



Somerset College

Preparatory School Parent Handbook 2019



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COLLEGE MOTTO

Pietas (Means to serve or provide service)

PREAMBLE

Somerset College is a leading, independent, co-educational South African school set in the beautiful Western Cape winelands. It serves the local Helderberg communities from Pre-preparatory to Grade 12. Senior School children from further afield live in boarding facilities on the campus. Founded in 1997, the College has earned a reputation for all-round educational excellence. We have a record of strong academic, cultural and sporting achievements and an impressive environmental and outdoor education programme. Somerset College has a Christian ethos and promotes values education. The school places a strong emphasis on relationships, community involvement and environmental responsibility.

COLLEGE STATEMENT

At Somerset College, we endeavour to provide a nurturing and stimulating environment where young people are guided by teachers of calibre to develop self-awareness and positive relationships. We endeavour to provide each child with the opportunity to acquire the knowledge and skills to equip them to adapt and flourish in an ever-changing world. We hope that our school community will always contribute to their world with dignity.

We envisage a College which:

- offers a world-class standard of education, within the context of South Africa.
- strives for excellence in all activities according to each individual's unique ability.
- nurtures sound caring relationships.
- has a Christian foundation and fosters respect and understanding of other religions.
- creates a stimulating and challenging working environment for the entire College community.
- provides an educational asset which serves the wider community.

Somerset College:

- encourages children to think and act independently and to take responsibility for their decisions.
- provides the opportunity for the unique talents and abilities of each pupil to flourish.
- provides a broad and balanced programme which enhances the acquisition of life skills.
- acknowledges and embraces innovation and change.
- inculcates lifelong learning.
- engages with our wider community.
- is managed on sound business principles.

COLLEGE VALUES

Giving expression to our Christian ethos, Somerset College is committed to the core values of Dignity, Aspiration, Creativity and Contribution. We are also committed to respect, integrity, care, diligence and gratitude.



PREPARATORY SCHOOL CODE OF CONDUCT

We have a Code of Conduct so that we can enjoy a safe, happy and balanced education.

As a pupil of this school, I will try my best to Respect other children:

- by being friendly and kind
- by being honest
- by accepting that different languages and cultures exist
- by helping those with special needs
- by listening to the opinions of others
- Respect teachers, visitors and parents

- by greeting politely
- by listening to instructions
- by offering to help
- Respect the environment

- by not littering or damaging the school surroundings
- by being kind to animals and appreciating nature
- by taking care of school property
- Respect myself

- by accepting that I am unique and special just as I am
- by taking care of my body
- by not doing anything violent or dangerous
- by doing my best at schoolwork and extra-mural activities

“Love your neighbour as you love yourself.”

(Mark 12:31)

BOARD OF GOVERNORS

BOARD MEMBER	PORTFOLIO
Nicky Newton-King	Chair of Board
To be advised	Vice-Chair
Grant Harries	Chair Building and Grounds Committee
Michael van Wyk	Chair Finance Committee
Mimi Sekoboane	Diversity Committee
Johan Holtzhausen	Strategic Fundraising
Chris Campbell	Alumni Affairs
Adam Pyle	Chair of the Parent's Association

Ex-Officio members:

Graham Sayer	Executive Head Somerset College
Craig Verdal-Austin	Head Preparatory School
Heine Matthee	Business Manager Somerset College
Megan van der Poll	Head of Marketing
Joanne Gibson	Board Secretary

IMPORTANT DOCUMENTS

Acorn Bursary Trust
Bus Reply Slip
Somerset College Fee Structure 2019
Debit Order Request

TERM DATES

Term 1

Tuesday	15 January	Orientation Day for new students
Wednesday	16 January	Start of Term 1: Prep and Senior Schools
Friday	15 March	End of Term 1: Prep and Senior Schools

Term 2

Tuesday	2 April	Start of Term 2: Prep and Senior Schools
Friday-Monday	19 Apr to 22 Apr	Easter
Saturday	27 Apr	Freedom Day
Wednesday	1 May	Workers' Day
Friday	14 June	End of Term 2: Prep and Senior Schools

Term 3

Tuesday	9 July	Start of Term 3: Prep and Senior Schools
Thursday	9 August	Woman's Day
Friday	20 September	End of Term 3: Prep and Senior Schools

Term 4

Monday	7 October	Start of Term 4 : Prep and Senior Schools
Friday	6 December	End of Term 4: Prep and Senior Schools

IMPORTANT CONTACT DETAILS

Physical Address	Bredell Road, Somerset West, 7130	
Postal Address	P O Box 2440, Somerset West, 7129	
Telephone	021 842 8000	
Fax	021 842 0052	
Sports Office	021 842 8100	
Website	www.somersetcollege.co.za	
School E-mail Address	prep@somcol.co.za	
Sport E-mail Address	prepsport@somcol.co.za	
Headmaster	Mr Craig Verdal-Austin	cva@somcol.co.za
Deputy Head (Extra-Curricular and Discipline)	Mr Warren Bevan	w.bevan@somcol.co.za
Deputy Head (Academics)	Mrs Ruth Evans	r.evans@somcol.co.za
Head of Pre-Preparatory	Mrs Annie Aplas Hill	a.aplashill@somcol.co.za
School Chaplain	Mr Patrick Cordery	p.cordery@somcol.co.za
PA to Headmaster	Mrs Nicola McDonald	n.mcdonald@somcol.co.za
Administrative Assistant	Mrs Heidi Hudson-Bennett	hnb@somcol.co.za
Prep School Receptionist	Mrs Dianne Whyman	prep@somcol.co.za
Admissions Office	Mrs Patricia McNaught-Davis	p.mcnaughtdavis@somcol.co.za
Head of Marketing	Mrs Megan van der Poll	m.vanderpoll@somcol.co.za
Account Enquiries	Mrs Lizelle Nel	lizelle.nel@somcol.co.za
Events Co-ordinator	Mrs Melanie Barnard	m.barnard@somcol.co.za

Bank Account details (School Fees):

FNB
Branch: 250655
Account: 6273 490 8819 (current account)

Important note: Please use student number as payment reference. For any queries, contact Lizelle Nel on 021 842 8014.

STAFF PROFILES

Abdulla-Proske Nabila	Grade 3 Head	n.abdulla@somcol.co.za
Akdogan Victoria	Grade 4 Class Teacher	v.akdogan@somcol.co.za
Andrews Clive	Internship	c.andrews@somcol.co.za
Aplash Hill Annie	Head: Pre-Preparatory	a.aplashill@somcol.co.za
Bevan Warren	Deputy Head: Extra-Curricular and Discipline	w.bevan@somcol.co.za
Boessenkool Clarisse	Internship	c.boessenkool@somcol.co.za
Bosch Michelle	Grade 2 Head	m.bosch@somcol.co.za
Bosch Wayne	Grade 7 Head	w.bosch@somcol.co.za
Botha Anslin	Classroom Assistant (Grade R)	anslin.botha@somcol.co.za
Brits Susan	Part time Afrikaans Teacher Grade 4 & 5	s.brits@somcol.co.za
Brown Lauren	Head of Student Development Unit/Cognitive Development	l.brown@somcol.co.za
Buchholz Hayden	Grade 6 Head	h.buchholz@somcol.co.za
Buchholz Odette	Grade 1 Class Teacher	o.buchholz@somcol.co.za
Burger Nicolette	School Librarian	n.burger@somcol.co.za
Cordery Patrick	College Chaplain	p.cordery@somcol.co.za
Cowie Kate	Grade 4 Class Teacher	k.cowie@somcol.co.za
Currin Bryoni	Grade 2 Class Teacher	b.currin@somcol.co.za
de Kock Gareth	Grade 7 Class Teacher	g.dekock@somcol.co.za
de Kock Kirsty	Physical Education Teacher and Sports Coach	k.dekock@somcol.co.za
De Wee Lewellyn	Sports Coach	l.dewee@somcol.co.za
Du Toit Quentin	Head of Outdoor Education and Sports Coach	q.dutoit@somcol.co.za
Erasmus Debbie	Head of Life Skills, Head of P4C and Grade 3 Teacher	d.erasmus@somcol.co.za
Etsebeth Armand	Chess Coach	ae890915@gmail.com
Evans Ruth	Deputy Head: Academics. Head of Math/Cambridge	r.evans@somcol.co.za
Farrell Shaina	Head of Natural Science	s.farrell@somcol.co.za
Franck Lavern	Grade 00 Class Teacher	l.franck@somcol.co.za
Frost Tarryn	Grade 1 Head	t.frost@somcol.co.za
Gird Emma	Internship	e.gird@somcol.co.za
Haba Asiphe	Classroom Assistant (Grade R)	a.haba@somcol.co.za
Hobson Karin	Grade 6 Class Teacher	k.hobson@somcol.co.za
Hochfelden Lauren	Internship	l.hochfelden@somcol.co.za
Hudson-Bennett Heidi	Administrative Assistant	hhd@somcol.co.za
Joachim Margaret	Grade 5 Class Teacher	m.joachim@somcol.co.za
Kasanga Dorcas	Classroom Assistant (Grade 1, 2 and 3)	d.kasanga@somcol.co.za
Kirstein Lauren	Assistant Chaplain	l.kirstein@somcol.co.za
Knowles Jo	Head of isiXhosa	j.knowles@somcol.co.za
Kobilewsky Janine	Grade 4 Head	j.kobilewsky@somcol.co.za
Labuschagne Laetitia	Aftercare Manager	l.labuschagne@somcol.co.za
Le Roux Julie	Grade 000 Class Teacher	j.leroux@somcol.co.za

