level Chemistry
Kisiwe MALUNGA	Top student in South Africa in AS Psychology
Kurt SCHULZE	High Achievement certificate for A-level German

ACADEMIC COLOURS AWARDS



Paul Cresswell
Max de la Fargue
Andrew Fisher
Nicholas Gordon
Simon Kennedy
Yianni Moustakis
James Nevin
Huw Newton-Hill

CULTURAL AWARDS

Debating

Colours

Michael Macklin
Scott Hunt

Half-Colours

Nabeel Seedat
Mohammed Kaskar

SAIT SCHOOLS INTERNATIONAL ASSESSMENT TESTS

Congratulations to **Callum Black (Science)** and **James Verhagen (Maths)** on being awarded gold medals by the University of New South Wales, Australia, as a result of their outstanding performance in the recent SAIT tests written toward the end of last year.

These medals are awarded to the highest achievers in the region and represent a significant achievement by the learners concerned and our school.

ART – recycling polystyrene trays, etc

Many thanks to all of those who have been keeping us supplied with very useful things, and please would you continue, it is much appreciated.



Items needed: Polystyrene trays
Yoghurt tubs, etc
Glass bottles

MUSIC

The following boys passed their Trinity Guildhall London Theory Examinations:

Paul Cresswell	Gr 6
Ashton Fox	Gr 6
Julian Lap	Gr 6
Jon-Marco Maycock	Gr 6
Benjamin Walwyn	Gr 6
Ben Baggott	Gr 6
Carl Coetzee	Gr 4

Jean-Emile Jamine passed his Trinity Guildhall London ATCL Diploma examination for Saxophone.

The following boys passed the Associated Board of the Royal Schools of Music Theory examinations>

Jonathon Beard	Gr5
Murray Conway	Gr5
Bryan Moore	Gr5
Kevin Murning	Gr5
Jacques Smit	Gr5
Marius Vermaak	Gr5
Charles Verwer	Gr5
John Whittle	Gr5
Camdon Bland	Gr5

Congratulations to Aubrey Buthelezi (College staff) who also passed this exam.



Rowan Batzofin	Gr2
Grant Carroll	Gr2
Aashish Diayar	Gr2
Kiyan Kurji	Gr2
George Stanchev	Gr2
Matthew Taylor	Gr2
James Batchelor	Gr2
Stephen de Souza	Gr2
Eric Mclaughlin	Gr2
Vincent Pansegrouw	Gr2
Jeremy Prior	Gr2
Suleiman Sacranie	Gr2
Alex vd Hoven	Gr2
Christoff du Plessis	Gr2

Paul Creswell gave a superb performance on 10 February at the Holy Rosary Convent in Edenvale. He was invited as a guest performer as part of their matric recital and did our school proud. He performed a Telemann Sonata on the oboe and was accompanied by the Ms Ilse Myburgh.

COMMUNITY SERVICE



TLC Shelter, Eikenhof, 7 March 2010

I did not know what to expect from my first Community Service day.

Playing with the babies and interacting with them was the best part of the day for me. The babies enjoyed our company and the baby whom I looked after did not cry. I was impressed with the love and concern shown by the helpers at the TLC Shelter.

Some of the group were kept busy varnishing a wood shed. I was with a group of boys who were weeding the field. It was hard work but it was rewarding to drink a cold drink after two hours. I enjoyed working outdoors. We were watched by a big bull dog. I was surprised by the number of flies but I enjoyed seeing the pigs on the farm.

I am pleased that there were strict orders when it came to the work that was needed to be done. The short breaks revived us.

It would be good if I could go again. I felt I had made a small difference to the community and I felt rewarded.

Grant Carroll – Remove (Thomson)

PUBLIC SPEAKING

The first term is traditionally a busy one for public speakers and this term has been little different. The two prestigious senior speaking competitions were held earlier in the term: The Chilvers Cup for impromptu speaking for seniors was won by Andy Petersen and the O'Dowd Medal for prepared speaking for seniors was also won by Andy Petersen. The Junior Cup for impromptu speaking was won by Gianluca Agostinetto. Congratulations to the speakers on achieving these awards. The prizes will be awarded at Prize Giving later in the year.

