

# Die Blou Kudu



WINDHOEK HIGH SCHOOL

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## The BLUE school goes GREEN

JANA HEIN

A few months ago I was fortunate enough to have the opportunity to attend leadership training as a selected candidate of the AFROX Leadership Academy. Part of my training required me to start a community project and the community that I chose was my school community. The project aims at finding different ways in which our school can reduce our water and electricity usage while finding means to sort and dispose of our waste responsibly and correctly. As the project owner I had to identify other learners that could help me steer this ecofriendly ship and had to make them project managers of the three main departments: Solid Waste Management, Electricity and Water.

We plan to implement different systems on our school grounds to ensure that we save both water and electricity and that there is enough waste disposal bins to prevent littering. Each department is responsible for sorting out their own little projects and promotion methods and ensuring that everyone is doing their part. A huge part of our project is raising awareness among students and teachers on how they can be environmentally friendly and conscious.

Our goal at the Windhoek High School Go Green Project is to show others how to care for the environment and to make Windhoek High School as eco-friendly as possible.



**A word from the project managers Zani and Nina van der Merwe (Water Department):**

“Our plans for the future include finding different ways to reduce Windhoek High School’s water consumption and educating people about it. As many know, water is a scarce necessity in Namibia and we at WHS wish to help in any way we can. We plan to start off by repairing all leaks and broken toilets on the school premises and promoting and raising awareness among students through posters.”

**Intan Plaatjies (Solid Waste Department):**

“When I handed in my application form for the Go Green Project, I knew that my life would change for the better. Today I can say that the Go Green Project was an eye-opener and that I have learned an insurmountable number of things I would not have learned elsewhere. Our first big project as the solid waste department took place at our school’s Entrepreneurship Day where we placed bins at central points and afterwards sorted the waste into recyclable and non-recyclable waste. It was a sight because many people actually have no idea what the difference between general and recyclable waste are. It truly was an unique experience.”

**Caleb Zola (Electricity Department):**

“As project managers at the Windhoek High School Go Green Project, we would like to raise awareness of the electricity consumption in the school. Let us all unite and work together in saving electricity and make Windhoek High School a school that saves!”



Windhoek High School  
**Go-Green Project**

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## Editor's Note



## ANGELINA NORVAL

My time as the Blou Kudu editor has come to an end. Even though this saddens me I am happy with what I achieved and the amazing memories I have made. Being the editor has helped me grow. There were many times where I was beyond exhaustion and the workload was too much. However, I pushed through. This made me see what my true limits are and made me stronger. It also helped me work even better with people and has boosted my confidence. I am a lot less shy because I had to interview people, as well as make videos to advertise the Blou Kudu. Being the editor has also opened many doors for my future. I was given the chance to work alongside the Namibia Media Holdings' My Zone team. They have exposed me to many journalistic tasks and have helped me realise how much I want to be a journalist. I have absolutely loved working with them and I hope even though I am no longer on the Blou Kudu editorial team I can still work with them. As for my team, they are hard-working, enthusiastic and prepared to take on any task or story that is given to them. There are going to be challenges that they must face, just like I did, but I know that they will overcome them and strive to greatness. They are going to make fantastic journalists in the future! To end off I just would like to say that it has truly been so wonderful writing for my school and working with such talented learners that make the Blou Kudu editorial team! I am so proud of their achievements and their work. It has been an honour working alongside them and I will miss it so much! I wish them luck and hope that they keep the Blou Kudu name high! "What we call the beginning is often the end. And to make an end is to make a beginning. The end is where we start from." By T.S. Eliot

## KRUGER 101

## JANA HEIN

## What are your favourite subjects and please tell us why?

I don't really have any favourite subjects. I like them all, because they all teach me interesting things and at this point, I would like to pursue them all, career-wise if I could.