Lewies Luke	Sports Intern	lukelewies2@gmail.com
Linnegar Kate	Grade 1 Teacher	k.linnegar@somcol.co.za
Matava-Toro Fortunate	Aftercare Assistant	f.matava-toro@somcol.co.za
Matthysen Audrey	Grade 2 Class Teacher	a.matthysen@somcol.co.za
Mautse Lily	Classroom Assistant (Grade 000)	l.mautse@somcol.co.za
McDonald Nicola	PA to Head of the Preparatory School	n.mcdonald@somcol.co.za
Nkonjane Mavis	Classroom Assistant (Grade 00)	m.nkonjane@somcol.co.za
Pedersen Tracy	Grade 00 Class Teacher	t.pedersen@somcol.co.za
Putterill Eileen	Music Teacher	e.putterill@somcol.co.za
Qhata Mandy	isiXhosa Teacher Grade 1, 2 & 3	m.qhata@somcol.co.za
Roberg Karen	Grade 5 Head and Head of Social Science	k.roberg@somcol.co.za
Rose-Innes Taryn	Grade 7 Class Teacher	t.roseinnes@somcol.co.za
Rothman Lynne	Grade 000 Class Teacher	l.rothman@somcol.co.za
Selai Eunice	Classroom Assistant (Grade 00)	e.selai@somcol.co.za
Sevan Jason	Sport Intern	j.sevan@somcol.co.za
Simons Rowena	Aftercare Receptionist	r.simons@somcol.co.za
Smith Danette	Physical Education Teacher (Pre-Preparatory)	d.smith@somcol.co.za
Stander Megan	Grade R Class Teacher	megan.stander@somcol.co.za
Steenkamp Laurika	Class Music Teacher	l.steenkamp@somcol.co.za
Theron Lerina	Grade 3 Class Teacher	l.theron@somcol.co.za
Toro Hilton	Physical Education Teacher, Grade 1-3 LO Teacher	h.toro@somcol.co.za
van Graan Marietjie	Art Teacher	m.vangraan@somcol.co.za
van Tonder Elizabeth	Grade 5 Class Teacher	e.vantonder@somcol.co.za
van Zyl Robyn	Head of English and Grade 6 Class Teacher	r.talbot@somcol.co.za
Verdal-Austin Craig	Head of the Preparatory School	cva@somcol.co.za
Wake Sekelwa	Classroom Assistant (Grade 000)	s.wake@somcol.co.za
Webber Janet	Grade R Class Teacher	j.webber@somcol.co.za
Westraad Kelly	Drama Teacher	k.westraad@somcol.co.za
Whyman Dianne	Preparatory School Receptionist	d.whyman@somcol.co.za
Williams Jonnileigh	Senior School Internship	j.williams@somcol.co.za

THE SCHOOL DAY (includes sport practices for Grade 1-7)

	School Starts	School Ends (Mon – Thurs)	School Ends (Fridays)
Grade 000	08:30	12:00	12:00
Grade 00	08:30	12:30	12:30
Grade R	08:00	12:30	12:30
Grade 1 – 3	07:50	14:10	13:00
Grade 4 – 7	07:50	15:20	14:10

SCHOOL TELEPHONE NUMBERS

Please save these five cellphone router numbers onto your cellphone: 074 162 9438; 074 167 5781; 074 1711 290; 074 177 7408; 081 761 7252.

ABSENCE FROM SCHOOL

Please inform the Preparatory School receptionist (prep@somcol.co.za) if your child is ill and is not present at school. If a child is absent for periods of more than 2 days, a doctor's certificate or a letter to the Headmaster is required.

EXIT SLIPS

If you need to collect your child during school hours, please collect an exit slip from Prep Reception. The slip must be handed to Security at the gate.

STUDENT MEDICAL INFORMATION

A Medical Information Form will be sent home at the beginning of each year. This needs to be completed and returned to school. If your child has any medical condition, which requires special attention, please contact Mrs Dianne Whyman at Prep Reception.

SCHOOL COMMUNICATOR

The *College School Communicator* can be downloaded from the D6 Website <http://www.school-communicator.com/downloads>. Select the school's name from the drop-down list and follow the prompts. We have a mobi site which is free, and adding content to the *School Communicator* automatically adds it to the mobi site. If you any trouble with installation, please contact the Support Team on 0860 22 11 36 or support@school-communicator.com

LUNCHES

Please pack a healthy lunch for school each day. We suggest a fruit juice, water, fruit and a brown/whole-wheat sandwich. Pre-packed lunches are available at both first and second breaks for children in Grades 1-7. Please arrange with the *Preppies at Snack Attack* (021 842 8077 - Amelia Gertse - a.gertse@somcol.co.za).

The tuck shop is situated on the Prep School premises and is open daily from first break until 15:00. Tuckshop items, including Lunch of the Day can be booked and payed for on the Qkr App. *Please note that it is not possible to arrange for ad hoc snack orders for children who have forgotten their lunch at home. NB: Children from the Preparatory School are NOT permitted to purchase from the Senior School tuck shop.*

AFTERCARE

Time: Monday to Friday from 12:30 to 17:00.

Laetitia Labuschagne, a qualified teacher, is the Aftercare Manager. Rowena Simons is the Aftercare Receptionist and Fortunate Toro is the permanent Aftercare Assistant. The Pre-Preparatory Teacher Assistants and the Pre-Preparatory Teachers assist with playground duty and homework. They can be contacted on 021 842 8000 or 021 842 8108 (after 12:30) or aftercare@somcol.co.za.

There are different options to choose from, depending on your needs. All the information, including the Payment Option form and the Permission to Collect form, can be found on the Communicator under Resources/Aftercare.

BIRTHDAYS

Your child's birthday may be celebrated at school. Parents may supply cake/cookies/treats for all of the children in the class. Please chat about the arrangements with your child's teacher a few days before the event. *It is customary for the children to wear civvies and to donate a storybook to the school's library to mark this happy occasion!*

LOST PROPERTY

Please remember to clearly mark all items of clothing. The Lost Property and Second Hand Shop is open every Friday from 13h00 to 14h30. Lost items are sorted and listed every Friday. Colour coded lists are put onto the Communicator every Monday. Weekly colours are blue, yellow, green and red. Pupils/Parents have four weeks to claim items. If items are not claimed by week 4 they become Second Hand Property. Any unmarked items will be sold as Second Hand stock or donated to Red Cross. For queries email lostproperty@somcol.co.za or further details are on the Communicator under Resources/Lost Property.

