



HEBRON NEWS

Issue 02/20

11/12/2020

OPENING ADDRESS

Romans 15 verse 13 – May the God of hope fill you with all joy and peace, as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit.

Well I am sure you will agree that this has been quite a year! During the lock down Pastor Stuart and I contracted the Covid-19 virus. How and where could this have happened to us when we were so cautious and when we trusted God to protect us?

Asking these questions provided no answers at the time. Looking back, now we praise God for allowing us to go through this experience.

- ◇ We experienced God's grace, strength and healing during this time. We were so grateful that we did not have to go to hospital
- ◇ We learned that life is so short and that we must enjoy every moment together
- ◇ We learned to trust in God completely and not to worry about issues
- ◇ We learned just how vulnerable we are and how our circumstances and lifestyles can change at any moment
- ◇ We enjoyed the devotions we had together every day
- ◇ We learned to appreciate the freedom we have to move around every day, which we take so for granted
- ◇ We learned to accept and appreciate the love, care, kindness and generosity of others
- ◇ We could now identify with others dealing with the virus and be a living testimony of hope instead of fear and dread

So indeed God is good all the time. Let us stand on this word from Romans 8 verse 28 – And we know that in all things God works for the good of those who love Him, who have been called according to His purpose.

May God protect and bless you all!

Love Lynette

CHEF'S CORNER

SPICY BISCUITS

Ingredients :

125g soft margarine or butter
 1 C sugar
 2 C self - raising flour
 1½ t mixed spice or cinnamon
 1 egg yolk
 1 T syrup
 ½t bicarb
 1t cream of tartar
 Chopped, glazed cherries for decoration



Method:

Cream margarine and sugar.
 Add egg yolk and syrup.
 Add all dry ingredients.
 Mix well and roll into small balls.
 Flatten with a fork on greased baking tray.
 Place a piece of cherry on each biscuit.
 Bake at 200°C for ten minutes.



Please share your favourite recipes with us!

ZOË CLINIC

The importance of eating from all the food groups

No food group is more important than the other is. Each food group is important for nutritional health. By eating a variety of foods from each food group, sticking with the recommended number of servings and practising portion controls, you will be better able to achieve your goals for healthy weight and good health. The pyramid below shows how many servings should be consumed from each food group:



FATS/OILS/SWEETS-CUT DOWN

2-3 SERVINGS

3-5 SERVINGS / 3-5 SERVINGS

6-11 SERVINGS

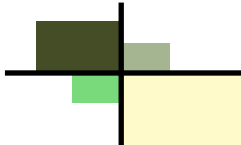
CHANGE IN SCHOOL UNIFORM FOR BOYS

We advise that as from January 2021 the uniform for boys has changed to the prescribed Khaki shorts and school socks.

The new uniform replaces the current grey shorts and socks.

We have also added a school blazer to the uniform for boys and girls, grade 4-7.

See page 4 for the full summer uniform.



WELCOME

A heartfelt welcome to all our new learners and families who will be joining the Hebron family in 2021. We look forward to forging relationships and working together as a team.

School re-opens on 27th January at 07H45

EDUCATOR NEWS

It is with sadness that we say good bye to Máam Debra Rowbotham. Debra will be studying Visual Communication at Stellenbosch Academy of Design and Photography next year.

She will be pursuing her dream of becoming a Creative Director.

We are incredibly proud of Debra who completed her primary school career at Hebron and has dedicated the last two years sowing back into the school as our grade 1 class assistant. She will be dearly missed.

Cheyenne Ebrahim will be replacing Debra as the grade 1 class assistant from January 2021.

On behalf of the management and staff of Hebron Family Fellowship and Academy, we thank you for your support and wish you and your family a blessed Christmas and New Year.

Summer / Sport Uniform for Girls and Boys (grade RR-R)

- Black branded shorts
- Branded golf shirt
- Branded bottle green V neck jersey
- Branded track suit jacket
- Black ankle socks
- Black school takkies

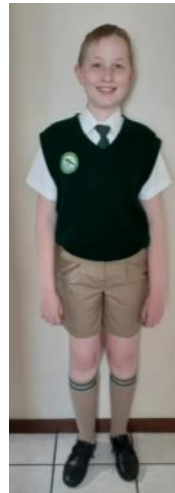
The school uniform must be purchased from Sege Sports, Van Riebeeck road, Kuils River. (021) 903 1855

Summer Uniform for Girls (grade 1-7)

- Branded school dress
- Bottle green hot pants tights
- Branded bottle green V neck jersey
- Branded bottle green pullover
- Short white socks
- Black school shoes.
- School blazer (grade 4-7 only)

Summer Uniform for Boys (grade 1-7)

- Prescribed Khaki shorts
- Black belt
- Short sleeve white shirt with raised collar
- Prescribed tie
- Branded bottle green V neck jersey
- Branded bottle green pullover
- Prescribed socks
- Black school shoes
- School blazer (grade 4-7 only)



Earrings: Only girls may wear one pair of earrings which must be plain gold or silver sleepers or studs.