## What are your greatest strengths when it comes to working towards your academic goals?

My greatest strengths that keep me focused are few and minor. What truly keeps me going is the hope and energy that God gives me each time I ask. I would never be able to work this long and hard on my own. No man could. I am just so glad that I have a living God who never fails to support me and never ceases to answer my prayers, even though I fail Him daily. I work for Him and He helps me to do it.

## What are your literary interests?

I feel that with all the school stress and teenage pressures, having an escape is essential to remain sane and optimistic. I have personally



experienced how depressed one can become as a result. A healthy, harmless and constructive escape is reading. I read historic, philosophic and moderate fiction, as they add to my knowledge, which aids me in life and school. They also take my mind off my worries, which is exactly what school learners need, believe me.

## What personal academic achievements are you most proud of?

My fondest academic achievements would not necessarily be any physical awards or prizes that I have won. The greatest academic reward is knowing that if I keep my grades up, I'll be able to choose my own career and pursue my wildest dreams, without having something as insignificant as school marks posing as an obstacle.

## How do you maintain a healthy balance between academics, sports and social activities?

I set a mental schedule which consists of doing academic related tasks for about 45 minutes until 19:30. Sometimes, I need to invest more time into studying and

put media and television aside. However, Sundays remain untouched and holy. Sports fit into the study schedule and are regarded as a welcome study break. I make sure my coaches know that academics come first and that one or two practices need to be sacrificed. I make up for my social activities during the free time I have at school, breaks, between classes, on the pitch, etc. If I am lucky, I will allow a weekday or weekend off so that I can attend a special event or spend time with friends.

## What extracurricular activities do you take part in?

My extracurricular activities consist mainly of hockey. The little free time I do get, I spend on recreation and relaxation.

## What do you aspire to be in the future?

I do not know what I want to become one day. However, I do know that it will involve nature, flora, fauna and the land thereunder. I know that the typical workday will consist of 40% office time and 60% getting my hands dirty. The rest is a surprise for the future.

## Future entrepreneurs!

## BEATRI TURNER

If you missed it, you missed a day full of fun, sun and a whole lot of profit. The annual WHS Entrepreneurship day took place on 5 June. On this day, the skills of many young entrepreneurs from grade 8 and grade 9 were put to the test. Entrepreneurship learners got a taste of the practical side of the "grown-up world" and how to work with money, work together, plan and all the small behind the scene detail that goes into owning a business. A wide variety of stalls were present at the Entrepreneurship day, some of



which sold nachos, pan-cakes, ice cream and a lot more. Some learners also had games, such as the "Chilli Challenge" which left participants teary-eyed and gasping for water. Although some stalls experienced difficulty with equipment and did not succeed in making a profit, the day turned out to be a success and one where young adults learned by means of one of the best methods, namely experience!



## WHS SÊ HUL SÊ MET REDENAARS

## BEATRI TURNER

Op 14 Junie het vyf WHS-leerlinge aan die ATKV-Redenaarskompetisie te Walvisbaai deelgeneem. Al vyf leerlinge het onder die top tien deelnemers geëindig. Amorain Kotze het 9de geëindig in die graad 8 tot 9 Afrikaans Huistaal voorbereide kategorie en Edward Turner was 7de in die graad 10 tot 12 Afrikaans Huistaal voorbereide kategorie. Beatri Turner, 'n graad 9 leerling, Jana Hein, graad 10 leerling en Anri Lombard 'n graad 11 leerling het aan die Afrikaans Huistaal onvoorbereide kategorie deelgeneem. Hulle het onderskeidelik 7de, 10de en 8ste geplaas. Welgedaan aan al die deelnemers!



WHS se redenaars deelnemers maak die skool trots.

# QUEEN KIBBLE slays Miss WHS 2019

INTAN BAADJES



Miss WHS was held on 11 July at the school's main hall with the theme of France and many different acts and categories entertained the guests. This is also where Richelle Beukes crowned her successor Tyler Kibble.