PERSONAL TOYS / GAMES AT SCHOOL

Children are not permitted to bring their own toys and games to school, unless specifically asked to do so by the class teacher. Cell phones, iPods, etc. are NOT permitted in the Preparatory School.

TELEPHONE

Cellular phones are NOT permitted in the Preparatory School. However, if a child needs to call his or her parent in an emergency, they are permitted to go to the Preparatory School Receptionist to ask her to phone their parent.

STATIONERY

Somerset College Preparatory School does not use a specific supplier for our stationery requirements. The 2019 Stationery List will be made available to the parents on the School Communicator. Parents will be able to then shop at a stationery supplier of their choice. See Resources/2019 Stationery.

PREPARATORY SCHOOL PARENTS' ASSOCIATION: INTRODUCTION

The Preparatory School Parents' Association, commonly referred to as the PA, is a committee of elected parents.

The PA's principal objective is to improve communication and promote interaction between parents and the school's teaching and administrative body, ultimately positively influencing the school environment for its children. PA committee members are involved in school life insofar as this involvement assists class teachers, sports coaches and specialist teachers to provide a better level of service. Member parents give voluntarily of their time, skills and resources during their tenure on this committee.

The PA meeting is chaired by an elected Parent Chairperson. There are four to six meetings held during the year and all proceedings are minuted. These minutes are available for all enrolled parents and teachers to view on request. Once a year, the PA holds an Annual General Meeting that summarises the keynote achievements of the PA for the past year, and allows for questions to be posed by attendees.

The PA committee is comprised of a duly elected Executive committee, Class Representatives, and Portfolio representatives. All parents of children enrolled at Somerset College Prep are automatically members of the Prep PA and eligible for election to the PA Committee.

PREPARATORY SCHOOL PARENTS' ASSOCIATION: SELECTION OF CLASS REPRESENTATIVES

Class Representatives for all classes from Grade 000 to Grade 3 are nominated by the Class Teacher. There is one representative per class. Grade Representatives for Grades 4 to 7 are nominated by the Grade Head in consultation with the other teachers in the Grade. Nomination of the Class & Grade Representative will happen within the first week of school and, if more than one person is nominated per class, class parents will vote confidentially. The candidate with the most votes will become the Class Representative. Nomination forms are available from any current serving representative, the Chair of the PA or the Class Teacher.

At the discretion of the Class Teacher and/or PA Executive committee, the Class Representative may be supported by an assistant (i.e. fellow class parent). This is usually determined by the Class Representative's availability and/or ability to cope with the responsibilities of the specific class. The Class Representative will serve on the PA for one year where after they can be nominated to fulfil a role as part of the Executive committee or as a Portfolio Representative.

Office Bearers - The Executive Committee and The Portfolio Representatives are nominated by existing Class Representatives, Executive Committee, existing Portfolio Representatives or Parents for the following year in the fourth term of the preceding year. If a specific portfolio cannot be filled from the outgoing class representatives, nominations will be open to all members of the PA. If more than one person is nominated to a portfolio, the executive committee, current portfolio representatives as well as class representatives, will vote confidentially and the candidate with the most votes will become the duly elected office bearer.

Portfolio Representatives and Executive Committee will serve a minimum of one to two years. At the end of his/her term of office, the PA member will retire and but may be eligible for re-election for one further year. Thereafter he/she shall not be eligible for re-election for at least one year.

No member of the PA committee shall serve for more than five years. Should a PA committee member wish to resign from the PA, they are requested to give at least one month's notice and to try and assist in finding a replacement.

The elected representatives are announced at the AGM of the Parents' Association.

PREPARATORY SCHOOL PARENTS' ASSOCIATION: MAIN ROLES OF PA REPRESENTATIVES

PA Representatives are a vital link between parents and the school and the main role of the elected representative is to make communication between parents and the school more effective and to implement the objectives of the PA. The objectives of the PA are to:

- Bring parents together and promote communication and involvement with the school.
- Provide a forum for discussion of Preparatory and Pre-Preparatory School issues.
- Maintain close and positive links between the home and the school by maintaining contact between parents and the school, so that they may be aware of each other's views and interests.
- Provide a convenient and effective forum of communication between parents and the Board of Governors of Somerset College.
- Promote equality, respect and understanding of all people in the school.
- Support the Head and the Board in upholding the values, vision, mission and public image of the school.
- Support the school in all sport, cultural and any ad hoc activities by providing the necessary arrangements and catering for these events.

More information on the selection, function and management of the PA can be found in the Parent Association Constitution on the Communicator under Resources/Parents' Association.

UNIFORM SHOP

The College Shop hours are as follows:

Monday	07:30 – 15:30
Tuesday	07:30 – 15:30
Wednesday	07:30 – 15:30
Thursday	07:30 – 15:30
Friday	08:30 – 13:30

The College Shop will open two days before the start of each year from 9am to 3pm (Term 1) and one day before the start of Terms 2, 3 and 4. The College Shop is situated along the Ring Road (behind the Boarding House). Payment may be in the form of cash, credit card or EFT. Please note that proof of payment of EFTs must be received before stock will be released.

Banking details:

Vredelus Ltd

Bank: FNB

Account number: 6273 547 1063

Branch Code: 250 655

Please send email for reference.

The contact details of the uniform shop are as follows:

Telephone Number: 021 842 8008

Email: r.maij@somcol.co.za

SCHOOL UNIFORM: 2019

Eighteen months ago, the school made the decision to remove the Number 1 School Uniform in order to assist parents with their water usage at home. This decision was well received by the parent community.

This term, as the water restrictions have eased, we invited our parent body to comment upon whether the school should bring back the Number 1 School Uniform. The response was in favour of not reintroducing the Number 1 School Uniform.

Based on this response, we will continue with our current school uniform arrangement as we head into next year. No other sport clothing (second skins, tour clothing, sport socks and slippers) may be worn during the academic day with the school uniform.

SCHOOL UNIFORM: GRADE 1 -7 SUMMER UNIFORM

The clothing listed in the box below must be worn at all times to school.

Boys	Girls
<ul style="list-style-type: none">• Sport shirt• Blue quantec sport shorts• Short white socks with blue stripes• <u>Trainers/takkies (Predominantly white)</u>• School cap or wide brimmed hat• School tracksuit (Optional)• School jersey/fleece (optional)• Puffer Jacket (Optional - only to be worn with tracksuit pants)	<ul style="list-style-type: none">• Sport shirt• Blue quantec sport shorts or skorts (see below)• Short white socks with blue stripes• <u>Trainers/takkies (Predominantly white)</u>• School cap or wide brimmed hat• School tracksuit (Optional)• School jersey/fleece (optional)• Puffer Jacket (Optional - only to be worn with tracksuit pants)

PLEASE NOTE:

- Additional clothing/equipment that is needed for sport practices and sport matches must be brought to school in a school toq bag. (See attached list for details.)
- Trainers/takkies that are worn with the school uniform must be predominantly white.
- Girls' skorts - If the school deems that the skorts are too short on any individual child, they will be required to buy new skorts with adequate length. Please note that the Uniform Shop will not accept any exchanges if the item of clothing has been worn. Please ensure that you purchase skorts that are an acceptable length. Extra-length skorts are available in some sizes.

