



WHS News

November Edition 2019 - Windhoek High School - arts-culture@whs-edu.com

Van Vegkop tot Wêreldbeker rugby



Darryl de la Harpe, n oudleerling van Windhoek Hoëskool het onlangs saam met die Namibiese rugbyspan, die Welwitschias, in die 2019 Rugbywêreldbeker in Japan gespeel. De la Harpe het n paar vroe oor sy rugbyloopbaan en die Wêreldbeker beantwoord.

Op watter ouderdom het jy begin rugby speel?

Op ses jaar oud met Tjokker Ruggas.

Wanneer het jou professionele rugbyloopbaan begin?

Ek het begin op twintig, toe ek n beurs ontvang het by die Sharks Academy.

Wanneer het jy besef jy wou profesioneel rugby speel?

Ek wou altyd rugby speel op die hoogste vlak, maar ek dink toe ek 17 jaar oud was het ek vir die eerste keer gedink ek kan dit vir n lewe doen!

Hoe het WHS se afrigting vir jou gehelp met jou rugbyloopbaan?

Ek dink WHS het n baie groot rol gespeel, met puik afrigting en afrigters soos oorlede Mn. Prinsloo asook Mn. Odendaal, Jannie Breytenbach wat altyd vir my die beste kans kon gee deur my hard voor te berei en regte motivasie te bied!

Het jy iets nuuts geleer op die rugbytoer na Japan?

Daar was soveel nuwe dinge wat ek geleer het en selfs n paar dinge wat ek vergeet het onlangs in my rugbytoerjare, maar ek dink Japan het weereens bewys dat om net te gee vir jou naaste sonder om iets terug te verwag is meer werd as enige getal geld! Maar iets nuuts sal ek sê hoe om tee soos Matcha tee voor te berei.

Wat is jou toekomsplanne vir jou rugbyloopbaan?

Ek het so paar dae terug my retirement aangekondig op my sosiale blad. So ek dink 10 jaar van internasionale rugby en drie wêreldbekers later het ek gedink dit is tyd om terug te staan en ek weet die trui is in n beter plek nou as toe ek hom gekry het!

Watter raad het jy vir jong rugbyspelers?

Ek dink ons almal vergeet om altyd dit te geniet! So leef in die oomblik en geniet jou hartjie uit. Werk baie, baie hard, dan alleen sal jy jouself n kans gee. En wees braaf in jou besluite!

Mikayla Pretorius & Beatrix Turner

WHS welcomes back the Welwitschias



Restaurant Evening

The WHS Editorial Team

Mrs Heidi Oberholzer
Jana Hein—Editor
Beatri Turner—Sub Editor
Christine van Niekerk
Intan Baadjes
Mikayla Pretorius
Demarscho Mouton
Amber Mouton
Genice Ockhuizen
Anke van der Merwe
Caroline Kanghono



2020 WHS TENTED
CALENDARS
AVAILABLE NOW.
GET YOURS AT THE
SCHOOL OFFICE
FOR ONLY N\$70.00

*Home Economics learners
preparing for the 2019
Restaurant Evening.*



PLEASE!!

**If you have any 2nd hand
WHS school or sport
clothes to donate, please
bring it to Mrs Anel Kotze
in room 60
during register
period.**

THANK YOU



**WHS school
uniform also
available at
Trendy Kidz from
December 2019.
Old Breweries
Complex
Tel:061-226331**



Tygerberg

international/internasionale eisteddfod

**Entries open for
Tygerberg Eisteddfod
2020. Please visit the
Arts & Culture Office
for more information.**

GRAAD ELF DAG

Soos die matrieks van 2019 die skool verlaat, begin 'n nuwe hoofstuk vir die Graad elfs. Hulle is uitbundig opgewonde oor hul matriekjaar en het vir ouslaas die samesyn as graad 11s geniet.

Die Graad Elf dag het op Woensdag, 23 Oktober, afgeskop met kleurvolle skoolrokke en kruisbande. Die dag was wanneer die huidige graad elfs in as die amptelike matriek leerlinge van 2020 en word as 'n hoogtepunt van die WHS skooljaar beskou. Meisies daag op met ou skoolrokke wat opgevrol is met blomme, pom-poms, tutus en feëtjie vlerkies, terwyl die seuns die geleenthed kry om hul warm langbroeke en skoolbaadjies te verruil vir kortbroeke, interessante dasse en selfs kruisbande uit die uitspattige 1920's.