The theme for this year's Miss WHS was amazing from the dances to the decoration, which the culture department and some of the learners of WHS did. The dances by the finalists and their partners were choreographed by the amazing Daniel Kuhlmann. As he said on one of his posts "well done to all the contestants and their partners! Was a fun ride" and all those dances looked effortless.

Kibble wore a simple yet elegant red dress that she designed and had it tailored to fit her preferences. She said the following "I never thought I had a creative side until I decided to design something myself which didn't end up bad at all." When she walked on stage that dress did not only look amazing but Kibble herself made it an amazing sight to watch.

Kibble edged out first runner-up Beana Le Roux and second runner up Kendall Airey-Fourie who had



Tyler Kibble, the new Miss WHS 2019.

beautiful dresses on and smiles and also deserved their titles as much as Kibble did.

As for the schools' Miss Whs 2018, Richelle Beukes, she will forever be remembered for all her wonderful projects she achieved and the school

will most certainly remember her wonderful speech and how contagious her smile and laugh is and will always be. Now it is Kibble's time to continue or even start her own legacy and touch our hearts even more.

Miss Whs is not just about the looks but the way you carry yourself and your personality and most of this year's wonderful finalists have amazing personalities and have looks that kill.

It is a very difficult choice when it comes to choosing winners especially if this winner is going to represent a whole school for a year and our Miss WHS has to be able to carry not only herself but her title and when it comes to making such a big choice it will take not only sacrifices but a lot of thinking and work, so yes the people we support will not always win.

Even if you didn't win that shouldn't stop you from striving to be better there will always be opportunities set out to you and you have to take all your losses as your biggest strength. Kibble has not shown any sign of weakness and that show so much about herself and her character.

Kibble is yet to be another success to our school and we cannot wait to see all she can succeed and to see her prove those who thought otherwise wrong.

# The Brilliant Blues' Factor

CHRISTINE VAN NIEKERK



If you were one of the individuals who attended the WHS talent show on 27 June 2019, we think you would agree that WHS has definitely got talent! It was an evening of great festivity and fun.

There was a bubbling energy about the room and every act seemed to be more incredible than the one before. The grand evening began with Tuli, the evening's master of ceremony and old scholar of WHS, introducing the five judges.

After this the WHS acapella group, the Acablues, performed a song and did a fantastic job! By then everyone in the audience was ready to see the different acts, each in their creative element.

There were dancers, singers, poets and musicians all showcasing their art, leaving you at the edge of your seat. As Tuli put it after act: "Ladies and gentlemen wasn't that amazing?" No other words could have expressed it better.

The program proceeded with a short interval halfway and right before the winners were announced, the audience was delightfully surprised with the incredible talent of guest artist and old scholar of WHS, Le Clue. He shared the story of how he discovered his unique dance talent right there, on stage, in the WHS main hall during the 2015 WHS talent show.

Today Le Clue is a great artist and his talent has taken him all the way to Los Angeles in the United States to compete on the international stage.

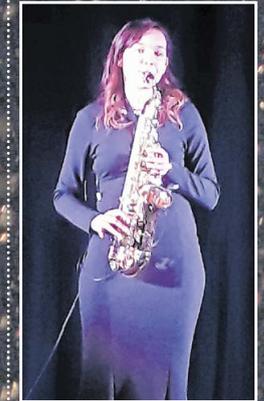
The winners of each category was announced as follows: In the dance category Nina and Zani Van Der Merwe took first place, Schwane Blynaut took second place and Uzziel Borei took third.

In the drama category Olivia Shanika took first place, Blessing Mayo took second place and Patience Tsuses took third. In the instrumental category Kayleigh Cloete took first place, Carin Strydom took second place and Geo Haasbroek took third.

In the vocal category Caitlin Theron took first place, Eben-Ezer Angula took second place



Caitlin Theron captivated the audience.



and Lize Visser took third. Last but not least the vocal group that took home a prize was Hilaria Silva, Vanessa Cloete and Bevanette Simaata. The school would like to congratulate each and every contestant at the WHS blue factor for sharing their beautiful talents with us and for their courage, because competing at such a big event is definitely not for the faint hearted!