SCHOOL UNIFORM: FURTHER INFORMATION REGARDING SUMMER UNIFORM

Clothing

- The following items of clothing can be worn throughout the year:
 - Navy school jersey and School padded jacket (Only to be worn with school tracksuit)
- Long socks must be pulled up at all times.
- On occasions when children are permitted to come to school wearing civvies they should be appropriately dressed.
- A wide brimmed school hat or cap must be brought to school every day to be worn at break times and for sport where appropriate.
- *Tour clothing (Senior children) can only be worn at practices and not during the school day.*

Sport shoes

- Trainers/takkies that are worn with the school uniform must be *predominantly white*.
- These trainers/takkies can also be worn for the sport practices and matches. However, children are allowed to wear non-white trainers/takkies or astro boots for sport practices and matches (see exception below).
 - Cricket trainers/takkies/boots must be predominantly white.

Girls hair

- Hair must be tied up if it is longer than shoulder length. Only navy blue, red or white hair accessories may be worn.
- No child may dye or highlight their hair.
- No decorative jewellery of any sort allowed.
- One plain stud or sleeper may be worn in the bottom of each ear.
- No nail polish on fingernails or toenails.

Boys hair

- Hair must be appropriately short, neat and styled.
- “Stepped” haircuts and gel are not allowed.
- No child may dye or highlight their hair.

School Bag

- The College School Bag is available at the Uniform Shop

SCHOOL UNIFORM: BOYS ADDITIONAL UNIFORMS FOR SPECIFIC SPORTS

The clothing listed below is not part of the school uniform and may not be worn to school. The items needed for sport practices must be brought to school in a school tog bag.

<u>Practices</u>	<u>Matches</u>
Swimming <ul style="list-style-type: none">• School swimming costume• Inter-House Swimming cap• School Rash Vests (optional)• Swimming towel• Slipslops allowed	Swimming Gala's <ul style="list-style-type: none">• School swimming costume• School Swimming cap• School towel• School Slipslops (compulsory)
Athletics <ul style="list-style-type: none">• School athletics vests (Optional)	Athletics <ul style="list-style-type: none">• School athletics vests (compulsory)
Mini-cricket <ul style="list-style-type: none">• School white second skin (Optional)	Mini-cricket <ul style="list-style-type: none">• School white second skin (Optional)
Cricket (Hard ball): <ul style="list-style-type: none">• Long red with blue sport socks• School white second skin (Optional)	Cricket (Hard ball): <ul style="list-style-type: none">• White quantec shorts and long sport white socks (Compulsory)• School white second skin (Optional)
Tennis: <ul style="list-style-type: none">• School white second skin (Optional)	Tennis: <ul style="list-style-type: none">• School white second skin (Optional)
Hockey Skills (Grade 4 and 5) / Indoor Hockey (Grade 6 and 7): <ul style="list-style-type: none">• Long red with blue sport socks• Mouth guards/shin pads/sticks• Trainers/takkies	
Water Polo (Grade 6 and 7) <ul style="list-style-type: none">• School swimming costume• Inter-House Swimming cap• School Rash Vests (optional)• Swimming towel• Slipslops allowed	Water Polo (Grade 6 and 7) <ul style="list-style-type: none">• School swimming costume• School Swimming cap• School towel• School Slipslops
Inter-House events: <ul style="list-style-type: none">• House shirt	Inter-House events: <ul style="list-style-type: none">• House shirt

SCHOOL UNIFORM: GIRLS ADDITIONAL UNIFORMS FOR SPECIFIC SPORTS

The clothing listed below is not part of the school uniform and may not be worn to school. The items needed for sport practices must be brought to school in a school tog bag.

<u>Practices</u>	<u>Matches</u>
Swimming <ul style="list-style-type: none"> School swimming costume Inter-House Swimming cap School Rash Vests (optional) Swimming towel Slipslops allowed 	Swimming Gala's <ul style="list-style-type: none"> School swimming costume School Swimming cap School towel School Slipslops (compulsory)
Athletics <ul style="list-style-type: none"> School athletics vests (Optional) 	Athletics <ul style="list-style-type: none"> School athletics vests (Compulsory) Blue sport shorts or skorts (Dependant on Athletics Event)
Cricket (Hard ball): <ul style="list-style-type: none"> Long sport red socks (Practices) School white second skin (Optional) 	
Mini-cricket <ul style="list-style-type: none"> School white second skin (Optional) 	Mini-cricket <ul style="list-style-type: none"> School white second skin (Optional) Blue sport skorts (Compulsory)
Tennis: <ul style="list-style-type: none"> School white second skin (Optional) 	Tennis: <ul style="list-style-type: none"> Blue sport skorts (Compulsory) School white second skin (Optional)
Hockey Skills (Grade 4 and 5) / Indoor Hockey (Grade 6 and 7): <ul style="list-style-type: none"> Long red with blue sport socks Mouth guards/shin pads/sticks Trainers/takkies 	
Water Polo (Grade 6 and 7) <ul style="list-style-type: none"> School swimming costume Inter-House Swimming cap School Rash Vests (optional) Swimming towel Slipslops allowed 	Water Polo (Grade 6 and 7) <ul style="list-style-type: none"> School swimming costume Inter-House Swimming cap School towel School Slipslops
Inter-House events: <ul style="list-style-type: none"> House shirt 	Inter-House events: <ul style="list-style-type: none"> House shirt

SCHOOL UNIFORM: SPECIFIC UNIFORM FOR ARTS AND CULTURE

The clothing listed below is not part of the school uniform and may not be worn to school. They are to be worn when the Choir, Jazz Band and Orchestra are performing.

BOYS	GIRLS
<ul style="list-style-type: none"> Short sleeved school golf shirt Blue Bermuda Shorts Long dark blue school socks Black school shoes Navy school jersey (long sleeved) 	<ul style="list-style-type: none"> Short sleeved school golf shirt Blue culottes Navy blue stockings Black school shoes Navy school jersey (long sleeved)

ACADEMIC MATTERS: ASSESSMENTS

At Somerset College Preparatory, we strongly believe that academic excellence manifests itself through consistent effort, diligence and academic rigour. Somerset College Prep follows the Cambridge International Primary Programme where English, Mathematics and Science form the core curriculum areas.

Learning does not take place in isolation and skills such as goal setting, planning, organizing and maintaining a healthy balance are essential components of each student's development. Just as a child learns to deal with success, so too should failure be seen as an opportunity to build resilience and determination.

The structure of assessments incorporates various thinking levels from simple recall to analyzing and evaluating knowledge. Content is used as a tool to facilitate the understanding and application of knowledge in a critical way. In Grade 1-7, continuous assessment is used and children are encouraged to continue building on their skills. Formal assessments are done from Grade 4-7.

ACADEMIC MATTERS: PARENT INTERVIEWS

Parent interviews take place at the end of Term 1 and in the first week of Term 3. A link is sent out to parents and these appointments are booked electronically. Parents may be contacted by the teacher should she/he have concerns with regards to the students work during the course of the term. Parents in turn are also encouraged to contact teachers if they have any concerns.

ACADEMIC MATTERS: REPORTING

Students in Grades 1-7 receive a detailed report at the end of the first and second semesters i.e. June and December. Reports are e-mailed to the parents and are also available on the school parent portal.

Grades 1-3

Learning objectives are used in Grades 1, 2 and 3 to reflect the student's ability in the core Cambridge subjects of English, Mathematics and Science. A detailed comment by the teacher includes the student's progress in other learning areas and also comments on the social and emotional aspect of the student.

Grades 4-7

The reports reflect the progress made in the following Cambridge core subjects: English, Mathematics, Natural Science as well as Afrikaans, isiXhosa and Social Science. The semester results reflected on the reports are a culmination of continuous assessment marks (which include various forms such as tasks, projects, class tests and oral presentations) as well as formal assessments written during the term. Grades 6 and 7 write their formal assessments during a Test Week in June and November.

STUDENT DEVELOPMENT UNIT

The Student Development Unit (SDU) at Somerset College Preparatory School aims to provide support and assistance to any learner (and this learner's family) who may experience challenges. These challenges may be academic, physical, social or emotional. The SDU team is comprised of a psychologist, speech therapist, occupational therapist and two remedial therapists. A multi-disciplinary approach is adopted and each learner's well-being at the school is closely monitored by the team.

