An old university friend asked me recently to sum up in three words what made a great school, and what made St John’s different. The first two were easy and could be said of many schools: St John’s is a **happy** place where the majority of boys, staff and parents enjoy and benefit from all that the school has to offer. The second is **tradition** which St John’s has in abundance and with tradition come values, spirit and the honour of continuing in the footsteps of all of those who went before. However, choosing the third word proved difficult - how could I sum up everything else that I wanted to say in one singular word? So as I looked around and noticed the leaves falling off the trees, the definite nip in the air, it struck me that my next word should be **change**. This year we have had a change in leadership, we have changed our curriculum, we have changed our sporting set up and we have several new staff members. Change is inevitable and should never be feared.

Some people seem to thrive on change. How do they do it? How do they manage change in a way that they not only survive, but also excel? They seem to make change work for them. Martin Luther King, Jr., Margaret Thatcher, John F. Kennedy, Nelson Mandela and Mother Teresa, with resolute courage and determination, stood squarely in the centre of change and controversy. These great leaders created their own opportunities to fight for what they believed in.

As I left the voting hall on Wednesday with an ink-stained left thumbnail, I wondered whether our boys realise the significance of these elections and if they realise that they are their own democratic tool for implementing change.
On any day we wish, we can discipline ourselves to change it all. We can open the book that will open our mind to new knowledge. On any day we wish, we can start a new activity. We can start the process of life change. We can do it immediately, or next week, or next month, or next year. We can also do nothing. We can pretend rather than perform. And if the idea of having to change ourselves makes us uncomfortable, we can remain as we are.

If I may be so bold as to offer a piece of advice for someone seeking and needing to make changes - if you don't like the way things are, make a change! You have the ability to totally transform every area in your life - and it all begins with your very own power of choice.

**Academics**

We are hard at work designing and refining our new report which will hopefully be ready for emailing at the end of term. The changes implemented in our curriculum this year are working well, and we will soon be spending time reflecting on these changes, to see if we can find ways of making further improvements.

Two parent information evenings have been organized this term, to assist parents in helping their sons learn valuable study skills. Please do make an effort to attend at least one of these informative evenings.

**Sport**

We have had some wonderful sporting fixtures so far this term with many football, tennis, squash, chess and rock climbing matches. The highlight for me, however, was to host over 500 Under 9 boys in a football festival on the first Saturday.

**Staff**

We welcome a new intern onto the staff: Alan Page. Unfortunately, he was only able to attend for one day at the start of term as he had an emergency appendicitis operation. We wish him a speedy recovery, however, and all the very best during his time at St John’s.

We also have the pleasure of having five 3rd year Wits students with us who are doing their teaching prac and loving every minute.

**Conclusion**

In conclusion, I would like to convey all of our sincere condolences to Elizabeth Durrell (Grade 2 Teacher) on the death of her husband, Pierre.

I wish you all a not too chilly Trinity Term.

**Patrick Lees**

**Headmaster**
Joe Xaba, Ivan Forbes and I were fortunate to be given the opportunity to attend a course run at St Mary’s on Long Term Athletic Development (LTAD). It was presented by Dave Bensted-Smith, assisted by Renee Bryan. Dave trained as a Phys Ed teacher at Stellenbosch University and, after seven years of teaching, trained as a biokineticist under Tim Noakes. He is now the biokinetics advisor to the PGA of South Africa and runs these courses in his spare time.

The philosophy of LTAD is that ‘children need to develop fundamental movement skills, establish functional movement patterns, develop sport specific skills and create a love for physical activity that leads them to a sport for life programme and/or an elite sports career’. In short, we need to create a programme within our schools which will make every child physically literate. Just as we have created programmes for language and maths literacy, our physical programme needs to follow a series of steps which will guide every child through various stages which will make him the best that he can be, physically. Leave out any of the stages or components and we have a child who, no matter how hard he trains in a particular sport, will never reach his optimum performance level. In the past, children learnt these skills naturally through play. They had the freedom to explore different movements while they climbed trees, clambered over fences, balanced on walls, rock-hopped across streams, chased each other, threw mud at the neighbour’s children, rode their bicycles to the local shop or played cricket or soccer in the street. These days, for several reasons, our children don’t have the opportunities to play and to practise the skills to develop into physically literate adults or to improve their stamina and fitness without it being a chore. Added to this, the attraction of television and computers has lured children out of the garden into the living room where these pastimes result in a much more sedentary lifestyle. It is, therefore, the job of the school, and, more specifically, the PE staff to fill in the gap and to teach this literacy artificially so that every child is able to reach his genetic potential.