## Talented teenagers

The tiener toneel group of WHs made everyone very proud during their performance.

AMBER MOUTON



Tiener toneel is planned and organised by the learners. The young actors write all the scripts and choose who should act each character and scene. "It is a place where teenagers can express their talents. When they are on stage, they have the opportunities to find themselves again and learn from other actors," said leading actor, Beatri Turner, who plays Cindy in this

year's 'Tiener-Toneel.' According to Turner, just the fact that 'Tiener-Toneel' is super exciting, being someone else on stage and meeting other school's actors, truly inspired her to partake in this even, and also because she loves drama. "When you are chosen to play a specific role, you feel honoured, stressed and a bit nervous, because you have to remember your lines and have to become the character."

It is not all fun and games. "Time management is a key factor in this. You need to prioritise and use every spare minute you can. If you do not use your time wisely you waste moments where you can improve yourself," said Turner. Practise makes perfect. Once you improve, the play itself changes and becomes even better. Drama not only empowers teenagers, but builds them up and gives them confidence. This is why the Tiener Toneel is so important.

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## Bad report cards

A learner's worst nightmare is a bad report card. Not only does it affect their reputation, but they also have to face their parents. The Blou Kudu asked learners how they feel parents should handle a bad report card.

**Aydon Hoff**



Parents should always be supportive and motivate their child and should have a sit down with the learner in order to find the source of the problem that causes a bad report card. Support and motivation is better than aggression and force.

**Tyler Kibble**



I believe that communication is important between the parents and child. Parents should not assume what's wrong, they have to sit their child down and talk to him/her then try to identify the issue. Parents should consider their child's afternoon activities and work from there.

**Karel Smit**



Personally I believe that disciplining a child about a bad report card is not wrong. It teaches them to do better and to improve their marks the next term. Once the parents notice their child is doing better they can reward their child for their achievements.

**Ashley de Klerk**



I feel that parents shouldn't just assume that it's the child's fault. They should talk to the child and find out what is the reason for the bad report card. Parents should give their support and motivate him/her to do better next time. They should also always offer help.

**Jorene Hammerschlach**



It's important to know that anger will not solve anything, it can make matters worse. Remain calm when speaking. Be open to listening to the child instead of making assumptions. They should find out if there are underlying issues with their child and should find solutions.

**Marius Bronkhorst**



It is important that parents support their children whether they have a good report card or a bad report card. It is also good for parents to challenge their children to improve their marks, even if they aren't bad ones. Encourage your children to do their best in everything.

**Megan Smith**



In my opinion, I think my mother is a good example. She told me that it is alright, but that she is disappointed and that I can and will do much better. She does not sugar coat it. She gives things the way they are, but believes enough in me to know that I will do better

**Luan Hurter**



Beat the child! If the child has bad marks, talk to him/her and find out if they might be having some problems in school. If they do not have problems and the bad marks continue then I believe punishing the child is better. This teaches them to work harder.

**Josephat Amakutsi**



Parent should firstly look at the child's books and see what they are doing during school hours. If the child is really trying then parent should find a tutor. If the child is not working hard enough or trying, then parents should discipline their child and set them on the right track.

**John Kapinga**



Parents should not condemn their children for doing bad, but should make it clear to them that there will be a short term reward if they work harder. Parents should positively criticise their children, rather than just punishing and shouting at them.

## Poetry

### the forgotten art

#### YADAN MÖGLE

Carl Sandburg once said that poetry is the journal of the sea animal living on land, wanting to fly in the air. Poetry is a search for syllables to shoot at the barriers of the unknown and the unknowable. Poetry is a phantom script telling how rainbows are made and why they go away.