PASSPORT PROGRAMME

This is a challenge set for the grade for the duration of the year. They have a number of tasks or events to complete within the year. These events need to be documented in their 'passport book'. Items include: sport, IT, media, cultural activities, outdoor education, community service, self-development and literacy.

A specific passport aimed at each particular grade has been drawn up. The passport is not compulsory, and if children are unable to complete it, this is not a problem. Certain events will be offered at school, and the children will need to make their own arrangements to complete the others.

The aim of this is to encourage the children to do things outside their comfort zone, to learn certain life skills, to explore our amazing environment and to challenge themselves. All this is in building and preparing for what they are going to need when it is eventually their turn to go on the amazing adventure called Trek in Grade 9. The Grade 7 pupils participate in a leadership programme which takes the place of a passport.

OUTDOOR EDUCATION

As part of our quest for an all-round education, the school, in conjunction with an array of professional facilitators, we arrange a number of exciting and challenging outdoor activities and outings throughout the year to enhance our academic and cultural programme. The outdoor philosophy is based on the seven "Rs" i.e. Rites of passage, Relationships, Reach, Rootedness, Responsibility, Risk and Reflection.

Our aim for Grade 1-3 is to expose the children to a multitude of outdoor experiences and equip them with the appropriate skills required to meet these challenges. The Grade 1s' first exposure to Outdoor Education takes place when they participate in the 'Expedition Day'. This involves map reading, shelter building and fire safety. The Grade 2 children go on a two-day camp alongside the Breede River and the Grade 3s complete a three-day camp where they lay the foundations of many outdoor skills.

In Grade 4-7, the children build on their knowledge of the outdoors and learn to apply the skills developed over the previous years. These include: responsible fire making, shelter building, first aid, knot tying, rope work, cooking and map reading. The Grade 4s undertake a three-day camp, while the Grade 5s and 6s are challenged further by attending four-day camps. At the completion of Grade 7, the children end their year with the 'Grade 7 Experience' – an action-packed, week-long adventure. Activities include hiking, camping, abseiling, rock climbing, solo time, paddling and archery.

Children leave the Preparatory School after seven years of exciting outdoor camps and activities, amongst all the many other things they are exposed to. They do, however, have much to look forward to at Somerset College Senior School as they continue with a further four years of fantastic adventures in the outdoors.

CLUBS

The Clubs Programme, which is run at the end of the first term, allows the children to participate in a number of exciting activities. The choice of clubs may change from year to year.

MUSIC: INTRODUCTION

At Somerset College Preparatory School, we would like to align our vision and policies to the Cambridge syllabus as described below.

“When studying the Music syllabus, children listen to, perform and compose music, encouraging aesthetic and emotional development, self-discipline and, importantly, creativity. As a result, children enhance their appreciation and enjoyment of music, an achievement that forms an ideal foundation for future study and enhances lifelong musical enjoyment.”

Instruments offered at Somerset College Preparatory School:

Individual: Piano, Keyboard, Organ, Recorder, Flute (from Grade 4), Clarinet, Saxophone, Trumpet, Trombone, French Horn, Euphonium, Violin, Viola (from Grade 4), Cello, Drum kit, Guitar, Ukulele, Voice, and Harp

Group: Guitar, Singing, Recorder, and Drums

Ensembles: Junior Choir, Senior Choir, Jazz Band, String Ensemble, Recorder Ensemble, Marimba Band

MUSIC: INSTRUMENTS

Children are expected to commit to an instrument for a full year, as it is only after a year that one can determine if sufficient progress has been made. A child is expected to have his/her own instrument at home. Selected instruments may be leased from the school, subject to availability, at a cost of R600 per term.

MUSIC: LESSONS AND LESSON TIMES

The following lesson options are available:

- Individual lessons:
 - 30 minutes (1 x 30 min lesson per week)
 - 60 minutes (2 x 30 min lessons per week)
- Group lessons (2 or 3 students) - Guitar, Singing, Recorder and Drum kit:
 - 30 minutes (1 x 30 min lesson per week)
 - 60 minutes (2 x 30 min lessons per week)

There are 32 guaranteed music lessons per year (64 lessons for those children that have registered for two 30 min lessons per week). Lessons take place mainly during school hours. Children with academic challenges will only be permitted to have music lessons outside academic time. These lessons will take place after their school day ends. The timetable will be set in consultation with the class teachers. In order for children to be excused from class, their academic levels should be sound. Grade 1s will only be placed after consultation with their class teacher. Grade 1 – 3 children will be called by their music teachers. All Grade 4 – 7 children are expected to arrive for their lessons unassisted. Each homeroom classroom will have the music timetables displayed to assist children in taking responsibility for their lesson times.

MUSIC: LESSON PREPARATION

Children will receive written and practical homework after each lesson. Practicing at home, as well as support from parents, are essential to ensure progress. Parents are encouraged to check their child's music homework book regularly. Daily practice is expected and failure to prepare for lessons could result in the termination of lessons at the end of term.

MUSIC: EISTEDDFODS AND EXTERNAL EXAMINATIONS

Children that show diligence and commitment will be considered for participation in external examinations and eisteddfods. Children will only be considered for entry if they have achieved the required level. This is to ensure that both teachers, parents and children are not burdened with last-minute preparations.

MUSIC: PERFORMANCE OPPORTUNITIES

Music events will be held throughout the year to give opportunities for public performances. This will include assembly performances, performing at events and functions, busking, lunchtime concerts and festivals.

MUSIC: WAITING LIST

Current music students and children on the waiting list will be given first option. For the remainder, senior children will be considered before junior children. Those children coming from other schools who have already been receiving music tuition will receive preference over beginners.

MUSIC: LESSON ATTENDANCE AND CANCELLATION

If a child misses a lesson due to illness, a family crisis, or school outings the teacher will endeavour to schedule a catch-up lesson. Any catch-up lesson will be dependent on the availability of the teacher. Lessons missed due to public holidays or any other school activities (e.g. tests) will not be rescheduled. Failure to attend a lesson due to any other reason apart from reasons stated above, will be forfeited. There are no refunds on cancelled lessons.

A full term's notice to the Director of Music (d.basson@somcol.co.za) must be given in writing if a child decides to discontinue lessons due to academic pressure or other extenuating circumstances. Notice must be given before the fourth week of term. Lessons during the notice period will still be charged for, whether they take place or not.

MUSIC: ACCOMPANIMENT

All children who play orchestral instruments, as well as singers, are expected to perform with accompaniment at examinations (internal and external), eisteddfods/competitions, recitals, concerts and any other performances.

Children have the following options:

- To be accompanied by his/her instrumental teacher should he/she be willing and able.
- To be accompanied by one of the permanent music staff members.
- To be accompanied by a person outside of school (this person must be approved by the Director of Music).
- To be accompanied by backing tracks (MP3) (voice, guitar, drum kit students only).

Accompaniments by staff for all internal examinations, concerts and other school performances, will be free of charge. Accompaniments by staff for all external examinations, concerts and other performances not organised by the school, will be for the parent's account. (Please contact the Director of Music for more information.) Children who choose to use their own accompanist for internal school examinations or recitals, will do so at their own cost.

MUSIC: FEES

You will receive an invoice from either the music teacher or the school. The fees for permanent staff members of Somerset College will be added to the school account. Fees for ALL other staff must be paid directly to the teacher. Do not pay any music fees into the school account, unless they have appeared on your statement. Payment is due in the third week of each term. If fees are not received, lessons will be suspended until payment is received or alternative arrangements have been made with the music teacher. Instrument leasing will be charged to your school account. If an electronic payment to the school has been made, a payment confirmation must be sent to the school.

SPORT: INTRODUCTION

Why do we do sports at the Prep School?

