



HEBRON NEWS

Issue 01/20

18/03/2020

OPENING ADDRESS

Psalm 103 v 2

Bless the Lord, O my soul and forget not all His benefits.

How many times do we remember to thank God for all His blessings and for answering our prayers? We tend to expect God to always be available for us and to answer our prayers immediately. Do we ever stop and think how God holds everything together, how He has to answer the prayers of all who ask of Him?

Our God is great, mighty and holy. He deserves our gratitude, praise and honour. He is not our errand boy and does not work according to our will but His own. We need to enquire of Him what is His desire and will! We need to learn to be patient and wait for Him to reveal this to us. When we do things our way without consulting Him we can easily mess up our lives.

Be still for a while and give Him the time He deserves.

Let us count our blessings and thank Him for who He is and for all that He does for us.

Love Lynette



A NOTE OF THANKS

Thank you to all our wonderful staff for your hard work and dedication.

We love and appreciate each of you.

May you all be blessed!

ZOË CLINIC

Soft drinks – Did you know?

A typical 330ml can of soda contains approximately 600 kilojoules which is the equivalent of 3 tablespoons of sugar. This has very little nutritional value and the empty kilojoules can quickly add up.

Diet sodas contain aspartame which is not beneficial as well.

Fruit juices contain a lot of sugar which can cause diabetes and tooth decay. A 100ml. serving of fruit juice is equivalent to one serving of fruit.

Soft drinks should not replace your intake of water which is 6-8 glasses per day.

Caffeinated soft drinks can be dehydrating thus causing one to be more thirsty.

Colas are rich in phosphates which when taken in excess can cause calcium to be released from the bones into the bloodstream which weakens the bones.

Several of the artificial colorants in soft drinks could contribute to the spreading of cancer.

High fructose syrups used in soft drinks can trigger IBS in some people.

Soft drinks can cause tooth decay especially in children, whose tooth structure is still developing.

Soft drinks can be beneficial when one is ill and cannot tolerate solid foods and can also help replace some liquid.

CAKE SALE

The grade 6 class hosted a cake sale on Friday 28th February 2020. Thank you to all who supported the sale and for the donations received. We raised an impressive R2215 towards the grade 7 farewell.

*Kindness is
Always in
STYLE*



Othniel Husselmann, Zoe Maclons and Meka Bailey selling delicious donuts.

CHEF'S CORNER

Sweetcorn Fritters

Serve as a tasty side with a meal or as a snack

Ingredients:

1 x 410g tin of creamed sweetcorn

1 egg

2- 3 cups of self- raising flour

1 pinch salt

Oil for frying

Method:

Mix all ingredients together to make a stiff batter. Add more flour if the mixture is too runny.

Heat the oil in a pan. Drop spoonful's of batter in the pan. Fry on both sides until golden brown.

Enjoy!



COMMUNITY PROJECT - KUILS RIVER TRAUMA ROOM

As one of our community projects this year, our grade 7 class will make up comfort packs for rape and abused victims. These packs will be delivered to the Trauma room in August as part of "Jesus Week".

We appeal to our Hebron community to assist by either making up a pack (as listed below) or donating any of the following individual items;

A4 size drawstring bag, face cloth, individually sealed sanitary towels, bar of soap, toothpaste, tooth brush, shampoo (travel size), deodorant spray, comb or brush, hairbands and clips, body lotion, tissues, sweets (Super c or glucose sweets), small bottled water, lip balm or small vaseline.

If you can assist, please inform Gonda Viljoen via WhatsApp
079 691 7195.

All donations must be handed in at the school office by Friday
8th August 2020.



HUMOUR

- ☺ What event do spider's love to attend?
- ☺ What does a cloud wear under its raincoat?
- ☺ Why was the weightlifter upset?
- ☺ What did the one volcano say to the other volcano?
- ☺ Why are teddy bears never hungry?



Answers at the bottom of the page

EDUCATORS - "Q & A"

We asked our Principal, Pastor Virgil some questions to get to know him better;

Q - What sport did you play at school?

Pastor Virgil - "Rugby and Cricket"

Q - Which high school did you attend?

Pastor Virgil - "Hoër Skool Voortrekker in Wynberg"

Q - If you were not an educator, what career would you have chosen?

Pastor Virgil - "Most definitely a medical doctor!"

Q - What job would you be terrible at?

Pastor Virgil - "I would be a terrible traffic cop"

Q - What do you do to relax?

Pastor Virgil - "I love to exercise, lift weights and run."

Q - What makes you angry?

Pastor Virgil - "I get angry when I give a learner an opportunity and they waste it! I also hate it if I get lied to!"

Q - What is your dream vacation?

Pastor Virgil - "I would love to travel to a tropical island. The ultimate holiday destination would be Hawaii"

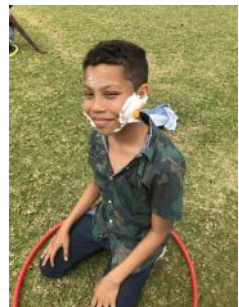
Q - How do you think your learners will remember you and your class?

Pastor Virgil - "I trust they will remember me as strict but loving and fair and that maths can really be fun!"