The South African College of Speech and Drama holds an annual festival of speaking every year, and St John's has participated in it for many, many years. The festival is open to every school in the province and attracts about 80 schools. Each school can enter two teams of four speakers in each age group, who speak as a team on a designated topic. This year the following boys participated:

Remove: Daniel Erasmus, Aashish Diayar, Kyllian Pather, Robert Brinkmann, Rowan Batzofin, Alexander Korsten, Eric McLaughlin, Simon Greeff

LIV: Gianluca Agostinetto, Merrick Stevenson, S'bo Nene, Luke Reid, Naeem Vallee, Lulu Kahla, Kyle Lion-Cachet, James Sulter

UIV: Mo Kaskar, Nabeel Seedat, Murray Conway, Jacques van Rhyn, Mib Bulbulia, Danny Dlayedwa, Alex Masianoga, James Surgey

LV: Simon Trisk, Asiri Rathugamage, Jarryd Wood, Matthew Diepenbroek, Francois du Plessis, Michael Macklin, Scott Hunt, Ben Myers, Thomas Geffen

UV: Callum Black, Andrew Fisher, Richard Fisher, Chris Roberts, Kendrick Walsh

The prestigious Trophy team consisted of Markus Trengove, Zain Patel and Reshard Kolabhai. They were awarded an A+. The school was represented in the individual event by Schalk Burger, who spoke on "Not all men dream equally ..." Schalk was awarded an A+.

Many congratulations to all the speakers and to members of the English Department who gave up several afternoons to prepare the boys and several evenings to attend these events. Thank you to the parents who support this Cinderella sport!

Wendy Young

Colours Awards - Summer Sports 2010

IT IS TO BE NOTED THAT THESE AWARDS ARE MADE ON PARTICIPATION IN THE SPECIFIC SUMMER SPORTS FROM OCTOBER 2009 TO MARCH 2010

BASKETBALL:

The team played 14 games. Won 12 & lost 2

Team Blazer:	Tebogo Lekubu Michael Bailey Geoffrey Allsop George Varughese	Jesse Bulabula Matthew Diepenbroek Mudiwa Hlongwane
Colours:	Nicholas Christelis	Mohlapong Mokgalong
Honours:	Jonathan Van Der Bijl	Eugene Manditsera

CRICKET:

The team played 22 matches, Won 8, lost 7 & drew 7 - Reached Std Bank 20/20 Final

Team Blazer:	Edward Butler Hugh Newton-Hill Jamie McGraw	Wesley Coulentianos Jeffrey Long Ben Marffy
Colours:	Adam Maserow Nicholas Surgey	Max De La Fargue Jason Newton

ROWING:

Team Blazer:	Daniel Trollip Luigi Volpe	Dipolelo Moraba
Full Colours:	Jack Coulter Willie Morgan	Paul Malakou Dimitri Protopappas
Honours:	Bevan Dell	James Nevin



SWIMMING:

Team Blazer:	Murray Dryden Murray Bantock	Paulo Loureiro Travis Bradfield	Michael Cloete Kai Brummer
Colours:	Dylan Feldner-Busztin	Michael Pfeffer	
Honours:	James Verhagen		

TENNIS:

Team Blazer:	Brett Rodgers	Nicholas Hobbs	Simon Kennedy
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WATERPOLO:

Team results: Played 28 games this season. Won 26 & Lost 2 – 3rd at Kes National Tournament

Team Blazer:	Simon Brooks Wesley Antonites Charles Verwer	Andrew Forbes Julian Cowper Andrew Fisher	
Full Colours:	Anthony Szpytko Michael Pfeffer	Lloyd van der Griendt Murray Dryden	Alex Du Plessis Travis Bradfield
Honours:	Michael Irvine		

PARENTS' PRAYER GROUP



A small group of Christian parents who meet each week on Thursday from 7h30 to 8h30 in the Community Room to pray for the children, teachers, administrators and other workers, parents and the St John's Community.

You can leave any prayer requests with Lecia Kruger in the Pre Prep, Brigitte Taylor in the Prep, or Michelle Rufener in the College. There are also prayer request boxes in the College, Prep and Pre-Prep. Please use these boxes to communicate your prayer requests to us, so that we can more effectively pray for specific needs. Your requests may be anonymous. Everything mentioned and prayed for at a meeting remains strictly confidential.

God is able and willing to listen to each of our prayers, no matter how great or small.

To join us or for more information please contact: Debbie Cloete on 083 309-6506 or 447-3347



Parish of St John, Houghton

Sunday Services

Sunday Eucharist in the Crypt Chapel – 9.00 am
(Sunday School and Youth Group meet at the same time)

ALSO - On the 1st Sunday each month:
Youth Service – 7.00 pm

Priest in Charge:

Bishop Duncan Buchanan - Ph: (011) 782-9201

Church Wardens:

Steve Beck - Ph: (011) 786-6250
Rob Rudling - Ph: (011) 880-2551



All are welcome



St John's College
Grapevine

The grapevine is an advertising medium for the St John's College community. The publication will be circulated 2 – 3 times per term, as printed media to be handed out at the gates as well as an electronic version that will be e-mailed with the Headmasters newsletter.