Nowadays the youth do not realise the importance or the historical significance of creative writing. Our introduction to poetry in school seems forced upon us and we are never



told why it is that we study poetry. Poetry is so much more than just a part of the English curriculum. It is a form of art just like painting, dancing, singing and playing instruments.

The importance of creative writing can be traced back to a time when people did not have rights to freedom of speech. For many poets such as Muriel Rukeyser and Wilfred Owen it was the only way they could express themselves and speak about issues they were facing in their communities. The late Michelle Cliff wrote about racism and colonialism, because the people did not have a platform

to speak, or way to truly share their opinions. Poetry was the voice for the voiceless, poetry was the songs sung by the slaves, the chants of the soldiers at war.

The basic concept of rap and hip hop started when a melody was added to spoken word. Kendrick Lamar uses poetry and rap to tell a biographic story on his highly acclaimed album, *To Pimp A Butterfly*. Artists such as Tupac Shakur, Jermaine Cole and Freddy Mercury have also used their music to convey their feelings in such a way that can be interpreted differently by each person. Poetry gives the individual a platform to practice the

same creative freedom. It is important that the youth is told that poetry is not just fancy word play with strict guidelines, but it has many different forms. Poetry is the means to say to the world what you can otherwise only tell yourself.

To all the artists, poets, dancers, musicians and producers: Never stop creating. The world needs people who are not afraid to express themselves, people that are not afraid to speak out. You have a gift and WHS has the facilities to help you grow culturally just as much as academically. We should not let the art be forgotten.

# Teenage mental health

DEMARSCHO MOUTON AND GENICE OCKHUIZEN

Here's a serious question: When was the last time you smiled, laughed or was even just generally happy? Many of us we can answer this in a heartbeat, but what about those who can't even remember? What about those of us who are constantly unhappy and feel inner turmoil? We sometimes forget that not everyone smiles and laughs every day and that some teens really are depressed and feel the need to end their life.

Suicide is never the answer but for many it seems like the only way out. Namibia has one of the highest suicide rates in the world. The average rate per hundred thousand people is 17 people, in Namibia however, its 22 people.

We have to treat depression and anxiety from an early age to prevent this. Depression is defined as a feeling of unhappiness that lasts for a long time and anxiety is defined as a feeling of worry or fear.

If you experience depression you don't automatically experience anxiety and vice versa.

Many teens or even kids don't even know that they have depression and they just assume their sad. Teenagehood is a very tough time as teenagers experience peer pressure, hormonal changes, a lot of homework and tests and much more and the pressure usually gets to some of us. This does not mean you have to end your life. It might just mean you have to make the right decisions and work extra hard to treat whatever mental health issues you may have.

It's also extremely important that you go to a professional and get diagnosed. Do not google your symptoms as you obviously can't diagnose yourself because there are a lot of mental illnesses and most have almost the same symptoms.

Many schools have guidance teachers and if you feel you have depression, anxiety, etc. then you can always go to them. Some teens are ashamed and chose to hide it but these illnesses are serious and affect you just like any other physical disease could.

We all know our academics are important but always try to take a break and just have fun. Having a healthy social life and a good support system can really help to overcome depression and if you ever feel intense anxiety for whatever reason just try to remind yourself everything will be okay. Always make sure you are both mentally and physically healthy. Mental health should always be a priority in your life.



## DEPRESSION SIGNS AND SYMPTOMS

### Feelings of helplessness and hopelessness

A bleak outlook—nothing will ever get better and there's nothing you can do to improve your situation.

### Anger or irritability

Feeling agitated, restless, or even violent. Your tolerance level is low, your temper short, and everything and everyone gets on your nerves.

### Loss of interest in daily activities

You don't care anymore about former hobbies, pastimes or social activities. You've lost your ability to feel joy and pleasure.

### Loss of energy

Feeling fatigued, sluggish, and physically drained. Your whole body may feel heavy, and even small tasks are exhausting or take longer to complete.

### Appetite or weight changes

Significant weight loss or weight gain—a change of more than 5% of body weight in a month.