Answers: Webbing, Thunderwear/ She worked with dumbbells/ I lava you/ They are always stuffed

PHOTO NEWS - 2020 SCHOOL CAMP



FROM THE MOUTH OF BABES

If I was the Principal - Breanne Roberts Grade 2

If I was the Principal, I would change the school uniform because I think it should be "stripy"! I would change the theme in the grade 2 class to butterflies. It would be called the "butterfly class"! I would also build a bird house in the park!



If I was the Principal - Mikyle Morta Grade 2

If I was the Principal, I would change the break times because break is way too short. I would change the tuck shop to a free shop and I would let the boys play with a ball whenever they want!



If I were the Principal - Sanele Mazula Grade 2

If I was the Principal I would change the front gate! It's too small!



If I was the Principal - Sandile Rathebe Grade 2



If I was the Principal, I would change the rules that you could eat sweets everyday and that you could play soccer whenever you want. I would let everyone bring their phones to school everyday! I don't like school rules!



If I was a Princess - Phoebe Louw Grade 2

If I were a princess I would help everyone living on the streets. I would buy them clothes, food and even a house. I hate to see people begging for food and not have any to give them. Helping people is my passion. I love to help!



If I was a Scientist - Kaylum Manus Grade 3

If I was a Scientist I would make the world a better place. I would make a cure for Covid-19. Then President Cyril Ramaphosa is going to be very happy! I will also help other countries! Science makes the world go round!

BRAG CORNER

SUCCESS IN SWIMMING

We wish to congratulate Caydon Neumann (Grade 7) on his swimming and life saving achievements.

On Saturday the 14th March 2020, he participated in an interprovincial swimming gala held at Reddam House in Somerset West, He achieved first place in the following races for which he received gold (medals);

50m Butterfly , 50m Breaststroke, 100m Breaststroke

During the course of the year Caydon will be participating in the SA Nationals Life Saving Championships to be held in Port Elizabeth.

Well done Caydon!



CHESS

Shiloh Smith (Grade 4) represented Hebron Christian Academy at the WP East District Chess Trials on the 1st February 2020. Shiloh won 4 of the 6 rounds she played in. On the 1st March 2020 She participated in the Welgemoed Primary School Chess Tournament and won 3 of the 5 matches.

Good job Shiloh!



CYCLING

Willow Smith (Grade RR) participated in the Junior Cape Argus Cycling Tour on the 1st March 2020 and successfully completed 1.2km in under 30 minutes!

Fantastic Willow!!

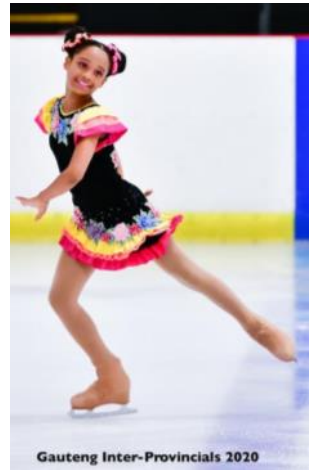


BRAG CORNER

FIGURE SKATING

Cleo Harris (grade 7) received the “most promising skater” award for 2019. After recovering from an injury she participated in the Gauteng Inter-Provincial competition which took place on the 16th and 17th February 2020.

She was placed 6th out of 23 competitors in her solo performance and her synchronized skating team placed 1st and qualified to receive Western Province colours. The team will be participating at the SA National Championships to be held in Durban during April 2020.



Kiara Van Wyk (grade 5) is a member of the Junior Blades Skating Club and is currently in grade 2 with the hope to soon advance to the next grade in (skating). On the 22nd February Kiara was placed 1st in her grade in the Junior Blades Competition and on the 8th March she was placed 1st in an interclub competition

Well done Kiara, keep reaching for your goals! We are cheering for you every step of the way.



**SUCCESS WILL NEVER BE
A BIG STEP IN THE
FUTURE, SUCCESS IS A
SMALL STEP TAKEN JUST
NOW.**

MERIT LIST - TERM 1 - 2020

This academic merit list is compiled by the Department of Education's CEMIS system and is updated quarterly.

Grade 1

1. Refilwe Gqoloda	94.5%
2. Cara Gordon	94.3%
3. Ethan Ditta	94%
4. Leah Claassen	93.8%
5. Corbin Ally	92.5%
5. Leah Moonsamy	92.5%
6. Gabriel Baartman	92%
7. Kelci Bosman	91%
8. Christin Finch	89%
9. Blake Less	88%
10. Hope Human	87.3%

Grade 2

1. Siara Ferreira	94.5%
2. Alyssa Samuels	92.3%
2. Daylin van der Berg	92.3%
3. Breanne Roberts	91.8%
4. Skylah Solomons	90%
5. Ivan Makaure	88.5%
6. Zivah Boyes	88%
7. Ethan Jacobs	87%
8. Uluthando Mdini	85.8%
9. Gemma Stoffels	85.3%
10. Sandile Rathebe	84.5%

