

Walvis Bay Private High School

NEWSLETTER 15 — 14 JULY 2020



WBPHS COVID-19 HEALTH IMPLEMENTATION NOTIFICATIONS

Dear parents

1. We realize that there are needs, restrictions and uncertainties amongst our parents and learners and we are trying our utmost to accommodate you and address these needs as soon as possible.
2. Please be reminded that we have received the revised curriculum from the Ministry of Education, Arts and Culture and we have adjusted the workload accordingly. We believe that we are on par with the revised and rationalized curriculum. The curriculum intends to provide the standard for learning progression without repetition, during the Grade 1 to Grade 9 years of schooling.
3. The need to formally assess the progress of the learners has been an ongoing concern to all. Due to the extended lockdown period in Walvis Bay, we have set up an Evaluation Assignment Time table for the Grade 4—Grade 10 O lane learners. The Examination Time table for the Grade 10 AS learners, Grade 11 and Grade 12 learners is still in tact.
4. Please find attached the Evaluation Assignment Time table for Grade 4—Grade 10 O lane learners. Clear instructions will be given on each paper. We depend on your cooperation in this regard. We trust that the assignment will reveal the real portrayal of the learners' work. These marks are not for promotion purposes, but it will give the learners and their parents feedback on the learners' progress.
5. ***For the Senior Primary Phase (Grades 4—7), assignments are to be collected on a Monday and should be completed and returned to school in the same envelope on the Friday. Assignments collected on a Friday should be completed and returned in the same envelope on the Monday. The school will provide these envelopes for the Senior Primary Phase.***
6. Parents who have difficulty in collecting or returning envelopes for the Senior Primary Phase or hard copies for the Secondary Phase should contact the school.
7. Parents who do not feel comfortable to allow their child/children to return to school, due to various reasons, once school commences for the different grades, can continue with E-learning. Such learners will have to apply to stay at home. The application in writing with motivation for such a request must be made to Mrs Wilma de Wet for Secondary Phase learners at academics@wbphs.com and Mr Henjan van der Hyde at primaryprincipal@wbphs.com for Primary Phase learners.
8. We do believe that schools are safe havens for learners and especially with all the measures in place at our school. There is no doubt that we are ready to receive our learners, despite the rise of Covid 19 cases in our vicinity.
9. We are most grateful towards our Board of Directors who organised a meeting with our Regional Governor during last week. The meeting was attended by our Regional Director and Inspectors of Walvis Bay and Swakopmund as well as various Principals of Private and Government Schools. During the meeting we pleaded with the Governor to convey a request to the Minister of Education, Arts and Culture and the Honourable Minister of Health and Social Services as well as his Excellency the President of the Republic of Namibia to resume face-to-face teaching in Walvis Bay, Swakopmund and Arandis local Authority areas as soon as possible. We are awaiting feedback.

Thank you for your continued dedication and support.

Kind regards

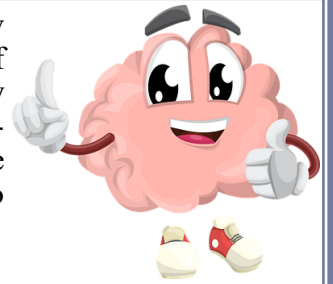
EE Eigelaar
PRINCIPAL
14 July 2020

Wat die regverdige praat,
is wysheid, wat hy sê,
stem ooreen met die reg.
Die openbaring van
sy God is in sy hart,
sy koers is nie onseker nie.

Psalm 37:30-31

OUR EYES AND THE LOCKDOWN SYNDROME

According to Goddard, (2002), how we see is the way we use our eyes and how we perceive the world through sight, and it is the result of a complex series of connections and neural developments which should have taken place in early formative years. They are depended on adequate maturation of the Central Nervous System. Ayres, 1980, says that the Central Nervous System develops as the result of the primitive reflex system that sequentially unfolds from the simple to the more profound.



According to Professor Jannie Ferreira, a well-known South African Optometrist, the COVID 19 pandemic is creating havoc on our visual systems. Again it is our children that are bearing the brunt of this. Good and comfortable vision is essential in all reading and writing tasks.

With the lockdown situation in Walvis Bay, our children are now spending up to 12 hours per day looking at either I PAD's, cell phones or some form of electronic screen. They are engaged in e-learning and then communicate with their friends on social media. Once that is done they may most probably play games on their phones or consoles.

This is now causing tremendous near point strain on the visual system and two things may happen:

- Some children may complain about reduced distance vision and you may find that people are quite willing to prescribe glasses for distance. This is the worst solution at this point in time according to Professor Ferreira. In a week he saw 4 such cases that needed to be reversed. Giving them glasses will just increase the near-sighted strain on the eyes.
- Other children will find reading and learning much more difficult and may show several symptoms because of this strain resulting in learning and reading frustrations.