### Reckless behavior

You engage in escapist behavior such as substance abuse, compulsive gambling, reckless driving, or dangerous sports.

### Sleep changes

Either insomnia, especially waking in the early hours of the morning, or oversleeping.

### Concentration problems

Trouble focusing, making decisions, or remembering things.

### Unexplained aches and pains

An increase in physical complaints such as headaches, back pain, aching muscles, and stomach pain.

### Self-loathing

Strong feelings of worthlessness or guilt. You harshly criticize yourself for perceived faults and mistakes.



### AIDING DEPRESSION

Depression is a battle for teenagers but parents, friends, close relatives you are their aid. You can love and support them so that they don't want to give up the fight.

Having a good conversation with the depressed learner is a good start. The conversation should consist of you listening and the person talking.

Do not by any means only try to give advice, all that person needs is for you to listen and make them feel like you want to be there and that you are not listening because you feel obligated or that it's your duty. Being a compassionate listener is better than

giving advice.

Understand that consistency is key. People having one talk with the learner are not going to be effective unless it is consistent.

Depressed learners need to know that you are going to be there for them not just for a minute but for more than that.

They need to be reassured that there are still people who care for them and that reassurance is not going to stem from one conversation. If planning to address the situation, please be prepared to carry it out to the fullest.

Learners suffering from depression tend to emotionally isolate or

withdraw themselves. You need to remember that this is not them pushing you away or being rude. They feel scared to trust you to make them feel cared for since they could not trust other people for that the first time.

You should take a gentle approach but be persistent, not forceful. Even if it takes them a year to open up, still be there. One important rule is do not give up on them.

You can start a conversation by saying: "I have been feeling concerned about you lately", or: "I wanted to check in with you because you seemed pretty down lately". You can ask questions like: "Did something happen that

made you start feeling this way," or: "How can I support you right now?"

Try to say things such as; "You are not alone", or: "I'm here for you". Make sure the person knows that they are important to you and that their life is valuable. You should avoid saying things like; "It's all in your head", or: "Just snap out of it".

Please remember that something as simple as a conversation can save a life.

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# Kudu crushes Classic Clashes

MIKAYLA PRETORIUS

On 28 and 29 June, Windhoek High School and Elnatan came together for the annual rugby Classic Clashes. Joining the Classic Clashes were other sports such as netball and hockey. Other schools such as Delta also took part, combining the event into one big sports weekend.

The weekend ended with very positive results. The school won almost all of the first team matches, with the hockey first team match ending in a draw.

The main and most successful part of the weekend was the rugby. Almost all of the rugby matches were won by Windhoek High School, with the exception of the u/15 team, that lost 22 to 26 against Delta.

The first team's match specifically was a victory for the school. The teams started off with 3 each, but in the second half Windhoek High School won with 60 to 8 against Elnatan. Windhoek High School looks forward to yet another successful Classic Clashes for next year.



The Classic Clashes team of WHS made their school so proud with their great performances. PHOTOS OCTAVIA TSIBES



Great action during the WHS and Elnatan Classic Clashes game.



WHS dominated their Classic Clashes game.

## Off to Spain!

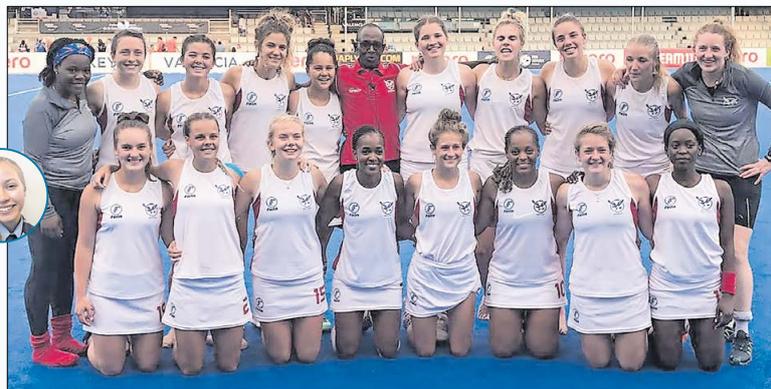
MIKAYLA PRETORIUS



From 15 to 29 June WHS learners Duré Boshoff, Armin van Staden and Joané van Rooyen toured with the senior women's Namibian hockey team. The team toured to Spain to take part in a tournament in Valencia.