Hair: Accessories must be bottle green or black. Shoulder length hair must be tied up. Boys must have the school haircut. No dyed, coloured or high-lighted hair is allowed.

Nails: Nails need to be neatly trimmed and no nail varnish is permitted.

Please note that items not permitted will result in the learner receiving demerits and will be confiscated until the term end. We will also send learners' home when there is a violation of school uniform rules.

COMMUNITY PROJECTS

Hebron had the privilege of organising two community projects this year despite the lock down. The care packs made up for woman who were victims of trauma were handed over to Lo-Anne Neumann of the Kuilsriver police department on the 10th November.

The baby items collected for the new born baby boy who tragically lost his young mother were handed to Mrs. Yolanda Basson, principal of Sarepta High to pass on to the great grandmother who is now caring for the baby.

Thank you to all our parents for your support and kindness. We also wish to thank National Debt Advisors (NDA) who assisted us with their generous donation towards the Care Pack Project. NDA stands strongly against gender-based violence and this particular project was in line with their vision.



Pastor Cami, Máam Gonda & Candice Heinze (Parent of Lee-anne Heinze) at the NDA donation hand over.

Together we can all make a difference!

HEBRON CELEBRATES TWO DECADES - 2000 TO 2020

Hebron Christian Academy was established on the 15th August 2000, by Pastors' Stuart and Lynette Farquhar

The name Hebron means *unity and allegiance*. The choice of this name was done prayerfully. Hebron according to the Bible was the place which Abraham chose after he had given Lot the opportunity to choose the best land and when they separated, Lot chose Bethel and Abraham chose to settle at Hebron. Hebron was a rocky place depicting hardships, but even through the hardships God blessed Abraham mightily.

We believe that even though times may be difficult, God will bless the school and fulfil the vision given to us to prosper this school to the benefit of all the communities of Kuilsriver and surrounding suburbs.

Our school Motto is "*We Shall Overcome*". It is this conviction that has sustained the school through very difficult times, particular in this economically challenged suburb.

The property was purchased in 2010. The premises was redeveloped through the construction of a multilevel school building and hall.

All glory goes to our Heavenly Father as we look to the future to see what He has in store for us.

GET TO KNOW OUR STAFF

What would the students be surprised to find out about you?

- I'm good at shooting! (I went to a shooting range) Máam Bronwyn
- I did ballroom dancing for 4 years. Máam Marli
- I enjoy musicals and crossbows. Máam Lydia
- I'm a qualified hairstylist. Máam Geralise
- I still love watching cartoons. Máam Robyn
- They already know my secrets, but I think they would be surprised, as they often are to hear my age. Pastor Cami
- I am a part time surfer! Mr Keyter

What's a typical Saturday night like for you?

- Movies and a whole lot of snacks. Máam Bronwyn
- Movies, salt and vinegar chips, hot chocolate and a fire. Máam Marli
- Hanging with my friends or chilling by myself. Máam Lydia
- Chilling at home with my hubby and son. Máam Geralise
- Watching movies or series. Máam Robyn
- Máam Marli, Rugby and Boerewors. Pastor Cami
- Cricket, a braai and spending time with Máam Ilze. Mr Keyter



What are some pets you've had or would like to own?

- I've only ever had dogs. I'd like to have a snake and a hamster. Máam Bronwyn
- I would really love a hamster. Máam Marli
- I've had dogs, cats and a rabbit. Máam Lydia.
- I'm not an animal lover. Máam Geralise
- I've had a gold fish and a couple of dogs. Máam Robyn
- A Jack Russell named Scruffy that passed away recently, a few fish and then Máam Marli's pitbull who thinks he is a little baby! Pastor Cami
- A gold fish, budgie, and a white rabbit named Marmite. Mr Keyter

What is your dream vacation?