Ná die polsende dag, het die Graad Elf Aand nog voor gelê. Dié jaar se tema was Coachella, n kunstefees wat jaarliks in Indio, Kalifornië gehou word, met feesgangers wat hippie uitrustings dra en Amerika se top kunstenaars geniet. Alhoewel hulle nie bekendes kon kry om op te tree nie, het die leerlingraad hulself goed van hul taak gekwyt. Met string-vlae, ligties en droomvangers gebruik as dekor op Vegkop en palette vir sitplek, was dit vir die leerlinge geklee in blompatroon hemde, fraai rokkes en sonbrille naby aan die ware Jakob. Die watergelybaan, meganiese bul, rugby en sokker het vir vry pret gesorg. Na al hierdie aktiwiteite het die leerders ook 'n burger, aartappelskyfies, koue koeldrank en sjokolade geniet.

Dit was verseker 'n hoogtepunt van die jaar en die Graad 11s het hulle gate uit geniet, maar so kom alle goeie dinge ook tot 'n einde. Ons wens ons matrieks van 2020 baie voorspoed toe en hoop hulle Graad Elf Dag was die voorspelling van 'n prettige laaste jaar in WHS.

Christine van Niekerk & Anke van der Merwe





Congratulations to our u/17 Rugby Boys on their first place in the Namib Poultry Gravity Cup Namibia Final.

Voorspeler van die Jaar:

- 1ste Span - Erik Strauss
- 2de Span - Forché Windstaan
- 3de Span - Junior Kanandjembo
- 4de Span - HJ De Beer
- u/15 A Span - Kyle Nel
- u/15 B Span - Basson Theron
- u/14 A Span - Herchelle Louw
- u/14 B Span - Rozario Swartz

Agterspeler van die Jaar:

- 1ste Span - Geraldo Beukes
- 2de Span - Sergio Dinniz
- 3de Span - Leonardo Eichab
- 4de Span - Ashlan Philander
- u/15 A Span - Jaco Basson
- u/15 B Span - Romeo Beukes
- u/14 A Span - Jose Descande
- u/14 B Span - Arthur Nel

Spelers se spelers van die Jaar:

- 1ste Span - Rikus van Staden
- 2de Span - Rowan Jansen
- 3de Span - Larel Caparros
- 4de Span - Raygan De Waal
- u/15 A Span - Jayden Cloete
- u/15 B Span - Tristan Sawyer
- u/14 A Span - Jurgen Meyer
- u/14 B Span - Sheilano Bester

Speler van die Jaar:

- 1ste Span - JC Rossouw
- 7's u/17 - Tyrese de Wee

Meeste punte aangeteken:

- 1ste Span - Geraldo Beukes

Ontwikkelings speler van die Jaar:

- 7's u/17 - Hanjo de Klerk

The final examination for 2019 has the learners shaking

The final examination for 2019 has WHS learners shaking with excitement and nervousness, seeing as this exam will determine whether or not a learner can move on to the next grade, or whether they shall have to stay put for another year. It is also the exam where students make a huge effort to stop procrastinating and dive into the well-known abyss of studying.

According to grade 11 learners, Polla Petrus and Elizabeth Itumba, there was enough time before the exam to prepare and revise properly. Elizabeth stated that her method to pass is the 3 Ps rule: Pray, Plan and Prioritize, as she wants to use this terms' report card to apply for bursaries at universities abroad. She recommends this verse to learners who need motivation: Philippians 4:13 "I can do all things through Christ who strengthens me."

For grades 8-10, this exam is nerve wrecking. A grade 8 learner, Marlene Kazekondjo, advises to stay focused and sacrifice a few Saturdays for studying. With this advice, it is safe to say that one can be calm during the exam knowing that one has the capability to pass with a set goal. Gerzano Mouton (grade 10) stated that: "Because school was cut a week short, due to the national elections, there is a lot more work to catch up on, but if you understand your work, this crucial exam can actually be exciting!"

Therefore, all thanks go out to Windhoek High Schools' exceptional teachers for their effort and input during this busy year. We could not have done it without them. Shout out to all learners for the upcoming exams and the best of luck to all.

Amber Mouton

Leaders of tomorrow



Windhoek High School, popularly known as The Blue School, was founded on 5 February 1917 making it one of the oldest schools in the country. WHS is ranked among the top 100 schools in Africa. WHS provides 5 participants for the 2019 Afrox Leadership Academy.

A special goodbye

It is always a heartbreakin occasion to see a teacher leave. Teachers shape us into who we are and fill the shoes of our parents at school. WHS is bidding farewell to some very special teachers this year and we had some special conversations with them. Here are some of the conversations we had.

Q: Is this experience going to be a joyful or emotional one?