At Somerset College Preparatory School, our children are involved in many sports. You might ask the questions: “Why play sport? What role does it play in my child’s development?” Hence, the following concepts are what underpins the sport at the Prep School:

Healthy living and physical development

Today, children live very differently to previous generations. They are able to communicate with people and places around the world in an instant – with a press of a button; not to mention the hours spent watching TV or playing computer games. The physical development of the child is completely neglected in this type of lifestyle. At the College, we endeavor to develop a compulsory sports programme that will expose the children to a wide range of sports, which will address the physical development of the child. This programme should also provide opportunities to develop a positive attitude toward physical exercise - in other words, a lifestyle.

Enjoyment

Children need to not only participate in sport, but also to love the enjoyment side of it. It is not all about making the A or B team. If children are allowed to experience a wide range of sports at a young age, it allows them to discover which sports they enjoy, and which sports for which they may have a talent. This puts them in a position to make an educated choice as to which sports they would like to focus on when they move into the Senior School. We must not forget the enjoyment side of sport! It’s also about enjoying the game and having fun!

Skills development

Sport provides the opportunity for children to learn and develop various skills. Different sports will challenge the children to use different skill sets and, in the process, develop a child’s self-confidence.

Playing as a team and what the team accomplishes

The role of a team (learning to play as a team) must never be underestimated in the growth of a child. The things that a team accomplishes or, for that matter, does not accomplish, will influence the development of a child. It is also a place where a child will experience differences and hopefully learn to tolerate those differences and, at the same time, support them.

Camaraderie/friendships

Through playing sport, children learn about camaraderie and friendships. It’s the friendships formed on the field that will impact their lives off the field. Opportunities to play in festivals, tournaments and tours encourage the development of friendships.

Learning to compete (emotional development)

Sport offers an opportunity for children to learn how to compete. It teaches children how to emotionally handle winning as well as how to handle losing. These life skills that the children learn through experience are paramount to their emotional development.

Respect

Sport also challenges the children to learn about respect. This includes respect for the game (how you play it and with what type of attitude you should play the game) as well as respect for all of the role players of the game (coaches, opposition, spectators and the referees/umpires). The children are the custodians of the future of the games that they play.

SPORT: FURTHER INFORMATION

The Journey

'The Journey' is an experiential sport journey from Grade 1 to Grade 7, whereby the children get opportunities to get involved in as many sports as possible, thereby experiencing what that sport has to offer. Research clearly supports this concept, that it is the experience of many sports from a young age that is beneficial to the child, rather than specialising in one sport. One unique aspect of 'The Journey' is that by the time a child leaves Grade 7 they will have all experienced at least one sport tour!

Grouping of Age Groups in order to be Competitive

'The Journey' is more important that the results we achieve as a school. The process is the key – development of skills, enjoyment and participation. However, as the children mature it is also important to develop a good healthy competitive spirit at the higher grades. For this reason, we only group age groups (U12 and U13) at our 1st Team level we put out our strongest team, but without creating a 'vacuum or a growing gulf' between the level of skills in A Teams and B Teams and for that matter between B Teams and C Teams. At times, however, the school will group younger age groups depending on whether we have enough children to make up a team (Rugby is a point in case where we group U10s and U11s together).

Addressing the "Vacuum" - Minding the Gap!

Often in a small like ours often the gap in skills between the children playing in the different teams can become a concern. We refer to it as the "Vacuum". How can a child improve their skill level at a sport beyond the sports programme? What is the school doing to try and close the gap between A and B Teams, thus creating depth in skill levels? Presently the Prep School offers additional coaching after our sports programme for boys and girls who would like to improve and develop their skills. These additional coaching sessions such as 'Winter cricket Nets' and Pre-season Hockey Clinics, occur from time to time and are communicated via the Communicator. The school also offers private (paid) coaching sessions in some sports, which are run by well-qualified coaches in the form of clinics. These clinics take place over weekends and in the holidays. See the Communicator for more details.

Coaches Development

All coaches receive First Aid Training and have their Police Clearance certificate. All our coaches are expected to attend our Sport Psychology Workshops, which are run through the year. Coaches also attend internal coaching training clinics as well as outside training courses and/or conferences. Our coaches are regularly assessed by the Heads of Sport with particular reference to the manner in which they relate to the children in their care. The Prep School Sport Department is in the process of linking up with the lecturers who teach at the Stellenbosch University Sport Science Department to bounce ideas and get the latest new topics of interest. Many of our coaches are BA Sport Science students who are training as sport coach specialists.

School Communicator (under Resources):

Information about forthcoming fixtures, teams and times can be found on the School Communicator. Fixture Lists for the various sports are placed on the Communicator, but the odd change does occur in the event of a cancellation from another school or if we are able to find an extra fixture for one of our teams. Please consult this resource weekly to stay abreast of any changes that may arise. Team lists are also put on the Communicator under Resources after the final match preparation practice has taken place.

Sports Notice Boards:

All fixture information is placed on the sports notice boards in the corridors of the school. You will find team lists, times of fixtures, fixture venues, transport arrangements and dress codes on these team lists. They are displayed after the final match preparation practice has taken place. It is crucial that both parents and children check these details.

Selection Policy

Teams are selected and finalised during the practice before the upcoming match, for example: the U13C hockey team is finalised on a Monday for a Thursday match. Players who do not attend practices will not be selected for matches. However, specific circumstances will be taken into consideration when teams are selected. It is important to note that a child's negative attitude and/or poor behaviour during sport practices or in the classroom could negatively affect their selection for teams or upcoming tours.

Cancellation/postponement of sport matches or practices due to poor weather/heat

In the event of a cancellation or postponement, you will be advised by means of an alert on the Communicator. A message will be sent to your PA Reps and, where possible, they will pass this message via the WhatsApp Groups

Sport uniform

The correct sport uniform must be worn for practices and matches. Please see the Uniform Policy in the Parent Handbook (Pages 15-18). Please note that *mouth guards* (hockey and rugby) are compulsory and that coaches have been instructed not to allow players onto the field if they are not wearing a mouth guard. The Pietas System: a 'consequence' will be given to children who consistently do not bring the correct uniform or equipment for sport.

Commitment to matches

Somerset College children are expected to fulfil their sports match commitments ahead of other non-school extra-mural activities. Some fixtures take place over a weekend and all children selected for these matches are expected to fulfil their commitments on that day. Only in exceptional circumstances, and after consultation with the Deputy Head (Extra-Curricular and Discipline), will a child be excused from his or her commitment. Please avoid, where possible, making appointments on practice and/or match days. Your co-operation and understanding in this matter will be much appreciated.

Sick or injured children

If a child is unable to participate in sport practices due to being ill or injured, they may be allowed to leave school at the end of their academic day. Parents should email the Sports Department in this regard at prepsport@somcol.co.za.

- Grade 1 – 3 children must be collected from the Preparatory School Receptionist and parents must collect an exit slip. If parents are unable to collect their child they will be supervised in the usual manner.
- Grade 4 – 7 children do not need an exit slip and can be collected from their classrooms. If parents are unable to collect their child they will be supervised in the usual manner.

Parents are expected to provide doctor's certificates for their children if they are unable to participate in sport for more than two days.

Over-aged and under-aged players in sport teams

Somerset College Preparatory School plays regular fixtures in the Western Province (Helderberg Zone). We have to adhere strictly to the age group guidelines as set out by USASA, the national controlling sports body. This means that in our official sports fixtures against other schools in our zone, we may not field over-age players. Although this only affects a small number of children, it is a very emotive issue which, if ignored by Somerset College, can lead to us being suspended from local competitions.

Under-aged players: If a child is too young for their grade, we give them the opportunity to choose which grade or age group they would like to play in. If they choose to play in their correct age group, they may produce better results and achieve more, but the trade-off is that they won't be with their grade friends. If they choose to play in the grade, they will be with their grade friends, but they will not be allowed to play in the A or B teams. They may, however, be selected for any other team.

Over-aged players: The guidelines are similar for over-aged players. If they choose to play in their grade, they cannot be selected for 'A' teams, but will be involved in other teams where possible. If

they choose to play in the right age group, they will obviously not be playing with their peer group (friends in their grade), but may be selected for any team.