- Greece, Santorini. Máam Bronwyn
- A trip to the Seychells. Máam Marli
- Travelling to destinations all over the world, when there is no Covid and I amazingly have loads of cash. Máam Lydia
- A holiday to Greece. Máam Geralise
- I would love to travel to Greece. (Santorini or Mykonos). Máam Robyn
- I'd like to go stay in the forest at Tsitsikama. Pastor Cami
- Traveling the world. Mr Keyter

What would your favourite meal be?

- Sushi and Nando's Festa Fries. Máam Bronwyn
- Braaivleis, pasta and pizza. Máam Marli
- Anything Italian is good for me. Máam Lydia
- Homemade soup, I love it Summer or Winter. Máam Geralise
- Sushi! Máam Robyn
- Máam Marli's Pasta! I could eat it every day. Pastor Cami
- Lasange or pizza. Mr. Keyter



If you decided to give up teaching, what would you do instead?

- I would like to be a Social Worker. Máam Bronwyn
- I would like to be a nail technician at my own beauty salon. Máam Marli
- I would like to help people through counselling. Máam Lydia
- I would love to open my own baby boutique. Máam Geralise
- I would do community work. Máam Robyn
- I'd like to be in full time ministry. Pastor Cami
- I would be a pilot. Mr Keyter



What accomplishment are you proud of?

- The fact that I can change little lives each day. Máam Bronwyn
- Becoming a teacher. Máam Marli
- I take pride in small victories that happen each day. Máam Lydia
- Starting a family with my husband and beautiful son. Máam Geralise
- One of my greatest accomplishments was/is being able to teach fulltime and study. Not only have I gained experience but I'm also able to apply what I've learnt in my teaching. Máam Robyn
- That I finally learnt how to tie my shoe laces. Pastor Cami
- Playing cricket at Newlands and winning the final. Mr Keyter

What's the best/worst thing about being a teacher?

- The best thing is that I receive love from my learners, despite how naughty they can be. Máam Bronwyn
- Disrespectful students and setting up a homework page is the worst thing about teaching. Máam Marli
- The best thing is to laugh and play with the children and the worst is disrespectful children. Máam Geralise
- The best thing about being a teacher is to see my learners excel. The worst thing about being a teacher is marking. Máam Robyn
- The best is the children, the worst thing is having to say goodbye to them in the afternoons/holidays and wondering if they are safe. Pastor Cami
- The best thing is seeing the learners everyday and hearing their weird and wonderful stories. The worst is wearing a mask and not seeing their beautiful smiles. Mr. Keyter

If you could take the students on a field trip to anywhere in the world, where would you take them?

- I'd take them to the Lion Park here in our own beautiful city. Máam Bronwyn
- Disneyland. Máam Marli
- I would take them anywhere they can learn about those around them and not just about themselves. Máam Lydia
- I always tell my learners that we are going to Disney World, if they want to know where we are going. (e.g. Toilet routine or playtime etc.) So definitely Disney World! Máam Geralise
- I would take my learners to the apartheid museum in Johannesburg so that they can learn more about their country's history and see what their parents and grandparents experienced during the apartheid era. Máam Robyn
- On a submarine tour of the underwater world. Pastor Cami
- Disneyland. Mr. Keyter

MERIT LIST - TERM 3 2020

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

Grade 1

Cara Gordon	95.7%
Refilwe Gqoloda	90.7%
Gabriel Baartman	88%
Ethan Ditta	86.7%
Leah Claassen	86.3%
Leah Moonsamy	86.3

Grade 2

Siara Ferreira	95.7%
Daylin van der Berg	90.3%
Alyssa Samuels	89.3%
Breanne Roberts	87.7%
Skylah Solomons	87%

Grade 3

Cathryn De Waal	93.7%
Phoebe Louw	90.7%
Abigail Solomons	88%
Joshua Martin	86.7%
Qunta Mabandla	80.3%

Grade 4

Kassidy Fortune	89.2%
Hannah Hüsselmann	89.2%
Shiloh Smith	88.7%
Zoë Gordon	86%
Mbalentle Mbandla	80.3%
Cody Davids	82.5%

Grade 5

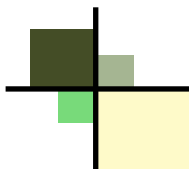
Tamara Pillay	97.3%
Lilitha Herman	94.7%
Okuhle Dubase	94%
Jorja Kelly	91.7%
Corban Singh	89.3%

Grade 6

Othniel Hüsselmann	88.2%
Jada Fredericks	87%
Michael Coetzee	85%
Kaylum v/d Westhuizen	84%
Konwaba Roji	83.8%

Grade 7

Rhéal Bartman	90.2%
Cleo Harris	87.3%
Camille Makaure	83.2%
Jonah Carelse	83.2%
Luthando Mndita	82.7%



SPECIAL MENTION

We would like to commend Isiphile Mtshakaca (Gr.R) on her outstanding Godly character, even temperament and for making 100% sure the staff, parents and learners all stick to the Covid protocol and procedures.