Mrs. Jacobs: I believe both. I'm very excited about it, but it's actually also a very emotional time for us. By emotional, I mean leaving my family behind and also my in-laws. We are excited that we are going to sort of discover ourselves and to experience what life has in store for us.

Mrs. Van Vuuren: This is going to be a joyful and emotional one, because I have been at WHS since 1983, so it's definitely going to be emotional for me, but I am also very excited to start with a new chapter in my life.

Mr. Hough: For me it is definitely going to be a joyful one.



Q: What have your students taught you?

Mrs. Jacobs: They taught me a lot about patience and acceptance. To accept them as they are and that everyone is different. They taught me that one should just accept that everyone has their own way of doing things and that made me see a bigger picture and that there really are kids who need love and understanding. I am really going to miss that.

Mrs. Van Vuuren: Kids are naturally good. A child's heart and soul is good. I feel you should always give a child a second chance. They sometimes do the wrong things because they make the wrong decisions, but in their hearts they really are good and therefore I feel you should always give a child another chance.

Mr. Hough: My students have taught me that a young spirit is a healthy spirit.



Q: What piece of advice would you give to the new generation of teachers?

Ms. Jacobs: Do not take everything to heart and let everything happen the way it is supposed to happen, because letting every small thing become a big problem is unnecessary. Just live a happy life and if something happens, just say "whatever" and "so what". Just stay who you are and don't change. If I had to look back at who I was before teaching and who I am now, I wish I had stayed the same person. It has changed me so much because I opened myself to things that would unnecessarily upset me and I really regret it.

Ms. Van Vuuren: Don't ever hold anything against anyone. A child wants discipline and you must always give them advice. You should punish them, but always start on a new page with them and don't hold anything against them. They make wrong choices but we can also make wrong choices.

Mr. Hough: That they must be thankful in all circumstances, whether it be good or bad.

Genice Ockhuizen & Demarscho Mouton



POORT-SKRYFKOMPETISIE 2020:



Leerders wat in 2020 in graad 10, 11 of 12 is, kan nou reeds begin skryf.

Die sluitingsdatum is 14 Februarie 2020.

Tema: Oop

**Genres: Poësie en Prosa
(insluitend drama)**

KONTAK GERUS DIE KULTUUR KANTOOR VIR VERDERE NAVRAE.

WHS raises funds for Dantel

It is remarkable how all these students from Windhoek High School came together, letting their creative juices flow with their yellow and pink in support of Dantellie, on the 1st of November 

Voice of Hope



An abundance of hugs were shared, we sang songs together and we shared the love that Jesus has for all of us. Happy days! Our home made games and hand-made blankets also found a home today. There is always a need for food and we were able to donate food for a day or three. Thank you blue school supporters for donations.





Windhoek High School

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20 November 2019

INFORMATION LETTER WHS SPORT 2020

Dear Parents

Hereby, I would like to welcome all the new parents and hope that you and your child will have a wonderful time at WHS. Also a big thank you to all our current parents for your loyalty and support through 2019.

INTERHOUSE ATHLETICS MEETING 30/01/2020 – 01/02/2020

For all our new learners: there are 3 athletics teams Kanniedood (KH), Swarthaak (SW) and Wag-'n-Bietjie (WnB); Kanniedood – yellow T/shirt with a bottle green PT short or WHS blue Quantex short, Swarthaak – red T/shirt with a black PT short or WHS blue Quantex short, and Wag 'n Bietjie – navy blue T/shirt with a navy blue PT short or WHS blue Quantex short (Blue, Red and Yellow T-shirts and navy PT short or WHS Quantex shorts available at the Sport Shop - Shirt N\$100.00 and blue Quantex Short N\$230.00

The Athletics weekend will start on Thursday 30/01/2020.

The Theme for the Interhouse Athletics 2020 will be Transport (then and now).

To assist the teachers responsible for the entries for the Interhouse Athletics meeting, heats will take place during the first week of school.

Wednesday 15 January after break: provisional entries B & G u/17 & u/19 (excluding all new learners Gr 8-11)

Thursday 16 January before break: provisional entries B & G u/15 (excluding all new learners Gr 8-11)

after break provisional entries B & G u/16 (excluding all new learners Gr 8-11)

Kanniedood : on the tarmac in front of Main Hall

Swarthaak : in front of the Gymnasium

W n B : at the Fishpond

If heats are needed it will be organized by teachers from the 3 Athletics teams. Learners will be informed by the teachers.

Friday 17 January, a Talent Identification Athletics Event for all the new learners (gr 8 – 11) will take place.

Event will be organized by Mr Malan Kruger, LRC's and teachers from the 3 Athletics teams.

