

# DIE MELKIE

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## Melkbos HS grade 8 Orientation Experience

Ben Greef



HI There!  
 I'm Ben, I like making stuff and today I am  
 going to be talking about the Grade 8  
 orientation experience at Melkbos HighSchool.

### The first day:

We arrived at Melkbos High school on the  
 15 of February. Everyone lined up against  
 the east wall of the school looking at each  
 other for confirmation that they were  
 actually in high school. We all had our  
 temperature taken, hands sanitised and we  
 were divided into our different house  
 groups, namely the Seals, the Sharks and  
 the Penguins.

WAT ONS VIR JULLE  
BIED:

**3- MOONTLIKHEDE NA  
SKOOL**

**5-ATLETIEK INTERHUIS**

**6- MATRIEK UITSLAE**

**7- VIND JOU "IKIGAI"**

**9- DIE NUWE NORMAAL  
VIR SPORT EN KULTUUR**

**11- LEKKERGOED OM JOU  
BIETJIE BESIG TE HOU !**

### Budding Journalists

- Ben Greef
- Mathew Stewart
- Jaime Taylor
- Rebecca Hahn
- Kelsey Meyer
- Falen Kotze
- Cara Strauss



Moving through the halls of the school had everyone's boots shaking to immeasurable proportions. It was a mixed emotion of excitement, awe and the feeling that we had big shoes to fill. Meeting new teachers and making new friends was quite fun and bewildering at the same time and honestly was a lot to take in on the first day, however everyone even through all of it was still eager to explore and learn more about our new school.

### Tasks and signatures:

As part of being accepted into a new High school, a big part of that is being "initiated" by your matrices, our initiation included receiving signatures by means of completing fun and witty tasks for our representative council members, our tasks ranged from running on the floor like dogs to marrying other RCL members. On-top of all of that we had to wear a cardboard box poster like a chain on our chests that identified our name, age class and as well having an embarrassingly funny

### What it was like:

The overall endeavor of arriving and somewhat being accepted into a new "family" per say was both humbling and scary, I think as peers our experience at melkbos High school not only brought us closer to each other as friends but also closer to our community and helped us in a short amount of time better ourselves as human beings and trust in the beliefs of the school which are respect, integrity, diligence, responsibility, Self-discipline and care. All though one of the weirdest things was not being able to see each other's faces! it was so weird to not be able to identify people by their faces with a mask on their faces, I just eventually started looking for peoples different colour masks.

In conclusion, even though melkbos high school is quite a big school and at first was quite daunting, I think all the grade 8s kind of got used to its size and found it quite fun how every day with the school being so big there was something new happening. In retrospect High school orientation was awesome. The whole deal of in a way making friends with a sense of. "going through battle" (with our RCL tasks) together and the feeling of comradery like we are in it together was an awesome experience and brought me personally closer to my teachers and friends and think it's an experience everyone deserves to go through once in their life

# Options After School

Mathew Stewart

As some of our high school careers draw to a close, and many just beginning, it is always a somewhat difficult and stressful subject when asked about your future. In the end it is your future and with that you have to start making your own decisions. These decisions can be easy for some, but as for the rest of us it is quite the opposite. This definitely is not due to lack of options, but there is a lot to unravel about that.

The first and most outlandish option out of all of them is the gap year. This is a real option and can definitely be considered, but it is important to know how to use this time away from schooling properly. Taking a gap year doesn't mean to slouch around all day at home and do nothing, and it definitely doesn't mean to go out partying every night.



It can be a time of building maturity and independence, travelling the world or even teaching yourself new skills. There are numerous gap year programs available that are centered to guide you in what can seem as a daunting prospect. This can include anything from volunteering for your community, packing boxes in a factory or waiting tables at a restaurant, the choice is always yours. There are few things more important than education in the great big world out there, but experience may well be one of them.

You can't buy experience, you can only work for it and there is always the possibility of finding something stable in all of it. Although you might feel your efforts are more suited to a different option.

What might be called the more conventional and "safe" option is going into tertiary education of some sort.



As mentioned before, education is crucial, but it can also be a luxury in many circumstances. It is not uncommon to take the more affordable community college option as a stepping stone to potentially greater heights, since most Community Colleges don't offer bachelor's degrees. They mostly run on two year programs that open up a path to that, potentially important, four year degree. The options come in a somewhat daunting abundance and can deter many people, but this is where it is important to think smart and think broad.