U14 players: Grade 7s who are U14, will be given the opportunity to be involved in the Senior School programme if they so choose.

PLEASE NOTE: For all these scenarios listed above, the decision is often dependent on the ability and maturity of the child and will be decided in consultation with the parents and the Deputy Head (Extra-Curricular and Discipline).

Sport Awards

For information regarding the school's Sports Award Policy please see under Resources/Sport – Awards.

SPORT: SUMMER AND WINTER SPORTS OFFERED

Grade 1-7 Children participate in the following sports:

WINTER SPORT: BOYS	WINTER SPORT: GIRLS
Hockey	Hockey
Rugby	Netball
Cross Country (Grade 4-7)	Cross Country (Grade 4-7)
TAG Rugby (Grade 1 and Grades 4-7)	Chess
Chess	

SUMMER SPORT: BOYS	SUMMER SPORT: GIRLS
Cricket (U10 – U13 hardball)	Cricket (U10 – U13 hardball)
Mini-Cricket (Grade 1-3)	Mini-Cricket (Grade 1-3)
Athletics (Grade 4-7)	Athletics (Grade 4-7)
Tennis	Tennis
Indoor Hockey (Grade 6 and 7)	Indoor Hockey (Grade 6 and 7)
Chess	Chess
Kinetics (Grade 1)	Kinetics (Grade 1)
Squash (Grade 7)	Squash (Grade 7)
Pilates (Grade 6 and 7)	Pilates (Grade 6 and 7)
Astro Hockey Skills (Grade 4 and 5)	Astro Hockey Skills (Grade 4 and 5)
Rugby Development Skills TAG (Grade 4 and 5)	Hip Hop (Grade 4 and 5)
	Softball (Grade 4 and 5)

SPORT: SUMMER

Cricket (Boys and Girls)

We participate in the Helderberg cricket league. Although we have cricket matches on Tuesday and Wednesday afternoons, at times we participate in Saturday matches. In practice sessions, our programme ensures that all of our teams are rotated through our facilities so that everyone has the opportunity to use the nets, fields and Indoor Centre. This provides a solid basis for building the skills involved in batting, bowling and fielding.

Tennis

Class tennis lessons occur during the school day in which an entire grade participates. Typically, coaches have between 8 and 12 players on a court with them, depending on the size of the whole group and the number of coaches available. The playing ability during these sessions is very varied, which results in us splitting the group as best we can to ensure that players are challenged according to ability.

Coaches adapt their lessons as follows:

Beginner players focus on ball skills to develop basic strokes and apply basic tactics.

Intermediate players develop their strokes to be able to keep a rally going and apply basic tactics.

Advanced players play all strokes, do drills and play doubles if court space allows.

Players that are ready for squad tennis will be identified during these lessons and invited to attend squad training sessions.

Tennis is a fantastic game for our students to learn, however, not everybody can make it into the school team. Our aim in tennis is two-fold: firstly, we would like to get all players to develop their skills sufficiently to be able to keep a rally going; secondly, it is important that we challenge the players that show talent and a desire to play matches so that they can represent the school well in these matches.

Athletics

Athletics trials are held on the first four days of school in the first term and these culminate in our Inter-House Athletics Meet. Once we have run this, we select our best athletes to participate in our Inter-Schools Triangular against Bridge House and Somerset House as well as the Beaumont Day/Night Athletics Meet in the Fourth Term. We hold athletics squad sessions in which we get experienced coaches in to develop our athletes so that they are able to produce their best performances in these athletics meetings. Commitment to these squad sessions is crucial. Training for the Inter-Schools triangular will start at the end of term 3 in order to prepare the athletes. Children may challenge for a place in the team during this time.

Indoor Hockey

We enter boys' and girls' Grade 6 and Grade 7 hockey teams into the Indoor Hockey League hosted by Somerset College and Somerset House in the first term. League matches take place on Monday evenings and run from 16:30 to 21:00. Indoor Hockey is not a main summer sport and, as a result, practices are fitted into slots where most of the children are available. These times are then

Swimming

Swimming as a sport has two primary objectives. The first is to make all children water safe during their pre-preparatory years and the second is to provide an avenue for those children who are talented in swimming to excel in the sport. In addition to the normal swimming slots during school time, we have implemented team swimming sessions during sport as well as a swimming squad session for children who are unable to make a normal sport slot. As a team swimmer, children are expected to attend their class swimming as well as one other session that is in the sport programme. Our swimming team participates in local galas in the Helderberg basin, which are hosted on various days of the week. We hold a Championship Gala for the team as well as new children who would like to make it into the team. We also hold an annual Inter-House gala, in which we get as many children as possible involved.

The weather in the fourth term is always temperamental and, as a result, we swim when the conditions are favourable. As there are generally less galas in the Fourth Term the focus turns to conditioning for the new year.

Please refer to the sport programme on the communicator as well as any letters that are posted during the season.

Waterpolo

Waterpolo is a new and exciting sport, which was introduced into our Sports Programme for Grade 6 and 7 children in 2016. Children, who choose to do waterpolo, must make themselves available to be part of the Swimming Team. Head of swimming will select the children at the beginning of the term.

SPORT: WINTER

Hockey

Our school participates in the Helderberg Zonal League. The schools involved in this league are from Somerset West and surrounding areas (Strand, Gordon's Bay, Macassar, Stellenbosch etc.). Our aim is to make sure that as many of our teams participate in matches on Thursday afternoons. However, this is often difficult as some schools have fewer teams in certain age groups than we do and this would mean that, on occasion, some of our teams will not play a match on a particular week. We have also found that the A teams participate on a more regular basis than the B and C teams.

Netball

The netball league involves children from U7 through to U13. League matches take place on Wednesday afternoons but are sometimes played on a Monday, depending on how many teams are in the league. We make every effort to make sure that all of our teams participate in the weekly matches, but not all schools have enough teams available in all age groups. The girls that are not chosen that week may have a normal practice session on our courts on a Wednesday.

Rugby

We feel that rugby is a sport that is critical in boosting the physical and psychological development of our boys. There is a lot of hype and emotion that surrounds the sport, so we have taken the decision to run rugby in way which will suit our own interests best. We are involved in the WP rugby league, where matches take place on Wednesday afternoons. We also try to organise our own fixtures against teams of our own strength as well as against touring teams.

Cross Country

Cross country training is an option for Grade 4-7 on Monday to Thursdays. Friday afternoons are Helderberg league races which are held at various venues around the Somerset West/Helderberg area. Grade 1-7 may participate in these races.

Chess

Chess is offered to Grade 1 -7 on Monday and Tuesday afternoons as well as a sports choice for Grade 4-7. At present, we have an U9 and two U11 teams entered in the League who play matches on Friday afternoons during the Winter season.

SPORT: Pietas Acorn the 1st aka "Oakie"

Another addition to the Sport Department is the following character:

This character is part of our small school, but has a huge heart and you will see him/her around the school promoting sporting events. We asked the children last term to suggest names for this character and they came up with the following: Pietas Acorn the 1st – aka 'Oakie'.



SPORT: EXTRA-CURRICULAR PROGRAMME INFORMATION FOR PARENTS

Grade 1-3 Extra-Curricular Programme

- The Extra-Curricular Programme involves four afternoons of sport.
- The Extra-Curricular Programme is published at the beginning of each term on the Communicator.
- Please see further details under '*Sport*' (Parent Handbook pages 23-32).
- There is also an option for your child to participate in additional activities after school. Please see further details on the Communicator.
- Sport Squads:
 - Tennis and Athletics Squads occur after school hours.
 - If your child is selected for the Tennis and Athletics Teams to compete in Inter-School events, they must make themselves available for these extra sessions.
 - Team Swimming (Squad) occurs during the sport sessions and after school.