LTAD has defined a system whereby children progress through a series of stages of development. These stages are determined by the child’s biological development and maturation. They have established that there are certain ‘Windows of Training’ where maximum learning in certain areas of physical development happens and that, if we miss these opportunities and the child is not fully physically literate by puberty, the chances are small that he or she will reach his or her genetic physical potential. However, the programme doesn’t stop at puberty but continues on into adult life where individuals are taught to excel in their chosen sports.

Dave emphasised the importance of screening to detect physical problems. The earlier you detect these problems, the easier it is to correct them so that they have minimal effect on the child’s long term physical development. We were given the opportunity to screen each other and, interestingly, one of the delegates was found to have a spinal alignment problem. He spoke about stability and mobility in joints, kinematic sequencing, growth and size, child physiology, gender differences, the transfer of learning, early specialisation and nutrition. Each of these subjects pointed to the fact that it is up to us, the Phys Ed staff, together with parents, to make physical activity attractive and to ensure that every child is given the opportunity to develop a full movement repertoire and a healthy lifestyle so that he is able to participate competently in any sport he chooses throughout his life.
Now, we are left to question whether the Phys Ed programme we have running at St John’s is relevant within this context and whether it supplies every boy with the tools to become physically literate and to reach his genetic physical potential. Does the system within the boys’ schools sports league hinder this process or does it enhance it? If we find that it hinders the process and is detrimental to the complete physical development of the boys, do we separate ourselves from it or do we maintain the status quo? We will have to debate every aspect of our programme and decide how we can do the very best for our boys.

Mrs L Joubert

Biokinetics Introduced at St John’s College

St John’s College is opening up a Biokinetics Clinic from 23 May. Mr Joe Xaba, a registered Biokineticist, will be running the clinic daily between 15h00 and 18h00 in the St John’s Sanatorium. Appointments must be made with Sister Venter. Consultations will be charged at Medical Aid rates. Written consent will be required from parents before the commencement of treatment.

For further information regarding Biokinetics, please log on to:

http://www.biokinetics.org.za

Joe Xaba’s Resume

My name is Musawenkosi Joe Xaba. I was born in a township called Mphophomeni just outside Howick in the Natal Midlands. I started my schooling in Mphophomeni Township and Matriculated in 2000 from Howick High School. In 2001 I completed Post Matric at Michaelhouse (Integrated Sports Studies and UNISA subjects). I attended Rhodes University and completed my Undergraduate Degree BSc with Human Kinetics & Ergonomics III and Psychology III as my Majors. I spent one more year at Rhodes to do a Post Graduate Certificate in Education (PGCE) with Natural Science and Life Orientation as my Learning Areas. I went to UKZN to complete my Honours year in Biokinetics. I spent the following year doing my clinical internship in a practice called the Midlands Wellness and Fitness Centre in Howick. During this time I spent two afternoons at Michaelhouse and two afternoons at Hilton College doing rehab for sports injuries that the boys incurred. I spent a few months on a boat called Durban 2010 and Beyond as a crew member in the 07’08 Clipper Round World Yacht Race. The aim was to see if I could combine the two. I then spent a year in the UK working in the field of occupational Rehabilitation. I was working for a company called Injury Prevention and Rehabilitation Services (IPRS). I was based at Getrag Ford in Liverpool. This was a factory which manufactures gears for Ford cars in Europe. I worked closely with the Occupational Health department, Nurses, Doctors, managers and a Physiotherapist. I was responsible for the final phase of the rehab to ensure that the workers were fit to return to work. I have always had an interest in working with young people. I returned home to pursue my desire to work with young people and sport.