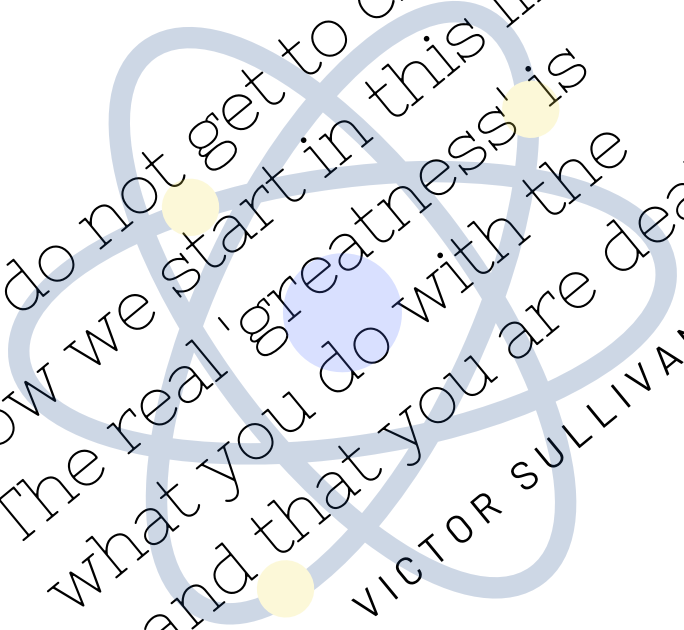
It's no use you zero in on a specific course and end up not enjoying it or even regretting your decision, it would be beneficial to learn a little about a lot of things if you are not sure exactly where you are headed. This 'Jack of All Trades' style gives you more options to work with in terms of employment and gives you a better understanding of yourself as in what you enjoy and where your talents lie.

On the other hand, for those who have found their passions from a young age, it is important to follow your dreams, but also to stay open minded.

It can be dangerous to fall into this trap of being too specialised on one thing. As we know this is an ever changing world and the redundancy of certain occupations has affected many people

This has mainly been the manual labour kind, but with advancing technology you never know what is next.

With the rapid surge of online university courses it is hard to stay away from the option. A good one at that. With an abundance of accredible online study courses, there is also numerous online work, basic work that could only require you to be computer literate which is not too hard in this day and age. You could do one or the other, though it seems to be this great middle ground, where you could be getting a bit of the best of both worlds. This type of juggling act between work and studies is not going to be easy and will test, and even improve, your time management skills. Online everything is the new future and perhaps could be your future too.



"We do not get to choose  
how we start in this life.  
The real 'greatness' is  
what you do with the  
hand that you are dealt."  
- VICTOR SULLIVAN



# Socially Distanced Sport Days

Jaime Taylor

Interhouse was very different this year with athletics spanning over a whole week and not just one day. This didn't stop the athletes from doing their utmost best and breaking records left, right and centre! It was a definite success but it didn't feel the same with less people and not as much spirit.

The fields felt empty on field events with very few people roaming around and as soon as the athletes were done with their event, they left. Track events however were much more lively with everyone cheering each other on at the sidelines. The First Aid tent wasn't very busy with few casualties which shows that the athletes were careful when it came to their health and safety.

Sharks, Penguins and Seals went tail to fin with the cheerleaders dancing to win the spirit cup and the athletes fighting to get as many points for their house as possible. It was definitely harder to earn points as each event could only have five athletes per house per age group.

This didn't stop the Seals from swimming ahead as they took the athletics cup once again with more points than any other house! The Penguins came second with the Sharks snapping at their feet. The Penguins happy feet won the spirit cup with the Sharks coming second and the Seals last.

## The Victor Ludorums

**Senior:** Warrick Kotze

- 3 first places
- 1 second place
- 1 third place

**Junior:** Cyle Thys

- 4 first places
- 2 second places

## The Victrix Ludorum

**Senior:** Carla Neethling

- 4 first places

**Junior:** Casey-Leigh Botha

- 4 First places
- 1 third place



## Table of Results

Seals	Penguins	Sharks
1 <sup>st</sup> place athletics	2 <sup>nd</sup> place athletics	3 <sup>rd</sup> place athletics
1247 points	875 points	826 points
3 <sup>rd</sup> place spirit	1 <sup>st</sup> place spirit	2 <sup>nd</sup> place spirit

We will all be very happy for things to go back to normal and to have an Interhouse and Interschools filled with people and spirit!