Will be from 08:30 until 12:00. After this event the Gr 8 learners will depart for the Gr 8 Camp.

Learners will be tested in :

- ✓ 8-second sprint
- ✓ Long jump
- ✓ Shotput
- ✓ High Jump
- ✓ 800m
- ✓ Cricket ball throw

Learner will receive a point out of 5 and then a total out of 30. This will help us to allocate the new learners equal between the 3 teams. The new learners will be able to buy their T-shirts from Tuesday 21 January at the Sport Shop @ N\$100.00

- **Thursday 30/01/2020** learners come to school in their Kanniedood, Swarthaak, Wag 'n Bietjie Athletics wear. Please bring along old clothes for the Watermelon Feast.
- It will be a normal school day before break with a WHS Fundraising from 11:30 – 13:00, followed by the Watermelon Feast at 14:30 at Vegkop followed by the building of the décor at Vegkop stadium on Thursday evening (gr 11 & 12 learners).
- In the evening there will also be an Parents'/Old Scholars'/Learners "Sokkie" with a "Bring & Braai" at Vegkop.
- **Friday morning 31/01/2020** will start with announcements followed by the Stretcher Relay (Gr 12 learners) and "Blikkie Skud" for Charity in Independence Avenue from City of Windhoek to Main Police Station, followed by the "Big Brag" between KH, SW and WnB on Vegkop Stadium (Parents, Old Scholars are also welcome), followed by Swimming Gala at the Municipality Swimming Pool, Olympia. Learners will be transported with Lorries and WHS School busses. Parents can collect their children at 13:00 at the Swimming Pool or at the School.
- Friday afternoon will start with the **Interhouse Athletics Meeting**. Time still needs to be confirmed. Entry fee: N\$ 30.00 per person and children under the age of 12; N\$ 10.00.
- **Saturday 01/02/2020- Interhouse Athletics meeting**. Gates will open at 06:00. All learners must be at Vegkop at 06:30. March will commence at 07:15. Entry fee: N\$ 30.00 per person and children under the age of 12; N\$ 10.00.
- **We would like to ask ALL Rugby, Netball, Hockey & Cricket Coaches to make sure their players enter for the Interhouse Athletics Event.**
- On day of registration, each learner must pay **N\$ 50.00 athletics team money** at their register class teacher, which will be allocated to the 3 teams for all expenses of the teams, and expenses for the Interhouse Athletics Meeting. **Please pay this money in cash separate from all other monies paid.**

For more information regarding the Interhouse Athletics please call:

Kanniedood Head	Sunéll Marais	081 622 9008
Kanniedood Entries	Anel Kotze	081 638 6223
Swarthaak Head	Peti Alberts	081 336 4141
Swarthaak Entries	Janine van Rooyen	081 257 1613
Wag-'n-Bietjie Head	Elthea Coetzee	081 203 6992
Wag 'n Bietjie Entries	Adri du Plessis	081 128 2506

ATHLETICS 2020.

- Super 16 Athletics Tour to SA : Date and Venue still to be confirmed (Team will be finalized after Interhouse Athletics).
- Zone B Athletics Event (WHS part of Zone B) Thursday 6 February 2020
- Khomas Secondary Inter Schools Athletics Friday 21 February 2020
- NSSU Sub Nationals Khomas Region Friday 6 March 2020
- Engen NSSU Prestige Athletics Event Saturday 14 March 2020
- Coca Cola NSSU Nationals Athletics Event Friday 17th & Saturday 18th April 2020
- COSSASSA u/17 Athletics Event Wednesday 29th and Thursday 30th April 2020 (Bulawayo)

The Battle Gear for Athletics for all events after the Interhouse Athletics is available at the Sport Shop (next to Finance Office). Athletes are also allowed to participate in their WHS Golf Shirt & WHS Blue Quantex Short. For the Nationals Event Battle Gear will be organize by NSSU. (Khomas battle gear)

RUGBY, NETBALL, HOCKEY, SOCCER and CRICKET

Training for the above will start after the Interhouse Athletics. The elected athletes for the Super 16 Tour and the above Athletics Events will continue training for Athletics.