Important factors to remember:

- ☺ That the eyes should be able to remain comfortable at near sight. [*convergence- is the ability to turn the two eyes inward towards each other to look at a close object. This keeps the eyes straight if working in the right way*]
- ☺ The eyes should also be able to focus comfortably at near sight for extended periods. [*accommodation- the mechanism by which the eye changes focus from distant to a near image. This is produced by a change in lens shape*]

If these two systems are not functioning optimally, the eyes will find it difficult to tract properly and smoothly across a page.

The solution is to relieve the strain on the convergence and accommodative systems and this would result in an immediate improvement in the visual system. We are deeply concerned that we may create another pandemic. However, this one can be avoided.

According to Dr Melodie de Jager, Founder of Mind Moves©, 2010, both systems must work well and aid reading. When we do the yearly Reflex Assessment at Walvis Bay Private High School with the Grade 1 to 4 learners, they often show it with an active Asymmetrical Tonic Neck Reflex.

- * This is one of the reasons that Fridays are currently being used as an academic rest day.
- * Refrain from technology and let the eyes wander in nature with near and far sight.

The Mind Moves© which support and aid reading are: The Core Workout, Visual Workout, Focus Adjuster, Bilateral Walk and the Mouse pad.

Be kind to your eyes.
See you soon.

Teacher Marietjie and Teacher Natasha.



EVALUATION ASSIGNMENT DATES: SENIOR PRIMARY PHASE

Grade	Subject	Moderating date	When to give work to study	Date out	Date in	Marks
4	Afrikaans	13/7	13/7	<u>17/7</u>	<u>20/7</u>	30
	English	13/7	13/7	<u>20/7</u>	<u>24/7</u>	30
	Mathematics	17/7	17/7	<u>24/7</u>	<u>27/7</u>	25
	Social Studies	20/7	20/7	<u>27/7</u>	<u>31/7</u>	20
	Natural Science and Health Education	24/7	24/7	<u>31/7</u>	<u>3/8</u>	20
5	Afrikaans	13/7	13/7	<u>17/7</u>	<u>20/7</u>	50
	English	13/7	13/7	<u>20/7</u>	<u>24/7</u>	50
	Mathematics	17/7	17/7	<u>24/7</u>	<u>27/7</u>	30
	Social Studies	24/7	24/7	<u>31/7</u>	<u>3/8</u>	25
	Natural Science and Health Education	20/7	20/7	<u>27/7</u>	<u>31/7</u>	30
	Design and Technology	22/7	22/7	<u>28/7</u>	<u>29/7</u>	30
6	Afrikaans	13/7	13/7	<u>17/7</u>	<u>20/7</u>	50
	English	17/7	17/7	<u>24/7</u>	<u>27/7</u>	50
	Mathematics	13/7	13/7	<u>20/7</u>	<u>24/7</u>	30
	Social Studies	20/7	20/7	<u>27/7</u>	<u>31/7</u>	30
	Natural Science and Health Education	24/7	24/7	<u>31/7</u>	<u>3/8</u>	30
	Design and Technology	22/7	22/7	<u>28/7</u>	<u>29/7</u>	30
7	Afrikaans	17/7	17/7	<u>24/7</u>	<u>27/7</u>	50
	English	13/7	13/7	<u>20/7</u>	<u>24/7</u>	50
	Mathematics	20/7	20/7	<u>27/7</u>	<u>31/7</u>	30
	Social Studies	13/7	13/7	<u>17/7</u>	<u>20/7</u>	30
	Natural Science and Health Education	24/7	24/7	<u>31/7</u>	<u>3/8</u>	30
	Design and Technology	22/7	22/7	<u>28/7</u>	<u>29/7</u>	30