# Matrieks Maak

# MAGIC !

Cara Strauss

Ten spyte van die grendeltydperk en die talle uitdagings wat daarmee gepaard gegaan het, het die matrieks van 2020 dit reg gekry om kop bo water te hou en uitstekende matriekresultate op te lewer!

Die Hoërskool Melkbosstrand het 'n persentasie van 98,4% leerders gehad wat gekwalifiseer het vir tersiêre studies en spog ook met 42 vakprestasies bo 90% en 16 vakprestasies bo 95%.

Ons is verskriklik trots op ons matrieks en wens hulle alle sterkte vir die toekoms toe!

## Hieronder volg die top 5

### matriekpresteerders van 2020:

#### **1) Renske Strauss (DUX-leerder)**

**Gemiddeld: 97,14%**

**Onderskeidings: 9**



Renske het dit uitdagend gevind om, tydens die grendeltydperk, haar vrae aan die onderwysers te stel via e-pos. Sy sê dat sy dit gemis het om persoon-tot-persoon kontak met hulle te hê. Tydens die grendeltydperk het sy 'n balans probeer handhaaf tussen skool, werk en ontspanningsaaktiwiteite- deur dit te doen het sy gemotiveerd gebly om aan te hou hard werk.

Vir die matrieks gee sy die volgende raad: “ Gebruik alle hulpbronne wat tot jou beskikking is, soos ou vraestelle, video-opnames op YouTube ens. Vra vrae in die klas- as jy dit dan al verstaan hoef jy nie later soveel tyd daaraan te spandeer nie en sal jy meer tyd hê vir hersiening.”

#### **2) Gelene Henning**

**Gemiddeld: 89,14%**

**Onderskeidings: 7**



Volgens Gelene was haar grootste uitdaging, gedurende die grendeltydperk, om aan te pas by die nuwe manier van leer aangesien die matrieks vir die meerderheid van die jaar van die huis af moes werk. Sy sê dat dit baie self-beheersing geneem het om aan te hou hard werk, maar met die ondersteuning van haar ouers en sussies het sy die motivering gehad om nie tou op te gee nie.

Vir die matrieks van hierdie jaar gee sy die volgende raad, “Begin hard werk van dag een af en fokus in die klas, vra baie vrae, bly op datum en laastens wees gebalanseerd.”

### 3) Christopher Groenewald

Gemiddeld: 89%

Onderskeidings: 8



Vir Christopher het die grendeltydperk nie enige groot uitdagings as gevolg gehad nie, hy kon steeds met sy onderwysers kommunikeer en het altyd hulp gekry indien hy daarvoor gevra het. Hy het elke dag die take neergeskryf wat hy daardie dag wou afhandel en het sy beste probeer om daarby te hou. Hy wou sy take afhandel sodat hy kon ontspan en dit het hom gemotiveer om hard te werk.

Christopher moedig die matrieks van 2021 aan om nou al hard te werk en so die lewe vir hulself makliker te maak wanneer die eksamens begin.

### 4) Michaela Faulconbridge

Gemiddeld: 87,43%

Onderskeidings: 5



Dit was vir Michaela 'n stresvolle tyd tydens 2020 met die dat haar ma 'n gesondheidswerker is en sy elke dag die risiko van infeksie in die gesig moes staar. Michaela het elke dag produktief probeer bly en het selfs 'n paar nuwe stokperdjies, soos yoga, aangeneem. Die video-opnames oor die skoolwerk wat deur die onderwysers aan hulle verskaf is, het haar regtig baie gehelp, sê sy.

“Doen jou beste en moenie gedruk of oorweldig voel deur jou vriende se punte of die verwagtinge van jou ouers nie,” is die raad wat Michaela aan hierdie jaar se matrieks wil gee.

### 5) Sean van Loggerenberg

Gemiddeld: 86,43%

Onderskeidings: 7



Sean het dit moeilik gevind om tydens die grendeltydperk homself gemotiveer te hou. Hy het probeer positief bly deur op die klein dinge wat goed gaan in sy lewe te fokus en nie aanhoudend net aan die negatiewe te dink nie.

Sean raai die matrieks aan om nie hul werk uit te stel nie, maar om nou al te begin voorberei vir die eksamens.

## FINDING YOUR IKIGAI

Kelsey Meyer



Ikigai is a Japanese concept that loosely translates to “reason for being”. Many students in high school don’t know what career they would like to go into after school and have yet to find their Ikigai. It can be overwhelming trying to decide out of thousands of jobs, what is right for you.