BATTLE GEAR

- only the first teams of the school are allowed to have their own battle gear (in the colours of the school) and their own step-out uniform.
- the rest of the teams will wear the battle gear as decided on by different Sport Codes, Code Committee and School. Battle Gear for all other teams will be discussed with players after Codes' Trials.
For more information please call the Chairman/Chairlady/Secretary of different Codes or the Sports Office (Carien du Plessis) at WHS : 061 235195 or 081 127 5148

CONTACT DETAILS OF THE DIFFERENT PARENT COMMITTEES

Rugby	Chairman : Hendrik Grove Secretary : Luzaan Pretorius	081 122 4243 081 692 6645
Netball	Chairlady : Ilse Stears Secretary : Charle Vermeulen	081 122 0588 081 142 2308
Hockey (Boys & Girls):	Chairman : Marc Schumacher Secretary : Katinka Potgieter	081 787 8000 081 331 0440
Athletics	Representative : Santie Kruger	081 230 1853
Cricket	Representative : Christo Bronkhorst	085 127 8855
Soccer	No Parent Committee due to lack of Parent involvement.	

Sport PARTICIPATION Fee (SPF):

- | | |
|--|--|
| <ul style="list-style-type: none"> ➤ Once off payment (includes all year access to the HPC and all sport codes e.g. athletics, rugby/netball/hockey and cricket) <p><i>OR</i></p> <ul style="list-style-type: none"> ➤ Per participating month – only access to HPC for months paid. ➤ No learner pays SPF for Interhouse Athletics ➤ SPF for Athletics only for Athletes who will participate in the other Athletics Events – in months that overlap e.g. athletics & netball, you only pay N\$300 for the month ➤ SPF per month payment before the 5th of each month | <p>N\$2,800 (Once off payment on or before 31 March 2020)</p> <p>N\$ 300 per month for participating months.</p> |
|--|--|

Sport Once off REGISTRATION Fee :

Hockey	N\$550
Netball	N\$550
Rugby	N\$550
Cricket	N\$550

Sport Once off MAINTENANCE Fee

Hockey	N\$650
Netball	N\$100
Rugby	N\$200
Cricket	N\$200

EVENTS/TOURS IN WINDHOEK/NAMIBIA/SOUTH AFRICA

09/01–11/01/2020	QSB Athletic Training Camp. (Leonie van Rensburg 081 127 1193)
08/02 – 09/02/2020	<u>Namib Poultry Gravity Cup Central</u> WHS Rugby 7's u/15, u/17, u/19 WHS Netball Fast 5 2 x u/15, u/17 WHS Soccer u/17
28/02-29/02/2020	Windhoek Gymnasium 7's Tournament
13/03-14/03/2020	Namib Poultry Gravity Cup Finals
18/03-21/03/2020	HTS Festival
24/03-29/03/2020	Paarl Gymnasium Netball Festival in SA (WHS u/14,u/15,u/17 & u/19 (16 players)
25/03-28/03/2020	WALVIS BAY Desert Festival (Rugby 1 st , Hockey B & G 2A and 2B – 4 teams)
01/04-06/04/2020	St Mary's Hockey Festival-Johannesburg (WHS Girls 1 st)
09/04-12/04/2020	York High School Hockey Festival-George (WHS Boys 1 st)
23/04-28/04/2020	Wynberg Rugby Festival-Cape Town (WHS u/14, u/15, u/16 and 1 st)
27/05-30/05/2020	Windhoek Gymnasium Interhigh vs WHS at WHK Gymnasium
07/07-12/07/2020	Brothers International Hockey Festival-Cape Town (WHS B & G 1 st)

INJURIES DURING FESTIVALS / TOURS

Should any injury occur and the hospital or clinic does not, for some or other reason, accept your medical card, the school will cover the cost. **BUT IT IS IMPERATIVE THAT PARENTS INVOLVED REIMBURSES THE SCHOOL WHEN BACK IN WINDHOEK**, and then claim from the involved medical scheme. Parents, who do not belong to a medical scheme, are responsible to reimburse the school for any medical payments done by the school.

SPORTS AWARDS CEREMONY

Wednesday 16 September 2020

- Half Colours: league winners
 gold medal at national championships
- Full Colours : national representative
- Junior & Senior Sportswoman & Sportsman
- Gerhard Barnard Trophy : Best Individual Sport Achievement
- Sport Ambassador of WHS

In July 2020 a form will be available where a learner must write all his/her sport achievements for the past year. This form must be completed and signed by the parent. If he/she represented Namibia, a letter of confirmation from the different Sport Codes' Mother Bodies must be attached. If this confirmation letter is not attached, we will not be able to award full colours to your child.

Please: If your child is a performer in a sport code not hosted by the school e.g. karate, swimming, shooting etc., it is the responsibility of the parents to inform the school throughout the year regarding such achievements, and also when they will be absent from school.

Please feel free to contact me if you have any questions or problems.