There were eight teams participating in the tournament. While there they played against Belarus, Canada, Thailand and Spain. The left link of the team, Van Rooyen, said that they had very strong opponents and that the matches were tough.

Although the team lost all of their matches and placed eighth overall, the team was the youngest team that participated. According to Boshoff, the team's right link, the team consisted of about five school children, while the rest of the players were either studying or working. Boshoff also mentioned that through this tournament, the



Duré Boshoff, Armin van Staden and Joané van Rooyen toured with the senior women's Namibian hockey team.

team gained the experience that it needed and that they could only learn out of this and those they played against.

On the days that the team had off, they had a chance to see the city. This was something Van Rooyen enjoyed, as well as getting to know the team. Van Staden, who plays defender and link, said that she mostly enjoyed playing the hockey itself and that it was a big experience for her. Boshoff said the

same and said it was a big learning experience not only for her, but also for the rest of the team.

As the players mentioned, they learned a lot through this tournament. Van Rooyen said that, in particular, she learned to always give her best, no matter how tired she felt. She also said that the passion and resilience really showed in the other hockey teams.

However, what they learned and saw at the tournament could

also be applied to Windhoek High School's hockey. WHS' first team coach was the assistant coach at the tournament, and there they learned a lot of new techniques that could be applied to Windhoek High School's hockey to improve it, according to Van Staden. Boshoff mentioned that what they learned could be used to improve hockey not only within the school, but also throughout the whole country.

The three learners reached a



Duré Boshoff, Armin van Staden and Joané van Rooyen represented their school as part of the national hockey team.

goal that many younger players aspire to achieve. Advice Boshoff has for hockey players is to follow their dreams, set goals, practice hard and put in extra, because it is worth it in the end. Boshoff also advises players to never lose hope or give up, because if they put their mind to it, they will be able to achieve it. Van Staden has similar advice and says that if you really want it and you work really hard, you will reach your goal, but it totally depends on yourself. Van Rooyen also mentioned that what she learned in the tournament can also be a life lesson to always work your hardest and to do your best.

# Belangrikheid van moderne tegnologie



**CAROLINE KANGHONO**



**D**it het skrikwekkend geword dat tegnologie die mensdom oortref het. Moderne tegnologie is bloot 'n bevordering van ou tegnologie. Die impak van tegnologie in die omgewing is onmeetbaar en die mensdom gebruik tegnologie op verskeie maniere. Dit is nou 'n belangrike deel van almal se daaglikse lewe. Tegnologie verbeter voortdurend sy toepassings en die manier waarop mense kommunikeer. Die tempo van tegnologiese vooruitgang styg mettertyd en die samelewing soek makliker maniere om hul lewens te leef. Moderne tegnologie het dit ook die ontdekking van baie multifunksionele toestelle soos die slim-horlosie en ander toestelle moontlik gemaak. Dit het op baie maniere die samelewing verander. Ander lande, veral die ontwikkelde lande, het hul tegnologiese toestelle gevorder wat dit vir leerlinge by skole makliker gemaak het om hul tegnologiese vaardighede te bevorder.

Dit is jammer dat baie staatskole wat rekenaarstudie en woordverwerkingsonderrig aanbied van dieself-

de verouderde sekuriteitsleser en rekenaars gebruik maak. Dit is baie vinniger en makliker om met 'n gevorderde rekenaar te werk eerder as een wat verouderd is.