The Rotary Club of Melkbosstrand has collaborated with a company called IKIGAI that wants to inspire people and help them find a purpose.



Members of Rotary Interact Club at our school had the chance to go through their process and hopefully learn more about themselves.

The process begins by taking a test that will determine your personality type, strengths and weaknesses, ideal work environment and dream career. The test is easy and can be completed in just one hour. After the test this useful information goes through a software system to summarize it and produce results.

Your passion and persistence is measured and displayed in a graph to determine how well you can prepare yourself for the working world. If you have high persistence and passion you have high potential to find your Ikigai. You also receive a personality type from the Myers Briggs Type Indicator which forms part of the written test.

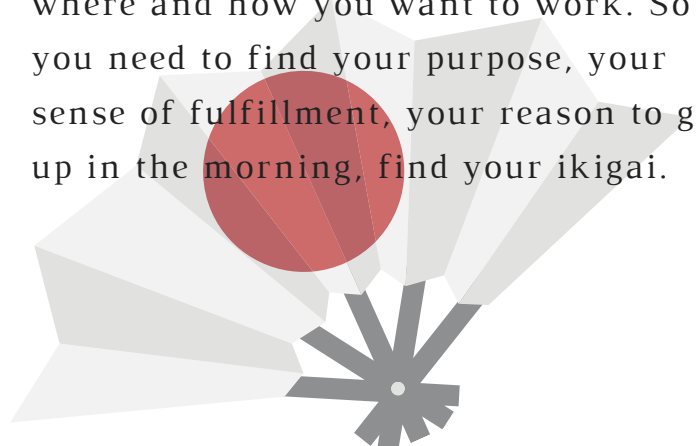
**There are four categories:** introversion or extraversion, sensing or intuition, thinking or feeling, judging or perceiving. Each person relates more to one quality in each category, creating combinations for 16 different personality types.

The IKIGAI team keeps in touch with you through the whole process to fine tune results. Based on your personality type and your passions, they put together a list of specific careers and work environments that you have to go through and decide whether they are something you love or not.

After evaluation you can get your thorough report that contains your personality type, reality and fantasy, unique purpose, dream career and work environment and your Ikigai graph. A coach will be assigned to you for 3 sessions of discussing your results and helping you to understand yourself, so you can make informed decisions about your career and your life.

Students that have gone through this process have had positive experiences and highly recommend doing it. The personality types are accurate and can help you to get to know yourself better. "The team was quick to respond to any inquiries I had and were patient when I didn't understand something," said one learner. This programme has helped to initiate students' plan for the future and what career they can do to work toward their career.

If you feel anxious about what to do afterschool or you feel that you don't like where you're headed, maybe this programme is for you. Ikigai is where the fundamental points of life come together to find out what the world needs, what you can be paid to do and where and how you want to work. So if you need to find your purpose, your sense of fulfillment, your reason to get up in the morning, find your ikigai.



# THE NEW NORMAL OF SPORTS AND CULTURE



Rebecca Hahn

Since the start of the coronavirus pandemic, the lockdown measures have made it hard to

do and participate in sports and cultural activities.

So many questions have been asked about how students, actors, musicians and athletes will continue to enjoy their activities as normal as possible. But can we really come to a conclusion of if we will ever enjoy the sports and cultural activities the way we used to before the lockdown began in March 2020?

The answer is simple, NO. Sports have changed a lot and different rules have been made. Well now we have come to terms with that fact and since we are in the "New Normal" we have had to sacrifice the most important thing about sports and culture – enjoying yourself.

It is no hidden fact that lockdown has made the most strong athletes slack around and made some to actually quit. According to Melkbosstrand high school's Head of sport Mr. A. Nepgen, the number of learners attending practices is decreasing by the day. "Of course learners were used to being couch potatoes," he goes on to say "my only hope is that learners realise the importance of sport as it helps them to be strong mentally and physically".

Mrs E. Benjamin, the head of cultural activities for Melkbosstrand High School, says cultural activities helped the learners express themselves through drama as well as choir, but because of the Coronavirus restrictions they were not able to do so and as a matter of fact their self-esteem decreased which might have led to some students being depressed.