CduPlessis

Carien du Plessis
WHS Sport Co-ordinator
+ 264 81 127 5148.
sport.office@whs-edu.com



99 JAAR OUD - WAT 'n WONDERLIKE VOORREG

OOM RENIER VAN ZYL

Hy is in Januarie 2020 **99 jaar oud en is die Blou Skool se oudste lewende OUD-SKOLIER.**

Oom Renier was in WHS in 1937 en 1938. Hy en tannie Koekoes bly in Gousstraat in Windhoek. Oom Renier loop bietjie swaar maar gesels nog lekker oor die ou dae. Hy ontvang elke 5 weke 'n plasma-oortapping, maar andersins is sy algemene gesondheid nog baie goed.

TANNIE POTTE NEETHLING

Sy is reeds **99 jaar oud en is die Blou Skool se oudste lewende ONDERWYSER.** Tannie Pottie het skoolgehou by WHS vir 23 jaar, **vanaf 1962 tot en met 1985.** Dit gaan goed met haar gesondheid en sy bestuur nog haar eie motor. Elke Woensdag neem sy van die oumense (60+ jariges) van Scahanzenoord om hulle inkopies te gaan doen.

Mag ons wonderlike Vader in die Hemel hulle twee en hulle geliefdes saggies toevou in Sy Liefde en Genade, hulle wonderlik seën, en nog vir 'n rukkie vir ons leen.



2019 WHS SMS & Raffle Winners

1. Maria Fernando – Suzuki Celerio 1.0 GL
2. Lesley Morkel – Hunting Package
3. Wisela Descande – Gondwana 2 Night Stay
4. Riana Botha – Body 20 Voucher
5. Unesmus Molare – Body 20 Voucher
6. Zelda Crous - Cash
7. Hennie Derk - Cash
8. Manfredo Gaoseb – Russel Hobbs Microwave
9. Jurie Human – Oryx Carcass
10. Eugene Fisch – Oryx Carcass
11. Zet Kariko – Oryx Carcass
12. Valentina Oherein – Namibia Breweries Cases
13. Christel Booyens – Naukluft Still Water
14. Annalien Turner – Nespresso Machine
15. John Allen – Two Beards and a Saint Vouchers
16. Rodney Cloete - Two Beards and a Saint Vouchers
17. Dre van Wyk – Legacy Hotels Hamper
18. Tania Smith – WHS Travel Bag
19. Immanuel Tjivi – Nederburg Wine Gift
20. Hillya Shilemba – Cernol Chemicals Ltd Voucher

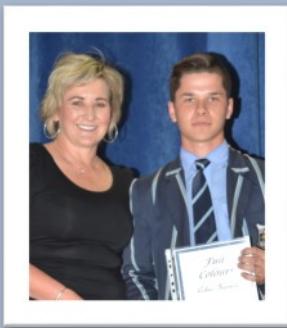
Sport Award Ceremony 2019—National Representatives