Cost Full page ad: R100.00, half page: R50.00 and quarter page: R25.00

To advertise in the Grapevine please contact Angie Delport by e-mail delport@stjohnscollege.co.za or Tel: 011 645 3041

ST JOHN'S COLLEGE

RUGBY

2010

FESTIVAL

In proud association with

A SHOWCASE OF SCHOOLBOY RUGBY

FIXTURE LIST 2010

TIME	THURSDAY 1 APRIL	TIME	SATURDAY 3 APRIL	TIME	MONDAY 5 APRIL
07h30	Leeuwenhof vs The Ridge: Burger	07h30	Pridwin vs Woodridge: Burger	07h30	The Ridge vs Pridwin: Burger
			The Ridge vs Clifton: C Rugby		
08h15	Clifton vs Woodridge: Burger	08h15	St Benedicts vs Gen de la Rey: Burger	08h15	St Benedicts vs Cordwalles: Burger
	St Benedicts vs Pridwin: C Rugby		Cornwall Hill vs Cordwalles: C Rugby		Leeuwenhof vs Gen de la Rey: C Rugby
09h00	St John's vs Cornwall-Hill: Burger	09h00	St John's vs Leeuwenhof: Burger	09h00	St John's vs Clifton: Burger
	Cordwalles vs Gen de la Rey: C Rugby				Woodridge vs Cornwall-Hill: C Rugby
		10h30	Gen de la Rey vs The Ridge: C Rugby	11h15	Pridwin vs Leeuwenhof: C Rugby
		11h15	Cordwalles vs St John's: C Rugby		
		12h00	Clifton vs St Benedicts: C Rugby		
		12h45	Woodridge vs Leeuwenhof: C Rugby		
1ST XV TEAMS : BURGER FIELD					
09h45	FNB VS PRETORIA BOYS	09h45	LIONS VS PAUL ROOS	09h45	NELSPRUIT VS HELPMKAAR
11h00	ST JOHN'S, JHB VS ST JOHN'S, HARARE	11h00	HELPMKAAR VS FNB	11h00	LIONS VS ST JOHN'S HARARE
12h15	LIONS VS OUTENIQUA	12h15	JEPPE VS ST JOHN'S HARARE	12h15	SJC VS FNB
13h30	AFFIES VS NELSPRUIT	13h30	OPENING CEREMONY	13h30	JEPPE VS PAARL BOYS
14h45	HELPMKAAR VS PAARL BOYS	13h45	PRETORIA VS OUTENIQUA	14h45	PRETORIA VS PAUL ROOS
16h00	JEPPE VS PAUL ROOS	15h00	SJC VS AFFIES	16h00	OUTENIQUA VS AFFIES
		16h15	PAARL BOYS VS NELSPRUIT		



Sandton Route School Bus Service



Non-profit bus service in association with St Mary's School, St John's College,
St David's Marist Inanda, Roedean School and King Edward VII School

Kyalami – Rivonia – Parkmore – Sandhurst – Waverley – Houghton

SANDTON ROUTE SCHOOL BUS SERVICE

in association with St Mary's School, St John's College,
St David's Marist Inanda, Roedean School and King Edward VII School

2nd TERM 2010 APPLICATIONS

1 Morning and 3 Afternoon buses!

Morning bus route: Kyalami, Sunninghill, Rivonia, River Club,
Parkmore, Sandhurst, Illovo, Waverley, Houghton, St John's College

Afternoon bus route: Reverse of the morning route
including Gallo Manor and Wendywood,
excluding Sunninghill and Kyalami for the two early buses

Afternoon Buses

St John's 2:15pm, 3:45pm and 5:15pm
St Mary's 2:35pm, 4:05pm and 5:35pm
St David's 2:45pm, 4:15pm and 5:45pm

Costs per term

Return: R3000 per term (R25.00 per trip)
Single: R2000 per term (R33.33 per trip)
Casual tickets available from the bus driver: R60 per trip

For Bus Timetables and Application Forms

www.stmarysschool.co.za/senior/content/blogsection/27/54/

Contact: Linda Kleyn (011 803 3678 (H) / 083 484 3488)
OR Terry Wharton-Hood (011 293 6300 (W) / 083 256 2711)

WANTED



Good quality, second-hand Mountain Bike
Price range: R3000
Contact: Roger Cameron – 082 468-5252