St John’s College provided an excellent opportunity for me to teach and also be involved with the conditioning aspect. The next step is to prescribe exercises to the boys with the aim of preventing and rehabilitating injuries.

Mr J Xaba
Individual Achievements

Tristan Butler (Lower IIZ) competed, on the 1st and 2nd of April, in the first two legs of the 2011 South African BMX National Championships.

Riding for Bionic BMX Club, Tristan got to the finals of both the Legs for Age 10 years, and achieved a silver and a bronze medal.

Well done, Tristan!

Mind Sports

On Thursday 7 April St John’s Mind Sports played Roedean in an official MSSA e-Sports League match. St John’s won the DotA and CounterStrike. Roedean and St John’s drew the Warcraft III. Two prep players were involved in the Warcraft III match which is an individual competition: Jason Batzofin and Merlin Love.

Well done, boys!

On Saturday 7 May The St John’s Mind Sports Club staged its Wargames Tournament using the De Bellis Antiquitatis rules. In Latin this means Concerning Ancient Wars.

The tournament was divided into College and Prep School divisions, and the results were as follows:

**Prep School:**
Jason Batzofin - Gold
Ryan Stopforth – Silver
Daniel Stevens – Bronze

Soccer

Congratulations to the following boys for making the Johannesburg North 1 Area soccer squad:
Lodewijk Volkersz, Nicholas Hallendorff, Jordan King, Ross Bentley. Well done, boys!

Results of the U11A Wade Foster Tournament:
1st Place: Cliffview 2nd Place: St John’s 3rd Place: St David’s
### Chess Results

**9th May 2011**

**St John’s A vs St Stithian’s A**
- Seniors won 22 - 10
- Juniors won 24 - 8
- Overall won 46 - 18

**St John’s B vs Pridwin A**
- Seniors lost 8 - 24
- Juniors lost 14 - 18
- Overall lost 22 - 42

Well done to the following boys who won both their games:
- S Modi, M Berger, J Batzofin, B Thomas, J Arthur, D Harding, K Govind, H Papageorgiou, N Haripershad, G Thompson

**16th May 2011**

**St John’s A vs St Benedict’s A**
- Seniors lost 5 - 11
- Juniors won 9 - 7
- Overall lost 14 - 18

**St John’s B vs The Ridge A**
- Seniors lost 7 - 25
- Juniors lost 18 - 14
- Overall lost 25 - 39

Well done to Emin Yilmaz who won both his games.

### Scholarship Awards

Congratulations go to the following boys who have been awarded scholarships to the college:

**Academic Scholarships**
- Mpilo Mseleku
- Calum Harding
- Christopher Burke
- Colin Kinghorn
- Andrew Lund

**Music Scholarships**
- Aiden Bellingham
- Calum Harding

**Exhibitions Scholarships**
- Adrian Ionescu

Sachin Modi, LIIIF, was placed first in the U12 age group at the Chess SA Junior Championships held in April 2011. Sachin has been selected as a member of the U12 SA team for 2011. He is awarded South African National Junior Colours.

Well done, Sachin!

Grant Foley, UIIIS, won the ‘Just One Bag’ prize. Grant donated one ton of mielie meal and won a PS 3.

Well done, Grant!
National Order Awards

As part of the theme on South Africa the Upper I’s have learnt about the National Orders which are the highest awards that a country, through its president, bestows on citizens and foreign nationals. The Order of Mapungubwe is awarded for excellence and exceptional achievement, the Order of the Baobab for service in science, technology, medicine and the economy, the Order of the Companions of OR Tambo for the promotion of peace and friendship towards South Africa, The Order of Luthuli for contribution to peace, justice, democracy and conflict resolution, the Order of Ikhamanga for excellence in literature, music and sport and the Order of the Mendi Decoration for Bravery for citizens who have performed extraordinary acts of bravery.