Gerzano Mouton: Judo



JP Fouche: Bowls



Cobus Harmse: Ice Stock Hockey



Divan La Cock:
Jnr Sportman of 2019



Leeorr-el Breytenbach &
Natalie Louw: Athletics



Renè Viljoen: Swimming



Zunè Weber: Swimming



Anette van Staden:
Snr Sportwoman 2019



Charlene Shanika: Netball
player of the year



Rikus van Staden: Fresh Water Bank Angling
Gerhard Barnard Trophee



JC Rossouw: Rugby
Player of 2019



Anette van Staden:
Netball Player of 2019



Carien Van Rooyen: Hockey player of
2019



Armin van Staden:
Jnr Sportwoman 2019



Rikus van Staden:
Snr Sportman 2019



James Cindano & Layla
Fourie: Gymnastics

SPORTS AWARDS CEREMONY WEDNESDAY 18 SEPTEMBER 2019

Service	Danielle Snyman	Merrit Certificate – WHS Kudu
Service	Godfrey Tsuses	Merrit Certificate – WHS Kudu
Service	Zeenio Bobeje	Merrit Certificate – WHS Kudu
Service	Brendon v/d Merwe	Merrit Certificate – Rugby Referee
Service	Andre Eksteen	Merrit Certificate – Rugby Referee
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Athletics	Alessandra Kauri	Half Colours Athletics Full Colours Athletics
Athletics	Juries Human	Full Colours Athletics
Athletics	Liesl Milomo	Full Colours Athletics
Athletics	Lazarus Mbaisa	Full Colours Athletics
Athletics	Leeorr-ell Breytenbach	Half Colours Athletics Full Colours Athletics
Athletics	Natalie Louw	Half Colours Athletics Full Colours Athletics
Archery	Hannes Theron	Full Colours Archery
Archery	Adriaan Grobler	Full Colours Archery
Bowls	JP Fouche	Full Colours Bowls
Chess	Patience Tsuses	Full Colours Chess
Cricket	Christo Bronkhorst	Full Colours Cricket
Cricket	Divan la Cock	Full Colours Cricket
Gymnastics	James Cindano	Half Colours Gymnastics
Gymnastics	Layla Fourie	Full Colours Gymnastics
Fresh Water Bank Angling	TJ Kruger	Full Colours Freshwater Bank Angling
Fresh Water Bank Angling	Giovanni Schoeman	Full Colours Freshwater Bank Angling
Fresh Water Bank Angling	Rikus van Staden	Half Colours Freshwater Bank Angling Full Colours Freshwater Bank Angling
Jukskei	Tanya Maree	Full Colours Jukskei
Jukskei	Kobus de Sousa	Full Colours Jukskei
Jukskei	Jomari Verwey	Full Colours Jukskei
Judo	Gerzano Mouton	Full Colours Judo
Karate	Joshua Kunneke	Full Colours Karate
Lightboat Tackle Angling	Ale Cowley	Half Colours Lightboat Tackle Angling
Martial Arts	Freddy van Wyk	Full Colours Martial Arts
Swimming	Rene Viljoen	Half Colours Swimming Full Colours Swimming
Swimming	Zune Weber	Half Colours Swimming Full Colours Swimming
Tennis	Elze Stears	Full Colours Tennis
Tennis	Brandon v/d Merwe	Full Colours Tennis
Tennis	George Louw	Full Colours Tennis
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Full Colours for Netball	(No league winnings for these netball players)	
	Mbitjika Ndjavera	Full Colours Netball
	Kavara Ndjourombua	Full Colours Netball
	Lydia Nakale	Full Colours Netball
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Half Colours for Netball League Winners u/17B		
	Matjituavi Nguaiako	
	Jean-Mari vd Merwe	
	Hide-Mari Schultz	
	Tengovandu Muriambihu	
	Carla de Jager	
	Christel Thirion	
	Geraldine Nieuwoudt	
	Jakuleni Mangula	
	Jean-Mari vd Merwe (c)	

Half Colours for Netball League Winners u/19A		
Mbahimua Kakuenja		
Kuvaza Kavari		
Paula Petrus		
Esca Kashopola		
Cornelia Mupenda		
Amaryllis Le Hanie		
Chantelle du Toit	Full Colours Athletics	
Urikombanda Katjatenja	Full Colours Netball	
Charlene Shaanika (v/c)		
Annette v Staden (c)	Full Colours Athletics Full Colours Netball	
Half Colours for Rugby League Winners WHS 2nd		
Edmnado Coetze		
Jacques Maree		
Basil Wilmot		
Conwill Draghoender		
Bonito Kalinga		
Dylan Denysschen		
Sergio Dinniz		
Edward Turner		
Coenraad Pretorius		
Coburn Claasen		
Franko Pearson		
Sven Albrightson		
Junior Kanadjembo		
Joubert Steyn		
Dillan Platt		
Gian van Dyk		
Rowan Jansen	Full Colours Rugby	
Steward Moller	Full Colours Rugby	
Kenan Walters	Full Colours Rugby	
Riaan Grove	Full Colours Jukskei Full Colours Rugby	
Jessie Drotsky (v/c)		
Forche Windstaan ©	Full Colours Rugby	
Full Colours for Rugby.	(No league winnings for these players)	
Jason Beukes	Full Colours Rugby	
Herman Coetze	Full Colours Rugby	
HJ de Beer	Full Colours Rugby	
Daniel Oppermann	Full Colours Rugby	
Iyambo Tshuyaa	Full Colours Rugby	
Ethan Koopman	Full Colours Rugby	
Geraldo Beukes	Full Colours Rugby	
Half Colours for Hockey League Winners WHS Girls 2A		
Clara Weder		
Melissa Barnette		
Kayla Teixeira		
Caitlin Coetzer		
Herculine Crous		
Marne Meyer		
Kaitlin Leff		

