



# The Ebenezer

The Rhenish Primary PTA Newsletter  
August/September 2010

## News from the Deputy ...

Spring has now officially sprung. This, to me, is one of the nicest times of the year. We can now look forward to days getting longer and warmer.

I thought it may be interesting, and perhaps a bit of fun, for you to see in how many different way one can use the word "spring":

1. Lying in a bubbly "spring" can relax and massage your body.
2. As it gets warmer, people more readily "spring" into action.
3. A spring is a coil found in many devices.
4. Are you the kind of person who enjoys "spring" cleaning at this time of the year?
5. Why is it that young people are often referred to as "spring" chickens?
6. A "spring" loaded gun is ready to release its energy.
7. Adding "spring" onions to a salad can be very tasty.
8. Do you enjoy eating "spring" rolls?
9. "Spring" tide always happens at full and new moons.
10. Do you maybe have a "spring" in your step now that winter is passing?
11. Then, of course, your children are your off "spring" .
12. **LASTLY, AND MOST IMPORTANTLY, "SPRING" SIGNALS THE END OF ANOTHER WINTER.**

Perhaps the linguists out there may have more uses for the word than the 12 listed above. I would be interested to hear them. I hope your spring experience is great and that you, as I do, look forward to our activities slowly but surely changing as the seasons change.

(continued)

### General

If there is anyone who is able to service and repair a rather old microscope that belongs to the school, I would be most grateful for your assistance. It's been around for a long time, doesn't get used much, but has now decided to give up the ghost.

Congratulations to **Dillon and Keenan Ribeiro** for the following fantastic Gymnastics results. We are very proud of you.

Dillon and Keenan participated in the Western Province Gymnastic Trials held at the Western Cape Sport School during the weekend of 20 August 2010.

Results were as follows :

#### Dillon:

- \* 1st: in 11 - 12 double mini trampoline - level 3
- 2<sup>nd</sup> : in the Euro Trampoline - level 3

#### Keenan:

- \* 3rd: in 11-12 double mini trampoline - level 3.

They have both been selected to represent Western Province at the Western Cape Championships to be held on 11 and 12 September 2010 at the Western Cape Sport School.

**Neil Pretorius - Deputy Principal**

### Congratulations...

to the following staff who celebrate their birthdays in September and October:

Michele Yeatman	2/9
Gail Siebritz	11/9
Gregory Hinds	14/9
Leigh Pina	19/9
Marion Pina	24/9
Katherine Lockley	28/9
Diane Markham	21/10

### Babysitter ...

Albertina Mendonca (21yrs old) – 2<sup>nd</sup> year of Early Childhood Development studies - R35.00 per hour. Happy to work in Somerset West, Stellenbosch, Strand and Gordons Bay. She has her own transport. Call 079 111 4175

## Stellenbosch Night Shelter

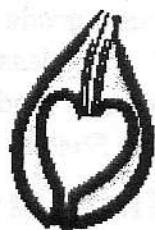
Every term the Grade 6s try to do something special as a grade. This term we took a look at the needs of the less fortunate. We collected clothes, shoes, blankets, towels, food and toiletries and donated it to the Stellenbosch Night Shelter.



Denise, the social worker at the centre, and three of the residents came to tell us more about what happens at the shelter, their needs and the people they help. It was a wonderful and blessed experience not only to help people in need, but also to meet a few of the people being helped.



Nicole Kramer



# Marian's

*Permanent Make-up*

**Make a point of looking good  
permanently...?**

*...when sporting, swimming, camping etc.*

*...without worrying about sparse eyebrows  
or lashes*

*...without smudging your make-up!*

**Shaping & filling of eyebrows  
Eyeliner**

**Be in time to  
make that point...  
...before summer starts**

**Call: 076 9026475 • 2 Spring Street, Dalstg, Stellenbosch  
Email: marians-pmu@hotmail.com**

# 15 *cycling fun*



RHENISH



**Road Races: 16km and 35km only > 10 years old**

**Mountain Bike Races : 12km and 30km**

**Fun activities for little ones and food stalls**

**R50 per individual/ R100 per family**

## **RHENISH PRIMARY FAMILY CYCLING FUN**

**23 October 2010 - 7am @ Joostenberg**

All benefits go to

**WP lingPD**

# mindgr

enhancing academic potential  
through individual tutoring

## Private tutoring:

learners with attention  
and concentration problems, etc

## Leesterapie:

assessing van leesprobleme  
en individuele ondersteuning

## Kontak:

**Jeanne de Roubaix**  
(BEd Hons in Inklusiewe Onderrig)

jeannederoubaix@gmail.com

Free Tips for Parents at  
[mindgro.co.za](http://mindgro.co.za)

## First Aid for Young Mothers

### What to do when your child...

- Is choking
- Is drowning
- Has burns
- Is bleeding
- Has fallen down



Get practice in a small group by a  
medical doctor. 3 hours that can save  
your child's life!