The boys were given the name of a boy they had to award and they drew up a certificate with the National Order that they felt was appropriate for him. On the certificate they wrote the name of the recipient, the name of the award and the reason why he deserved such an award. The boys really enjoyed this activity, especially in that it gave them the opportunity to focus on each other’s strengths and talents. It all became very official especially as they placed a picture of the Coat of Arms and the emblem of the award on the certificate.
Upper I drawings of librarian Spud Murphy
from ‘The Legend of Spud Murphy’ by Eoin Colfer

By Kwindla Mangaliso

By Aidan Stride

By Nihal Ranchod

By Matthew Chow
UPPER 1

By Khaya Ntuli

By Russell Browne

By Kieran Lomax

By Spencer Clarke
Our Own Collective Nouns

A paradise of shoes - Zéza De Oliveira
A broom of witches’ brew - Taine Maynard
A store of computers - Sean Fitzgerald
A web of computers - Kivashan Govender
A bakery of delicious smells - Nikhil Haripershad
A melt of ice cream cones - Kirby Golding
A whiff of delicious smells - Matthew Appleyard
A screen of computers - Emin Yilmaz
A death of smelly socks - Milan Priorreschi
A stir of witches’ brew - Daniel Fowlis
A wall of ticking clocks - Zizwe Dlamini
A bouquet of delicious smells - Dino Iozzo
A shelf of old exercise books - Evan Peters
A lense of tourists - Euan Chew
A potion of witches’ brew - Thomas Cockram
A keyboard of computers - Ziyanda Manaway
A minute of ticking clocks - Rhys Jurgens
A race of hot runners - James Norman
A google of computers - Jack Stewart
A flash of tourists - Matthew Monteith
A broom of witches’ brew - Jaan Niehaus
A sweat of tired runners - Janovin Scholtz
A North Pole of ice creams - Sebastien Nassel-Henderson
A network of computers - James Ives
A hex of witches’ brew - Christopher Matthews
A scent of delicious smells - Josh Kapp
A click of tourists - Tristan Butler
Extracts from the Upper II Drama Journals

9th February 2011
We played cricket against Pridwin, we made 126 and they made 148 so we lost. I hit a six and a 4 and I ran 3 singles. I made 15 and then I got run out. I was angry but even though I got run out I still caught 2 catches, it was so much fun. I think cricket is my game. I love it so much it is the best thing ever!

21st March 2011
It was time to go to camp my mom was crying so much my dad was also sad I could feel my mom’s tears falling down her cheek. I was also sad to see my mom crying. When we got there me and my friends picked out a dorm, in the dorm it was me, Ben, Stefano, Thomas, Luke and Luca. We are all friends after that we went to play sharks and sea weed that was so much fun the dinner and the lunch were nice.

By Travin Bouwer

Friday 18th March
Today I went to school. I had an exciting day because The Stig came to our class room. I got his autograph and a sticker. At 12:00 I had a music concert. I played a duet with my friend Matthew, it was fun. It ended at 1:00. After that I went to buy a sprite and a prego roll for the bus trip to Top Gear. I really enjoyed the Top Gear festival. After that James Arthur came to my house for a sleep over. We talked about the show late into the night and looked at photos on my phone of the show, the cars and Jeremy Clarkson.

2nd April 2011
Today I woke up and got dressed. I went to the dentist to have a filling. The dentist gave me a badge that lights up. After that we went to Paint the Town Red at St Mary’s, my sister’s school. I had a lot of fun there. After that we went to Bella’s party. Bella is my friend Thomas’ sister and my friends Matthew and Shane were also there. We fetched Shane he lives opposite Nelson Mandela’s house. The party was at a place called Avalanche where you go down a big slope on tubes. Bellas party was such fun.

By James Caldwell-Smith
**Just One Bag**

*Jordan Van Der Walt with Mr Lees after receiving his PicknPay Heroes award*

*Bennet helping to distribute to the staff*
Assertiveness Training

by

Jo Hamilton

Educational Psychologist

Is your child often bullied, picked on or excluded?

Is your child too aggressive and disliked by others?