Grade 3

1. Cathryn De Waal	95.3%
2. Phoebe Louw	93.8%
3. Dean Ernest	90.3%
4. Abigail Solomons	90%
5. Joshua Martin	89.8%
6. Qunta Mabandla	89.3%
7. Meka Gabriel	85.5%
8. Charnique Jansen	85%
8. Undiphile Mudiayi	85%
9. Ukhona Biko	84.5%
9. Kaylum Manus	84.5%
10. Liam Jubilus	82.5%

Grade 4

1. Hannah Hüsselmann	88.2%
2. Zoe Gordon	86.7%
3. Mbalentle Mahamba	84.8%
4. Shiloh Smith	84.2%
5. Madison Olivier	81.5%
6. Kaleb Pienaar	80.7%
7. Cassidy Forfune	80.3%
8. Tylar Appollis	78.5%
9. Oluhle Ncukana	74.3%
10. Leah Matjan	74%

Grade 5

1. Jorja Kelly	91.7%
2. Lilitha Herman	88.8%
2. Tamara Pillay	88.8%
3. Okuhle Dubase	85.7%
4. Siviwe Mdini	83.2%
5. Matthew Miles	82.5%
6. Boniswa Mpendulo	81.7%
7. Tylar Basson	78.3%
8. Chloe van Schalkwyk	76.3%
9. Voughan Arendorff	74.3%
10. Alicia Pikaan	74.2%

Grade 6

1. Othniel Hüsselmann	89.8%
2. Meka Bailey	87.5%
3. Imange Jantjies	86.5%
4. Jada Fredericks	86%
5. Kyla Pienaar	84.2%
6. Lana Gertze	83.3%
7. Leah Gertze	83%
8. Konwaba Roji	82.3%
9. Luhle Solomon	81%
10. Michael Coetzee	80.8%

MERIT LIST - TERM 1 - 2020

This academic merit list is compiled by the Department of Education's CEMIS system and is updated quarterly.

Grade 7

1. Rhéal Bartman	87.2%
2. Cleo Harris	79.2%
3. Luthano Mndita	78.9%
4. Camille Makaure	77.3%
5. Ezra Claassen	75.8%
6. Maddison De Villiers	74%
7. Jaydrian Gantana-Joubert	73.9%
8. Zoemare Joel	73.7%
9. Cassie Bicknell	72.3%
10. Evan Blankenberg	71.7%



PRINCIPAL'S AWARDS - TERM 1 - 2020

The following grade 1 learner's received a Principal's Award for outstanding work performance and behaviour:

Corbin Ally

Leah Claassen

Ethan Ditta

Amy Engel

Cara Gordon

Refilwe Gqoloda

Leah Moonsamy

Simbulele Msebenzi



"Education is the most powerful weapon which you can use to change the world"
- Nelson Mandela

BUSINESS PAGE

Hebron parents now have the opportunity to advertise their business and services offered in our newsletter and on our social media pages.

Let's support our own Hebron community.

Contact Gonda Viljoen at the school office (021 906 6980) should you wish to place an advert.

BRS Building Renovation Services

Building - Extending - Renovating

Contact Tommy Tittleton
083 454 3687



SUCCULENT ARRANGEMENTS

Succulent arrangements for weddings, functions, hand bouquets, table centrepieces, wedding & party favours, corsages etc.

Contact Natalie De Waal
082 976 3464

Valu Glass cc

*Aluminium Window Frames,
Regall Sliding doors, Shower doors,
Balcony Enclosures, Patio
Enclosures, Stacking Doors,
Balustrades, Shopfronts
& Sliding Doors*

Contact Victor Pillay
021 931 6587

PRETTY TASTY

Catering to your every party need!

- ☺ *Platters*
- ☺ *Fancies*
- ☺ *Birthday Cakes*
- ☺ *Cup Cakes*
- ☺ *Party Packs*



Contact Esther van Zyl
071 671 6511

MAKE EVERYDAY COUNT



For all your photographic needs

Various packages available from only R400.

Contact Lee-Ann Swanepoel 072 962 2211

Snr Pastors Stuart & Lynette Farquhar

Apostolic Leaders & Head of Hebron Family Fellowship & Academy

☎ 071 681 0045 / 082 907 6889

✉ stuartmf@gmail.com



Pastor Virgil Viljoen

Principal

☎ 082 904 7515

✉ vircamgo@gmail.com



Pastor Bryan Higgins

Deputy Principal

☎ 082 907 6933

✉ higginsbv@gmail.com



HEBRON FAMILY FELLOWSHIP MINISTRIES (all meetings are held on the school premises)

Sunday Service: Worship services every Sunday at 09h00

Seeds: Children's Church every Sunday at 09h00

Cell Groups:

- Ladies Meeting: Tuesdays at 10h00
- Wednesday evenings: Edgemean, 19h30
-

Youth: (Seeds) Friday evenings at 17h00 to 18h00

Hebron Christian Academy: An Independent Christian school for grades RR - 7 and Aftercare Facility.

Zoë Clinic: A weight management and wellness program run by Pastor Lynette Farquhar on Fridays at 06h45

Please pay your school fees directly into our bank account;
FNB Zevenwacht Branch
Account Number: 51401147959

Please quote your child's full name as a reference