



ST ANDREW'S PREPARATORY SCHOOL

Weekly Newsletter 02 June 2009

Dear Parents

Dr Fred Oosthuizen gave a very interesting talk to the Senior Prep boys last Thursday on the use of supplements. He also addressed our Parent Forum on Thursday evening on the same topic.

From the questions put to him it was very evident there was a great deal of interest in this subject and, also, a number of misconceptions as to the use of supplements to enhance sporting performance.

The bottom line is that a healthy, balanced diet provides all the supplements needed at the primary school age of development. One may use one of the available shakes to 'top up' energy levels and speed up recovery after prolonged exercise, but a normal diet incorporating a balance of proteins and carbohydrates, along with fruit is perfectly adequate.

Dr Oosthuizen also touched on the misuse of supplements in the form of steroids. Stats from the last two Olympic Games suggest that the use of supplements is certainly on the increase. One needs to be cautious when using commercially available substances - if in doubt consult a doctor or dietician.

Saturday evening saw our annual Seafood Evening take place in Memory Hall and what a wonderful occasion this proved to be once again. Guests gorged themselves on prawns, calamari and mussels and we had food left over! Hats off to the Fundraising Committee and in particular to Messrs Ana Zacharellis and Janine Harris, along with numerous helpers, for a superb evening!

Graham



EP U13A Hockey players - Hugo de la Fargue, Alex Chungu and Steven Briscoe



EP U13B Hockey players - Rex Blaine, Chris McCarthy and Xolile Mdllokovana

Pre-Primary News

We attended an I SASA Pre-Primary Conference over the weekend and, once again, the importance of **PLAY** was stressed.

Celebrate the power and possibilities of play everyday - after all, play is the language of childhood and play is absolutely free. (Nikki Bush)

Pre-Primary Parents' Information Evening:

Tuesday 9 June: 17h30 (Pre-Primary School)

"How movement assists in Learning"

This is an ideal time to meet other parents, so please bring a plate of finger snacks with you. Sherry and juice will be available.

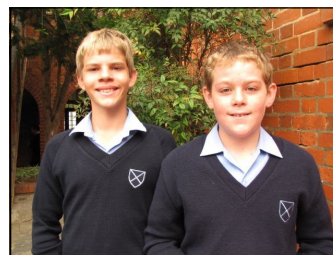
A DVD will be showing for the children in the Junior Primary Assembly Room from 17h30.

Junior Prep News

We all enjoyed a **Music concert** by Mrs Laing and her music students during Assembly on Monday. We were entertained by Nathan Graham on the violin, Wezo Gqiba on the piano and by Andre' Renaud on the violin. Well done young musicians.

The "**Book People**" have books on display in the JP Staffroom. Come and have a look and place your orders. Our JP Library benefits in the form of 'free' books from orders placed by our parents.

We had a short address by **Wilderness Vision** on Tuesday morning. They are a group of young people who are collecting donations for tree-planting efforts on our continent. Prep has pledged R1 per pupil to 'green' our planet and the children all get to sign a scroll that will be presented the UN at the end of their road show. **Preppies have all been given an indigenous tree seed to take home and plant.**



Jonathan Avis and Leith Hobson have both been awarded Blackburn Scholarships to attend St Andrew's College in 2010. Congratulations boys!

A big thank you to all parents who helped with teas, tuckshop, braais, etc at the Grey fixture on Saturday. We could not have done it without you!!!

THIS WEEK'S ACTIVITIES

Tuesday 2 June d6

14:00 Tennis vs Graeme U13A (a) U13B (h)
16:00 Squash League vs Graeme College (a)

Wednesday 3 June d7

Thursday 4 June d1

14:00 U9 practice rugby matches vs Oatlands for all jnr players
17:00 SP Assessment meeting (SP Library)

Friday 5 June d2 **Duty Master-Siphelo Mtshiki 078 256 6255**

14:00 Hockey vs Queens (a)
11h00 U11B/U13C 11h45 U11A
12h30 U13B 13h20 U13A

(Hockey players to overnight at Queens.)