	Tharina Louw	Full Colours Martial Arts
	Mia Botha	
	Marjole Burger	
	Mari Steenkamp	Full Colours Hockey
	Keba Semedo	Full Colours Hockey
	Jana Grove	Full Colours Jukskei
	Mia Burger	Full Colours Hockey
	Kyana Crous	Half Colours Hockey Full Colours Hockey
<i>Half Colours for Hockey League Winners WHS Girls 1st</i>		
	Rachel Finch	Half Colours Hockey (PSI)
	Juliette Fourie	
	Jarien Hartzenberg	
	Maryke Schickerling	
	Vanessa Schoeman	
	Jade Schumacher	
	Tisha Semedo	
	Jana Strydom	
	Anthea Coetzee	Half Colours Hockey (PSI) Full Colours Hockey
	Danelle Steenkamp	Full Colours Hockey
	Sonet Crous	Half Colours Hockey (PSI) Full Colours Hockey
	Joane van Rooyen	Half Colours Hockey (PSI) Full Colours Hockey
	Armin van Staden	Full Colours Hockey
	Azaria Wallace	Full Colours Hockey
	Dure Boshoff	Full Colours Hockey
	Carien van Rooyen ©	Half Colours Hockey (PSI) Full Colours Hockey
<i>Full Colours for Hockey</i>	(No league winnings for these boys hockey players)	
	Krynauw Weber	Half Colours Hockey (PSI) Full Colours Hockey Full Colours Karate
	Josh v/d Merwe	Full Colours Hockey
	Brendon Lensen	Half Colours Hockey (PSI) Full Colours Hockey
<i>Half Colours for Hockey League Winners WHS Boys 1st</i>		
	Delron Handura	
	Morne Meyer	
	Matthew Mouton	
	Nathan van Niekerk	
	Dylan Barnard	
	Matuu Kavikairua	
	Johann Serfontein	Half Colours Hockey (PSI)
	Henning Kruger	Half Colours Hockey (PSI) Full Colours Hockey
	JP Britz	Half Colours Hockey (PSI) Full Colours Hockey
	David Britz	Half Colours Hockey (PSI) Full Colours Hockey
	Nico Neetling	Full Colours Hockey
	Owen Hatton	Half Colours Hockey (PSI) Full Colours Hockey
	Fagan Hansen	Half Colours Hockey (PSI) Full Colours Hockey
	Gian Dresselhaus	Full Colours Athletics
	Cody v/d Merwe (v/c)	Full Colours Hockey
	Dakota Hansen (c)	Half Colours Hockey (PSI) Full Colours Hockey

Forms of Communication at WHS

We would love to keep you informed of the latest events, news and information from WHS. In order not to miss out on anything, please ensure that you are connected to all 3 of the following forms of communication:



d6 COMMUNICATOR

The school communicator is used to send through reminders,

information and news items of interest to our learners and parents. This form of communication is regarded as the most efficient way to get information through on a relatively short notice. Please ensure that you download this app to stay connected this way.



WHATSAPP GROUPS

Whatsapp groups are created by the teachers to ensure that communication flows from the class teacher to all parents.

The school acknowledges this as an effective form of communication but cannot accept any responsibility for the content of such groups.

Please use a **broadcasting group** on this platform instead of a chat group. This way only the administrator of the group receives comments from group members, and not the whole group. The administrator can still send a reply to the message to the whole group, if he/she feels that the whole group will benefit from it. The sole purpose of such groups should be to share school related information. By using a broadcasting group, no ads, videos or other irrelevant information, emoji's, negative comments or discussions can disturb its members or the rest of the school community. Also, please do not broadcast after 21:00 in the evening or before 06:00 in the morning. We urge both parents and teachers to honour this request.



FACEBOOK

Our Facebook page is used to share important information and reminders but also photos of events and learner achievements, as they happen. Please follow our page to learn more about our school and our learners.

To advertise at WINDHOEK HIGH SCHOOL, please contact us @

projects@whs-edu.com

arts-culture@whs-edu.com for more information.

HAJIME (Ha-ji-mé) is the Japanese word meaning "beginning". In the Japanese traditional martial arts such as karate, it is a verbal command to **BEGIN**.

HIGH SCHOOL STUDENTS
MONDAY & WEDNESDAY
 CHILDREN'S CLASSES
MONDAY & WEDNESDAY
 15:00 - 16:00
 OR
 CHILDREN'S CLASSES
TUESDAY & THURSDAY
 18:00 - 19:00

BEGIN YOUR KARATE JOURNEY

OKINAWAN GOJU-RYU KARATE has many benefits—it helps to develop patience, courage, self-confidence, self-control, strength, flexibility, calmness and concentration, and it reduces negative or violent attitudes. In addition, knowledge of karate provides you with a means of self-defense.

43 HYPER MOTOR CITY
 MAXWELL STREET, WINDHOEK

Tel: +264 81 124 2879 • admin@goju-ryu-karate-namibia.com • www.facebook.com/OGKFNamibia

Arts & Culture Photo Page



Teachers Photo Page