Thank you Isiphile for being an amazing example to your Hebron Family!



HONOUR ROLL 2020

Trophy winners for 2020 are:

Best Academic Achievement in

Literacy Foundation Phase - Siara Ferreria
 English Intermediate Phase - Jorja Kelly
 English Senior Phase - Rhéal Bartman

Mathematics Foundation Phase - Cara Gordon
 Mathematics Intermediate Phase - Siviwe Mdini
 Mathematics Senior Phase - Othniel Hüsselmann

Life Skills Intermediate Phase - Okuhle Dubase & Liliitha Herman
 Life Orientation Senior Phase - Caitlyn Taaibosch & Luthando Mditla

Endurance Foundation Phase - Phoenix Louw
 Endurance Intermediate Phase - Endinako Mhlebi
 Endurance Senior Phase - Naomi Olivier

Most Improved Foundation Phase - Amber Fortuin
 Most Improved Intermediate Phase - Chloë van Schalkwyk
 Most Improved Senior Phase - Maddisison De Villiers

Best Student Foundation Phase - Cara Gordon
 Best Student Intermediate Phase - Tamara Pillay
 Best Student Senior Phase - Rhéal Bartman

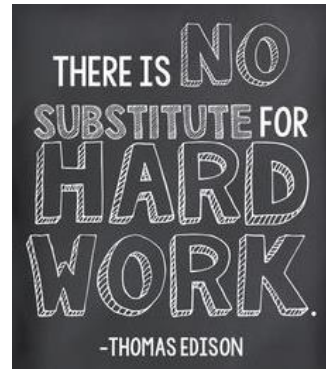
Young Achievers Award: Afrikaans - Jorja Kelly
 Young Achievers Award: Natural Science - Othniel Husselmann
 Young Achievers Award: Social Science - Tamara Pillay
 Young Achievers Award: Economic and Management Science - Rhéal Bartman

Best overall achievement in

Young Achievers Award - Tamara Pillay
 Administrators Award - Rhéal Bartman

Leadership and Mentoring

- Gonda Viljoen (Administration)
- Ruzanne Coetzee (Foundation Phase)
- Pastor Virgil Viljoen (Intermediate and Senior Phase)



“TWENTY PLENTY”

2020! The year where we all by far had the most intense challenges we have ever experienced.

However, I would like to commend firstly the children - for being tough as nails and really excelling in their school work despite terrible circumstances. I would also like to commend the parents for having the patience to sit and work with their children and really spend quality time with them - it did them a world of good.

Most importantly - each and every teacher, having to adapt to a new style of teaching instantly and be as accommodating as possible. That takes a huge leap of faith .

I would like to remind you all, to remember exactly who you are. You are capable of more than you think.

Don't for one moment, think you didn't do well enough this year. The loss , the pain and the struggles were terrible , regardless of what happens in the future. I have the utmost confidence in all of us to carry on holding hands and fighting through each challenge as the Hebron family.

We don't lay down , Oh no ! We are victorious—because our God carries us.

Be blessed!

Pastor Cami

FAREWELL

Every year we say goodbye to learners who move to other schools, or who are transferred away.

We bid farewell to our grade 7 learners who will progress to grade 8 and move on to high school.

May God bless you in the next part of your journey. Our prayers and love go with you.

See page 11 for photos of the grade 7 farewell party.

PHOTO NEWS - Grade 7 Farewell



FROM THE MOUTH OF BABES

My best memory - Shiloh Smith Grade 4

My best memory will always be when Pastor Cami teaches us English and PSW. He always does his best when teaching us. He is the BEST! When he teaches us Creative Arts he is very funny. We are going to miss him in the holidays.

He spends all his time in his work. I really think no one will be able to replace him. The whole class wants him to be our class teacher next year. He makes difficult and boring work fun and explains everything nicely.

I will never ever forget this memory. He makes funny sounds then the class starts clapping. He even lets us finish our homework in his class when our work is done. For example, Maths!