15:15 Squash League vs DSG (a) - postponed

Saturday 6 June

Rugby vs Queens (a) - buses leave from Tradesman's Entrance at 05h00. Return by 17h00.

09h30 U9A/U11B 10h30 U11A/U13D
11h30 U13B/U13C 12h20 U13A

Sunday 7 June

18:30 Evening Prayers - Duty Master (Memory Hall)

Monday 8 June d3

17:00 Housemasters' meeting (H/m's Office)

Tuesday 9 June d4

14:00 Tennis vs Graeme U13C (a) U13D (h)
17:30 Pre-Primary Parent's Information Evening

Wednesday 10 June d5

15:15 JP Assessment meeting

Thursday 11 June d6

11:00 St John's arrive
15:00 Rugby U13A vs St John's
17:00 Student Housemasters' meeting (SP Staffroom)
18:30 Squash vs St John's
St John's overnight

Friday 12 June d7 **Duty Master - Marc Paul 082 332 9004**

11:00 Hockey U13A vs St John's
12:30 St John's depart
15:15 Squash League vs KC (DSG)

Saturday 13 June

09:00 Hockey vs Clarendon U9A girls (a)
09:00 Rugby vs Selborne U13A/B/C and U11A/B and U9A (h)

Sunday 14 June

18:30 Evening Prayers - Duty Master (Memory Hall)

Grade 7 Production

Ali Baba
and the Pizza Eaters

Thursday, 18 June

19h00

Bookings open on
1 June for Grade 7
parents, and on 5 June for
the rest of the school.

If you are able to donate old make-up, or help with
doing make-up for the play, please contact Sasha Scholtz
on 046 - 603 2409, or s.scholtz@saprepschool.com.



SPORTS RESULTS

Hockey - 29 May

U11B vs Grey U11B lost 0-7
U11A vs Grey U11A lost 0-4
U13E vs Kingswood U13D drew 0-0
U13D vs Kingswood U13C won 1-0
U13C vs Shaw Park/Port Alfred U13A won 3-0
U13B vs Grey U13B lost 0-3
U13A vs Grey U13A lost 0-2

Rugby vs Grey - 30 May

U9A vs U9C drew 10-10
U11B vs U10D won 34-0
U11A vs U11C drew 12-12
U13D vs U12E lost 0-32
U13C vs U12D lost 7-22
U13B vs U12B lost 7-21
U13A vs U13C won 29-10

Hockey

Congratulations to the following boys who have been
selected to represent Eastern Province hockey:

A team - To participate in the U13 IPT in July

Hugo de la Fargue, Steven Briscoe, Alex Chungu

B/C squad

Rex Blaine, Chris McCarthy, Xolile Mdlokovana
We are very proud of you!

Girls Hockey vs VP - 28 May

U8 B won 7-0
U8 A won 3-1
U9 B won 2-0
U9 A won 2-0

Girls Hockey vs Collegiate - 30 May

U9 A won 2-1
U9 A vs U9 B won 6-2



SAC/DSG/SAPrep

invites you to attend the annual

Family Tennis Round Robin

When: K-Day Sunday, June 21st 2009
Where: DSG Tennis Courts
Time: After Eucharist, 09h30 to 17h30
Cost: R160 per pair

- Come and join us for a fun tennis event!
- Enjoy some quality time together while running for drop shots, ducking for smashes trying to hold serve!
- Dust off your tennis shoes, restrung your racket and go and practice your kick serve!
- Mixed couples for all schools
- Come on DSG and Prep, last year the men showed up in numbers while you sat on the couch!
- Show the College men you also enjoy running after tennis balls and sweating with your kids!!
- Prepare yourself for a great day of tennis with your son or daughter, and be ready for some
- **Tough competition, tasty braaivleis and tons of fun!**

Entries close at noon on Monday, June 15th

Space is limited, so reserve your spot by emailing your names to
Walter Eksteen at w.eksteen@sacschool.com.

Payments can be mailed, hand delivered or done online. Please mark it "SAC tennis day". Payments must be received before the event, and please make cheques payable to St Andrew's College.