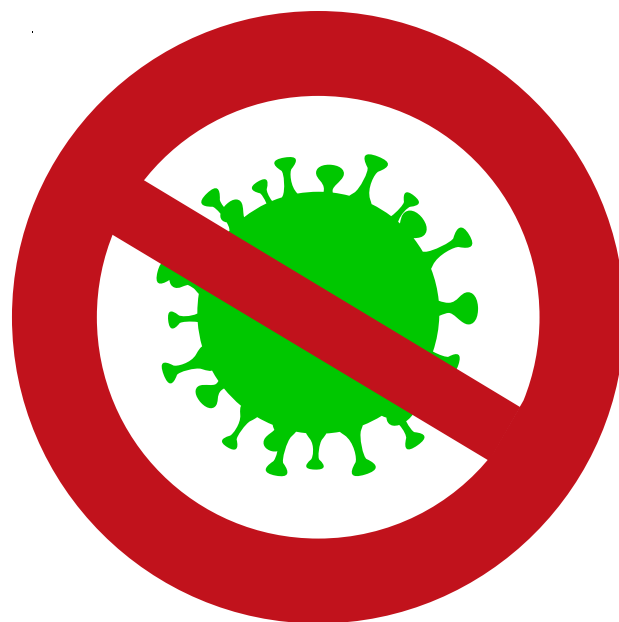
The way learners used to communicate also has changed, according to Mr. C. Lotz, the school's sport organiser,

because of them not participating in sport. “In sports they used to communicate where to stand and so forth, but now because they no longer do sports their communication skills have dropped”



It is important to note that sports are a fun way to get the youth moving and increase in physical activity. Through sports and cultural activities, the youth learn numerous skills which apply, not only to Athletics, but to everyday life, hence, the need for the learners to participate in sports and cultural activities.

Though we may hope for the best outcome in 2021 it is entirely our responsibility to ensure that the Corona virus infection rates decrease or that the entire county reaches the herd immunity state. It is also our responsibility that we wear masks and maintain social distancing at all times in order to move from the “NewNormal” back to the old normal where we can once again hug and play sports the way we used to.



### **Tips on how to stay safe during the coronavirus pandemic:**

- Wear your mask,
- Stay at home if you feel sick,
- Wash your hands for at least 20 seconds frequently to make sure all the bacteria on your hands are fully off,
- Sanitise your hands before and after entering public transport (avoid using this mode of transport if possible),
- Do not touch your eyes, mouth or nose with unwashed hands,
- Do not share water bottles,
- Stay as healthy as possible



# LEKKER GOED !

## Skool Waardes

Kan jy die volgende waardes identifiseer ?



- RKDWDEEIENARHHD
- KPESER
- RHLVEETWINRAKEDOOID
- EOEGM
- LEISNSIFDSEPL
- TGNETIITEIR

JISLAANK!!

## Ask a Tjommie!



Gryp 'n pêl en 'n glimmeer pen. Werk saam om al die onderstaande woorde in die raaisel, op die volgende bladsy, op te spoor !

ruler crayons counsellor substitute principal  
music classwork homework recess library  
history gym English science math desk  
playground teacher friends lunch pencil bell  
notebook bus classroom