R 150

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**Dr. Burga Schwoerer**  
**083 240 2327**

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## *Dr Andrew Lewis*

### EDUCATIONAL PSYCHOLOGIST

76 La Montagne, Bakkerskloof Rd,  
Somerset West  
Tel: 082 874 6112

### Services available to Children and Adolescents:

- Intellectual and Scholastic Assessment
- Attention Problems and Support
- Assessment of Learning Problems and Support
- Emotional Assessment and Therapy
- Career Choice
- Subject Choice
- Stress Management
- Study Skills
- School Readiness
- Sport Motivation



DEAR SOMERBOSCH FRIENDS

We are delighted to announce that we have started picking fresh strawberries and these will be available daily from the tasting room and Bistro at R30 a kg.



We are very excited about our newly released Cape Frizantte Rose (A zesty, semi-sweet wine with a festive bubbly fizz. Flavours of juicy summer berries end in a lingering finish.) You can buy this from the tasting Room at R29 a bottle!

Don't forget to try the Methode Cap Classique and MCC Rose at R85 a bottle on your next visit to the farm!

### **SOMERBOSCH AT THE HEDLERBERG WINE FESTIVAL**

Somersbosch Wines will once again be participating in the Helderberg Wine Festival this year sponsored by Rola Motors, District Mail and Cape Town Tourism.

Proceeds from ticket sales will go to Somerset West Round Table.

This year the festival will be held on October 23<sup>rd</sup> through October 25<sup>th</sup> and will offer the best the Helderberg has to offer, great food, wine and entertainment at the 28 participating farms on the Helderberg Wine Route.

Last year we had a great turnout at Somersbosch and we will once again have live music on Saturday and Sunday to entertain our guests while they enjoy food, wine, champagne and oysters.

**Swim = EXERCISE – ELASTICITY – HEALTH – OVER-ALL FEELING OF WELLBEING**

Swimming is one of the best forms of exercise, no unnecessary strain on joints and muscles, all muscles exercise and able to be done by all (young and old, abled and disabled, fit and unfit)

I offer the following swimming programs for children from as young as 4 years, teenagers and adults:

**Water safety classes**

Learn to feel more at ease in water

**Swimming for Exercise**

**Swimming Style Correction**

**Swimming for Muscle Recovery**

All the above programs come with a portion of fun but the focus is always on safety in all circumstances.

Water Safety classes begin on 1 November on Tues, Wed and Thursdays – small groups of around 3 persons for 15 – 25 minutes.



Style correction and exercise classes start on Fridays and Saturdays – prerequisite : must feel safe in water – groups of 8 – 10 persons – classes 45 minutes and longer.

Fee : 4 Session a month – R120

8 Session a month – R220

Contact **Liana Bester** on 083 421 7794/021 887 5516 / [lima31@mweb.co.za](mailto:lima31@mweb.co.za)

**Background:**

2001 National Team: CP-ISRA Swimming World Games, Nottingham, England.

2002 National Team: Third IPC Swimming World Games, Mar del Plata, Argentina.

BA Hons Psychology with Sport Psychology, MA Industrial Psychology (2007)

Dear Parents

Here is an opportunity to empower your child making use of International Software with "tutoring", "activity" and "testing" packages called **Math Trek, Science Trek and Language Trek**. This package has many advantages :

**Affordable - only R150 per module.**

**eg Maths Trek Grade R-3 or Language Trek Grade R-2  
or Science Trek Grade 4-6**

**Easy to use.**

**Extensive Maths glossary.**

**Interactive tutorials, followed by practise exercises.**

**Tests with tracked results for easy parent monitoring.**

**24 hour access to extra lessons at no extra cost**

**Syllabus based kindergarten to grade 12.**

**Opportunities to explore, learn and develop the skills needed to succeed.**

**Guaranteed to improve understanding and marks while having fun.**

**Used internationally.**

**10-30% improvement in one term.**

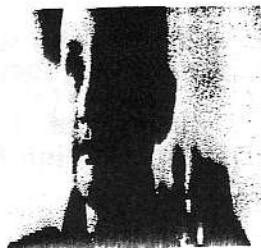
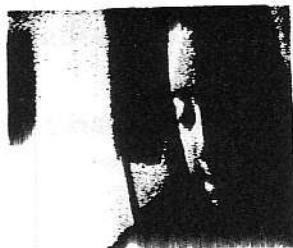
**If you would like more information please contact Debbie Munn from Urban Style Marketing, on 021-556 8479 or 082 382 4470 or visit [www.iqsmart.co.za](http://www.iqsmart.co.za)**