We asked our young learners *what do you think Pastor Virgil our Principal does?*

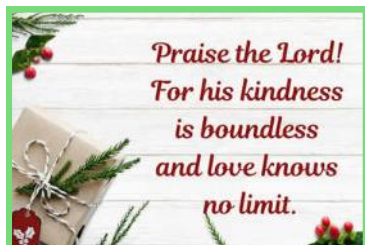
- ☺ He does really important stuff like watching the camera's and talking to other sir's. (Amy Gr.1)
- ☺ He looks after the children and watches the camera's to look out for bad people. (Isabella Gr.1)
- ☺ He protects the children and prints a lot of stuff! He always drinks shakes! (Azeka Gr. RR)
- ☺ He talks to people and always helps them and cares for them. If you feel sick he will phone your daddy to fetch you! (Oyena Gr.1)
- ☺ He spends all his time saying the Zig Zag Zebra Rhyme! (Isiphile Gr. R)

Mr Keyter! - Logan Kiewit Grade 4

What does Mr. Keyter do after school? I think Mr. Keyter spends time with his girlfriend. I think they go on a date and then go home to relax. I also think that he watches T.V and has something to eat.

Maybe he goes to the beach and has a swim with his girlfriend and maybe they go for an ice-cream and go back home to watch T.V.

This is what I think Mr. Keyter does when he goes home.



SCHOOL LUNCH BOX IDEAS

Lunches should be nutritionally balanced and enjoyable. Here is a list of a variety of snack ideas to pack in your child's lunch box;

- ⇒ Sandwiches
- ⇒ Fruit
- ⇒ Yogurt
- ⇒ Nuts
- ⇒ Veggie sticks
- ⇒ Cocktail tomatoes
- ⇒ Cucumber slices
- ⇒ Dried fruit e.g. raisins
- ⇒ Muffins
- ⇒ Rice cakes
- ⇒ Vienna's
- ⇒ Sliced ham
- ⇒ Cheese blocks
- ⇒ Boiled eggs
- ⇒ Mini pizza's
- ⇒ Biltong



PRINCIPAL AWARDS

Congratulations to the following grade 1 learners who all received a *Principals Award* this year for outstanding work performance and behaviour.

Corbin Ally
 Kyle April
 Gabriel Baartman
 Kelci Bosman
 Isabella Brown
 Oyena Chele
 Leah Claasen x 2
 Ethan Ditta
 Amy Engel
 Christin Finch
 Cara Gordon
 Refilwe Gqoloda
 Hope Human
 Leah Moonsami
 Simbulele Msabenzi
 Niamh Nagiah
 Kenley Ontong



Well done! Keep up the excellent work performance.

PREFECTS 2021

The management and staff are pleased to announce that the following learners have been elected as prefects;

Sam Abrahams, Imange Jantjies, Kyla Pienaar, Konwaba Roji, Tyla Rowbotham, Luhle Solomon, Méka Bailey and Michael Coetzee

The head prefects are:

Méka Bailey and Michael Coetzee

We acknowledge these prefects as an integral part of our leadership team and would like to congratulate them on this outstanding achievement.

HUMOR

- ⇒ What did the one plate say to the other? *Dinner's on me*
- ⇒ Why did the learner eat his homework? *The teacher said it was a piece of cake*
- ⇒ Why was 6 afraid of 7? *Because 7, 8, 9*
- ⇒ What do you call a duck that gets all 7's? *A clever quacker*

COVID - 19

Christ Over Viruses & Infectious Diseases

JOSHUA 1:9

"Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go."

The only thing you can really control in this life is your own mental attitude!
- Anon

We cannot let our burdens paralyze our progress! - Anon

Today is the tomorrow you worried about yesterday, and all is well - Anon



WORDS WISDOM

Never lean on your own strength and understanding. God needs to be the centre of your universe.
Máam Bronwyn

The most certain way to succeed is always to try one more time.
Máam Marli

You have brains in your head. You have feet in your shoes. You can steer yourself in any direction you choose.
Máam Geralise

Do not take criticism from people you would never go to for advice. *Máam Lydia*

Don't Focus on the past problems. Focus on the way forward and build the future you want for yourself.
Mr. Keyter

Our greatest glory is not in never falling, but in rising every time we fall. I have fallen a couple of times but what made me stronger was to get up and try again and do even better.
Máam Robyn

Don't chase anyone else's dreams. Do what makes you happy.
Pastor Cami

BUSINESS PAGE

Hebron parents now have the opportunity to advertise their business or 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

✉ lyncherfar@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: Edgemead, 19h00
- Wednesday evenings: Kuils River, 18h30

Youth: Friday evenings at 18h00 to 19h30

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

Zoë Clinic: A weight management and wellness program run by Mrs. 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