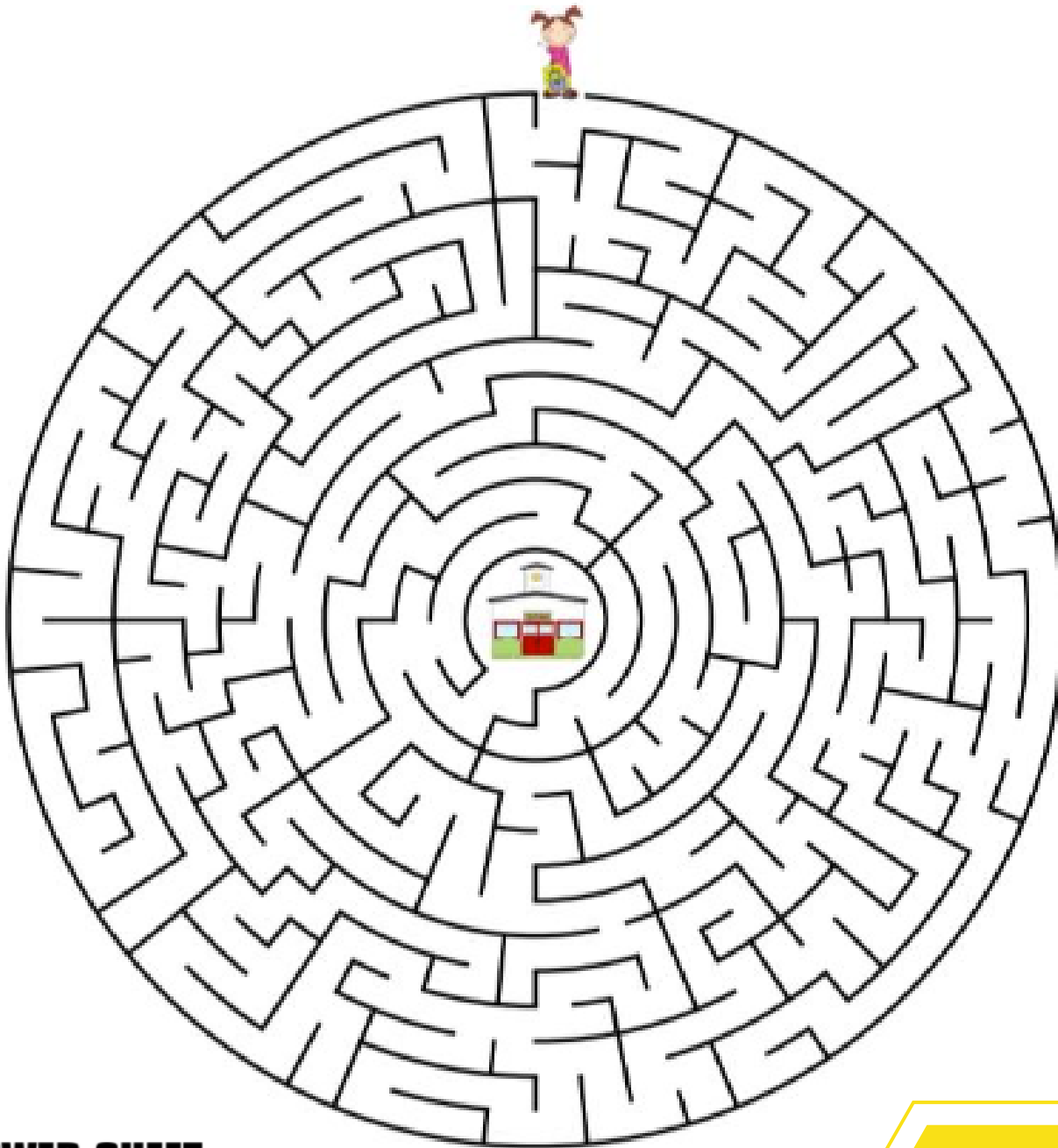
# PUZZLES

## Raisels

### Back To School Word Search

A J I M S U F A S S F A A A D S S H C T T K P B  
C L N I R S Q U N N H B R N U S Y B M I R C O W  
T C A V S R E Z P J L N Z B V P P O W V G F U H  
U J P P Y E E C E B U C S K A U T R V D K F A A  
D M D Q I M L P E L H T N W H X M C N X P H V M  
X S C D V C V I D R I C S T C R A Y O N S I O X  
O X I M R X N V C T B L A K N W M G N Y W S Q L  
Z W U G R E Y I U N C M T P Z U W W M I T P K G  
Q L D E Q N V T R D E Q Z O S M C V M I S Z Y L  
S C I E N C E E S P E P S I F K L A A C B M T B  
J A U R P S W C N T D L C J K R O W E M O H A N  
D D P B E U S N Z I Q X Q C O U N S E L O R W Y  
L P L P H H R E L U R Y E V X M G S J Y Q R G S  
C G A N M F C K K T Z K R E L V S E N G L I S H  
K O Y D I D V A G M L Q E A D C E P F U X Y N X  
M Y G L J C V A E U H S W W R I U S K K H C V Z  
N O R Y E U L P N T K J M R T B D K R Z I L W H  
A W O Y E N U C K O O B E T O N I Z O A S G R F  
V J U R T I H J B M U L Q X E B T L W I T J M K  
K W N Y S U H Y P T P J V I U B F Q S D O S P R  
V S D X Z S N A S Y O R R S E K I N S O R O M G  
Q I E G K E A Y N C W F J L B S N D A N Y Y M U  
M P O D M P M L D O K F L R S Z B P L E K E U E  
D J T S K U U E C J K O Y D I K S U C U A K O V

Oh dear ! A grade 8 learner has lost their way. Please help them find their way back to the school.



## ANSWER SHEET



Got them all ?  
Jou YSTER !

- Hardwerkendheid
- Respek
- Verantwoordelikheid
- Omgee
- Selfdissipline
- Integriteit