Teacher	Subject	Moderating date	When to give work to study	Date out	Date in	Marks
<u>Mrs Moolman</u>	Afrikaans Gr. 4	13/7	13/7	<u>17/7</u>	<u>20/7</u>	30
	Mathematics Gr. 4	17/7	17/7	<u>24/7</u>	<u>27/7</u>	25
<u>Mrs Koen</u>	English Gr. 4	13/7	13/7	<u>20/7</u>	<u>24/7</u>	30
	Social Studies Gr. 4	20/7	20/7	<u>27/7</u>	<u>31/7</u>	20
	Natural Science and Health Education Gr. 4	24/7	24/7	<u>31/7</u>	<u>3/8</u>	20
<u>Mrs van Dyk</u>	Afrikaans Gr. 5	13/7	13/7	<u>17/7</u>	<u>20/7</u>	30
	English Gr. 5	13/7	13/7	<u>20/7</u>	<u>24/7</u>	30
<u>Mrs Rabie</u>	Mathematics Gr. 5	17/7	17/7	<u>24/7</u>	<u>27/7</u>	30
	Social Studies Gr. 6	20/7	20/7	<u>27/7</u>	<u>31/7</u>	30
	Social Studies Gr. 7	10/7	10/7	<u>17/7</u>	<u>20/7</u>	30
<u>Ms Nagel</u>	Social Studies Gr. 5	24/7	24/7	<u>31/7</u>	<u>3/8</u>	25
<u>Ms Puren</u>	Natural Science and Health Education Gr. 5	20/7	20/7	<u>27/7</u>	<u>31/7</u>	30
	Natural Science and Health Education Gr. 6	24/7	24/7	<u>31/7</u>	<u>3/8</u>	30
<u>Mr Breedt</u>	Design and Technology Gr.5	22/7	22/7	<u>28/7</u>	<u>29/7</u>	30
	Design and Technology Gr. 6	22/7	22/7	<u>28/7</u>	<u>29/7</u>	30
	Design and Technology Gr. 7	22/7	22/7	<u>28/7</u>	<u>29/7</u>	30
<u>Mrs Bothma</u>	Afrikaans Gr.6	13/7	13/7	<u>17/7</u>	<u>20/7</u>	30
	Afrikaans Gr. 7	17/7	17/7	<u>24/7</u>	<u>27/7</u>	30
	Natural Science and Health Education Gr. 7	24/7	24/7	<u>31/7</u>	<u>3/8</u>	30
<u>Mrs van der Westhuizen</u>	English Gr. 6	17/7	17/7	<u>24/7</u>	<u>27/7</u>	30
	English Gr. 7	13/7	13/7	<u>20/7</u>	<u>24/7</u>	30
<u>Mr van Niekerk</u>	Natural Science and Health Education Gr. 6	24/7	24/7	<u>31/7</u>	<u>3/8</u>	30
	Mathematics Gr. 6	13/7	13/7	<u>20/7</u>	<u>24/7</u>	30
	Mathematics Gr. 7	20/7	20/7	<u>27/7</u>	<u>31/7</u>	30

EVALUATION ASSIGNMENT DATES: GRADE 8, 9 AND 10 O LANE

		Grade 8	Grade 9	Grade 10 O Lane
Wednesday	15 July 2020	Afrikaans	English	Design & Technology
Thursday	16 July 2020	Mathematics	Life Science	Physics
Friday	17 July 2020			
Monday	20 July 2020	Physical Science	Geography	Afrikaans
Tuesday	21 July 2020	English	Design & Technology	Business Studies
Wednesday	22 July 2020	Accounting	Entrepreneurship	Office Practice
Thursday	23 July 2020	Office Practice	Mathematics	Chemistry
Friday	24 July 2020			
Monday	27 July 2020	Life Science	Accounting	English
Tuesday	28 July 2020	Design & Technology	Office Practice	Mathematics
Wednesday	29 July 2020	Entrepreneurship	Physical Science	Biology
Thursday	30 July 2020	Geography	Afrikaans	Entrepreneurship
Friday	31 July 2020			
Monday	03 August 2020			Geography

PROCEDURES FOR EVALUATION ASSIGNMENTS: GRADE 8, 9 AND 10 O LANE

- The paper is referred to as an Evaluation Assignment and not a test.
- The Evaluation Assignment is posted at 07h00. Hard copies will also be available at 08h00.
- Parents collect hard copies between 08h00 and 10h00.
- Learners have that day to complete the assignment.
- On-line assignment must be submitted to the teacher before 07h00 the following day.
- Parents drop the hard copies off of those learners unable to submit on-line, to school between 08h00 and 09h00.
- Assignments not received will be followed up by Mrs Wilma de Wet (née van der Merwe). Mrs de Wet inform the parents via sms.
- The teachers mark the assignments and return it to the learners. These marks will give the learners and their parents feedback on the learner's progress and will not be used for promotion purposes.

***LIFE IS BECOMING MORE AND MORE COMPLICATED.
HERE ARE A FEW THOUGHTS THAT CAN PERHAPS HELP US
TO MAKE IT MORE SIMPLE.***

1. ***Make peace with your past,*** so it won't disturb your future.
2. ***What other people think of you,*** is none of your business.
3. ***The only person in charge*** of your happiness is you.
4. ***Don't compare your life to others.*** Comparison is the thief of joy.
5. ***Time heals almost everything.*** Give it time.
6. ***Stop thinking so much.*** It's alright not to know all the answers.