# KUMON

**MATHS and ENGLISH programmes for children of all ages and abilities**

*Over 50 years of educational service*

- ✓ Enable your child to excel in MATHS and ENGLISH
- ✓ Develop your child's confidence and concentration
- ✓ Provide trusted academic support
- ✓ Develop your child's study skills
- ✓ Classes on Monday and Tuesday afternoons at Eikestad Primary School.



**Contact Leana Fourie at Kumon Stellenbosch:**

✦ (021) 930 5990

✦ 082 789 0431

✦ [leana4e@gmail.com](mailto:leana4e@gmail.com)

## Calling all Teens and their Moms!

# ADVENTURE

Getting fit and losing weight this summer is as easy as ABC!

Come train OUTDOORS at 6am-7am, 8am-9am, or 17.30-18.30

1 hour a day from Mon-Fri and choose between the 3 or 5 day a week

option at Rhenish Girls' High School or join the all new **TEEN EDITION** class! (13-19yrs) at 16.00-17.00 on Monday Wed and Thurs

*Workouts include: running, circuits, weight training, core conditioning, team games, Pilates, hiking and much more!*

Next camps starts 13th September and classes fill up fast so sign up on line today to avoid disappointment!

[www.AdventureBootCamp.co.za](http://www.AdventureBootCamp.co.za) Or Call 021 447 2746/ 082567 2267

**'It's an addiction! Once you have tried it there is NO TURNING BACK! I never thought I would admit it but I love Exercise...I LOVE ADVENTURE BOOT CAMP FOR WOMEN!' Verona**

## STELLENBOSCH DESTINATIONS

Luxury apartments in central Stellenbosch.  
Fully furnished & serviced. Short to medium term rentals.  
Ideal for the business executive or holiday maker.

Residential rentals – should you wish to rent out your home or know of someone needing to rent for a minimum of 12 months, please give us a call!!

Furnished & unfurnished options available.

Rita Garrod – 082 371 3616

[www.stellenboschdestinations.co.za](http://www.stellenboschdestinations.co.za)

[info@stellenboschdestinations.co.za](mailto:info@stellenboschdestinations.co.za)

# **IN-TOUCH ADMINISTRATION**

Lee-Zanne Flaatten SBiCb(SA)  
Member of Institute of Certified Bookkeepers (ICB)

## **SERVICES INCLUDE:**

- \* VAT Return Calculation & Submission for Individuals or a Business**
- \* UIF Calculation & Submission**
- \* Day-to-day Bookkeeping of small to medium-sized businesses up to Trial Balance**
- \* Customer Invoicing**

**Your Financial success and stability is my priority!**

**"Success is simple. Do what's right, the right way, at the right time."**

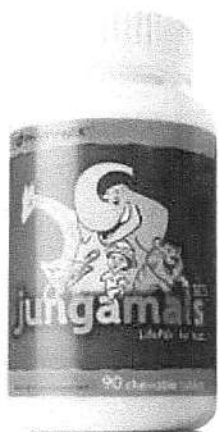
**- Arnold Glasgow**

[inadmin@mweb.co.za](mailto:inadmin@mweb.co.za)

**Tel: 0824188747**

# Jungamals

**The Super-  
Vitamin  
for Kids!**



Jungamals is the KING of multivitamins to help your kids survive in the jungle out there! Jungamals contain an optimal blend of vitamins and minerals with additional antioxidants to give your child the nutritional building blocks for a healthy, happy life.

Now with a GREAT new fruity flavour, help your kids to get the daily recommended nutrients they need. Jungamals is specially formulated to supplement a child's daily diet for

optimal health in a young, growing body. This multivitamin protects and nourishes children with important antioxidants and essential vitamins, minerals and trace elements. It supports healthy bone development and promotes healthy immune function.

90 chewable tablets in a bottle with no preservatives or artificial colourants makes Jungamals an easy to deliver optimal nutrition multivitamin for every child at every stage of development.

**Only R220 for a bottle packed with goodness**

**To place your order  
call**

**Tracey 082 900 6439**

**or email**

**nuskinkatie@gmail.com**

visit our online catalogue on [www.nucatalog.com](http://www.nucatalog.com)