Die *Blou Kudu* het baie van die Windhoek Hoërskool leerlinge wat rekenaarstudie of woordverwerking as vak gehad het gevra oor hul siening van die nuwe tegnologie. "Dit is hartverskeurend dat Namibië so agterby met tegnologie en dit raak my opvoeding en my leervermoë negatief. Ek weet van baie van my klasmaats wat vasbeslote was om nie weer rekenaarstudies en woordverwerking te kies nie weens die feit dat die rekenaars so verouderd is en dit moeilik is om op werkstukke in die klas te werk," sê Geraldine van Staden, 'n graad agt leerling by WHS.

Baie leerlinge het besluit om hul studierigting te verander voordat hulle na die volgende graad vorder, omdat hulle voel dit baie makliker sal wees met ander vakke en hulle beter punte sal kry.

Ons droom almal dat ons toekomstige studente hierdie vakke kan geniet en loopbane in die rigting van tegnologie kan begin.



# Hit the lawn running

## BEATRI TURNER

**J**P Fouché represented Namibia u/20 lawn ball team in Bloemfontein, South Africa in both 2016 and 2019. In 2017 he represented the Namibian Development Team in Francistown, Botswana. He decided to give lawn bowl a try when he was just 12 years old. He instantly grew fond of the sport. His biggest accomplishment was going to Cardiff, Wales, representing the Namibian national team in the Atlantic Championship which serves as a qualifier for the World Cup. He battled against 26 other countries, some of which include South Africa, Scot-



land, Argentina and Spain. After just missing out on a secured medal to Ireland, Namibia qualified for the World Cup in 2020 at the Gold Coast in Australia.

The African States Tournament will take place in Nairobi, Kenya, later this year. Fouché believes, "What was once regarded as an old man's game is now quickly transforming into a competitive and fun sport worldwide. One realises that it requires

immense concentration and practice." He believes that lawn bowling has given him an opportunity to see the world and compete against countries one could only dream of. WHS wishes him the best of luck!



JP Fouché represented Namibia u/20 lawn ball team in Bloemfontein, South Africa in both 2016 and 2019.

# Speel netbal soos 'n baas

## BEATRI TURNER

WHS is baie trots op vier netbalspelers wat die nasionale netbalspan gehaal het, naamlik Urilombanda Katjatenja (o/19), Lydia Nakale (o/17), Ndjorombua Kavara (o/15) and Mbitjita Ndjavera (o/14). In Junie 2019 het hulle Namibië verteenwoordig, toe die spanne na Boksburg, Suid-Afrika getoer het. Die Namibiese spanne het aan die All Ages Netball Tournament deelgeneem waar meisies tussen die ouderdomme van 12 jaar tot 18 jaar van reg oor Suid-Afrika in dié toernooi gespeel het. Baie geluk, julle hou WHS se naam hoog!



Urilombanda Katjatenja (o/19), Lydia Nakale (o/17), Ndjorombua Kavara (o/15) and Mbitjita Ndjavera (o/14).

# Making a mark in the judo world

## MIKAYLA PRETORIUS

Gerzano Mouton, a learner in grade ten, was chosen to be part of the Namibian Team that took part in the Judo South Africa Opens. The event was held in Vanderbijlpark in Gauteng, from 30 June to the 4 July. According to Mouton, the competitors are matched based on weight and age, with the results displayed on a rank graph. The competition consisted out of team fights and individual fights, as well as

master fights. Out of the entire competition, the Namibian team won a total of three medals, including one silver medal, one bronze medal and one gold medal.

Mouton has been doing Judo for nearly six years. This is the first Judo competition that Mouton has taken part in this year, and he currently has no future goals or plans for Judo. When asked what important lessons judo has taught Mouton, he said that not only has judo taught him self-discipline, but it has also taught him to have respect for the people around him and respect for his opponents.



Gerzano Mouton, a learner in grade ten, was chosen to be part of the Namibian Team that took part in the Judo South Africa Opens.

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