PRACTICAL SKILLS AND ADVICE FOR CHILDREN WHO STRUGGLE TO HANDLE SOCIAL SITUATIONS EFFECTIVELY.

Involves: 7 x 70 minute sessions (25 May - 29 June 2011)

including 1 hr evening address to parents (24 May)

Ages: 6 – 8 years and 9 – 12 years

Max group size: 6 children

Where: Parkhurst Wednesday afternoons

Cost: R1800 Early Bird (Medical aids reimburse percentage)

Go from this .... this!!!

PHONE 083 792 7207
The Ridge School invites you to
An Hour
with Two Authors

Finuala Dowling and Beverly Rycroft

Finuala Dowling’s prize-winning poetry (I flying, Doo-wop girls of the universe and Notes from the dementia ward) meets its tragiocomic match in Beverly Rycroft’s stunning debut, missing.

Stories of love, life and lime-green bikinis are presented along with the poems they inspired. With humour and compassion, Dowling and Rycroft tell their universal tales.

VENUE: The Ridge School
26 Woolston Rd
Westcliff

TIME: Tuesday 24th May
18h00

TICKETS: R30 per person
TO BOOK: Contact Liz 011 481 5802

St John’s College Shop

New opening times:
Monday & Thursday 7am to 3pm
Tuesday, Wednesday and Friday 10am to 3pm
Stationery and Labels as well as all your sports clothes, jerseys, bags and socks
My Grade 2 boys are embarking on a Tree Banding project in conjunction with the Smithsonian Institute.

They will, therefore be banding trees in the school grounds in particular in the Pre-Prep area.

I appeal to all boys not to tamper with the equipment as it is very important that we get accurate data to send back to the Smithsonian.

Linda Bradfield.
ICT Teacher
Art club and extra classes

From the beginning of next term, Mr Poco is starting an Art Club (for LIII and UIII boys) and extra art classes for junior boys. Senior boys are encouraged to join the Art Club on Tuesdays from 14h00 -15h00 or Thursdays from 15h00-16h00. Juniors may arrange extra art lessons with Mr Poco at alternative times and on alternative days.

We hope to see the senior boys joining the Art Club to create various exciting art works with mediums they do not normally use in class, such as print making, photography, oil painting and many more. This will be a fantastic opportunity for any boy who wishes to develop his art skills.

For further information e-mail Bruno Poco on poco@stjohnscollege.co.za

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**EXTRA ZULU LESONS**

Lower III and Upper III boys.
Every Thursday 13h45
Upper III Mrs Mashele
All Welcome

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**Italian Language Lessons**

Small age appropriate classes and individual tuition offered outside school hours at St John's.
Experienced mother-tongue graduate teacher using communicative method of conversation, maintaining cultural ties for solid IEB foundation.
Contact Lisabetta on 082 682 2859 or Lisabetta@iafrica.com

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**Extra Math Lessons**

Individual tuition offered
Mrs M Hauptfleisch
Call 011 442 1854
083 256 7714

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**Hair Dee-Lite 082 462 6813/ 011 648 6367**

Dee offers excellent work for the whole family, competitive prices and the added convenience of being on campus.

Modern cuts, colours (from R300) and hi-lites.
Kids R50
7 Elm Street (Opposite Rice Field)
Open Tuesday to Friday
08h00 - 17h00
Saturday 08h00 - 13h00

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**EXTRA MATHS LESSONS**

Lower III & Upper III boys in Mrs Jean Clarence's classroom
Every Thursday 13h45 All Welcome
You Are Special

You are more special than a sunrise
or a mountain covered in snow
you’re more special than
the most important secret you could know

You’re more special than the winning goal
in the last minute of the match
more wonderful than a winning serve
or a fielder’s diving catch

You’re more fantastic than a musical
that makes the whole world sing
more special than a chocolate cake
with double chocolate icing

You’re more important than the last panda
or gorilla left on earth
than an eagle or a peacock
just see how much you’re worth

You are more beautiful than emeralds
more wonderful than gold
You’re more special than the most exciting story ever told.