Grade 4-5 Extra-Curricular Programme

- The Extra-Curricular Programme involves four afternoons of sport with choices available.
- The Extra-Curricular Programme is published at the beginning of each term on the Communicator.
- Please see further details under '*Sport*' (Parent Handbook pages 23-32).
- There is also an option for your child to participate in additional activities after school. Please see further details on the Communicator.
- Sport Squads:
 - Tennis and Athletics Squads occur after school hours.
 - If your child is selected for the Tennis and Athletics Teams to compete in Inter-School events, they must make themselves available for these extra sessions.
 - Team Swimming (Squad) occurs during the sport sessions and after school.

Grade 6-7 Extra-Curricular Programme

- The Extra-Curricular Programme involves four afternoons of sport with choices available.
- Grade 6 and 7 children only have to commit to three of the afternoons. However, we do encourage the children to commit to four days where possible.
- The Extra-Curricular Programme is published at the beginning of each term on the Communicator.
- Please see further details under '*Sport*' (Parent Handbook pages 23-32).
- There is also an option for your child to participate in additional activities after school. Please see further details on the Communicator.
- Sport Squads:
 - Tennis and Athletics Squads occur after school hours.
 - If your child is selected for the Tennis and Athletics Teams to compete in Inter-School events, they must make themselves available for these extra sessions.
 - Team Swimming (Squad) occurs during the sport sessions and after school.

SPORT: ROLE OF THE PARENT - CODE OF CONDUCT

One key element which will hugely impact the development of these principles is the *Role of the Parent*. The challenge that parents face is huge. Sometimes the fine line between seeing your child's potential and seeing their performance often gets blurred. Whether your child is playing in the A team or D team, the potential should always be celebrated from the sidelines. They should hear the cheers and encouragements flowing. I sometimes think that many children would love to say to their dads (in particular): "Dad, don't coach me!" If that happens, then the lines have been blurred between potential and performance. The key is to not allow your child's performance to distract you from their potential. The challenge for the parents is to keep supporting the potential from the sidelines and to ask questions (after a sports match) like:

- What did you enjoy about the game?
- What did you learn?
- Did you give your best?
- Did you play as a Team?

The challenge is to avoid questions like:

- Who won?
- Did you win?
- Who scored the goals?

Cheer (for all)

It is important for parents to keep in mind that over-involved parents who consistently shout out negative comments from the sideline will create tension in the game and upset the players, coaches and officials. On the opposite scale, I would encourage parents to not only support and encourage their own child, but also the other players. Take a moment to applaud excellent play from the opposition team as well. The officials (coaches, umpires etc.) also need to hear a good word or two for all their hard work. And let's not forget to build relationships with the visiting parents by congratulating the visiting parents on their children's play or sportsmanship. The key is to cheer for all and to avoid singling out your own child all the time.

Refrain (from criticizing)

I can picture the trip home in the car after the game with dads (in particular) commenting on what their child did wrong in the game; who did not pass the ball; who lost the match for the team; who should be dropped and so on. Many children are aware of their mistakes and certainly did not plan to make those mistakes when they woke up on the morning of the match. I would imagine that at this point in time on the drive home, your child was wishing that the match had never happened. Never lose sight of what your child wants and be cautious of trying to live your dreams through them. Remember that this is your child's experience, not yours.

Support (the coach)

There are two important aspects to support. Firstly, if there are issues or concerns, then it is imperative that the player and/or their parents take up the issue with the coach directly and not spread rumours or gossip about the coach on the side of the field. It is not in the best interest for all parties if these meetings take place after a match or practice. Often after a match or practice, the coach is involved in various goings-on and is not in a position to deal with or give your concerns the time they deserve. Pre-arranged meetings must be encouraged as this will afford the coach the opportunity to properly prepare for the meeting without any distractions.

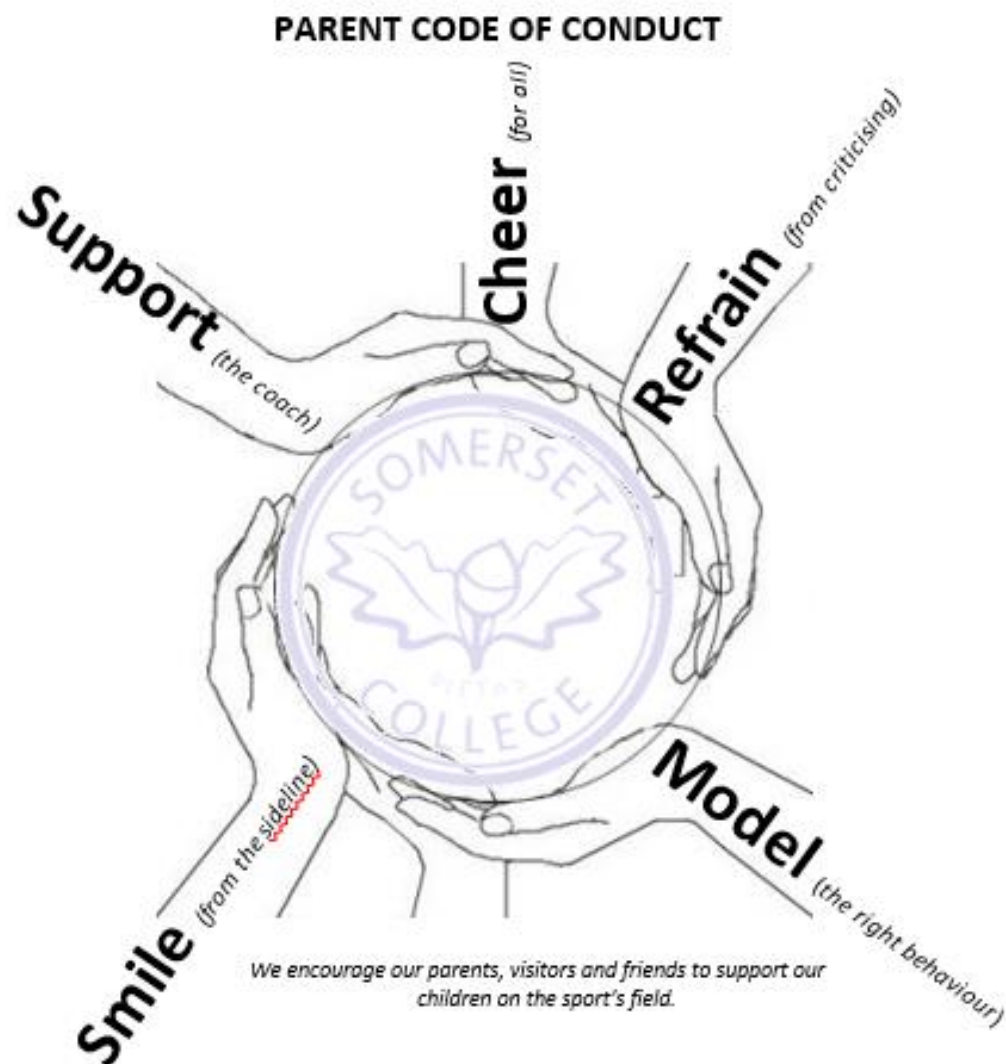
Secondly, your child's enjoyment will be affected if you place them in a catch-22 situation where you consistently give advice before and during games (shouting out from the sideline) which differs from what the coach has instructed him or her to do. Who does your child listen to? No child wants to disappoint their dad or mom and this extra pressure will only exasperate the situation, affect her or his enjoyment, and possibly even their development. By all means, after hours, take your child for extra coaching; spend Saturday afternoon bowling in the nets to him or her; knock the hockey ball around at home or even spend time kicking the rugby ball over the poles. But during the game, let the coach do his or her job, while you focus on yours, which is to positively support your child and the team.

Smile (from the sideline)

As coaches we have seen countless situations when little Johnny or Susie managed to catch a ball, pass a ball or make a good tackle during a game and, for the briefest moment, the world stops as little Johnny or Susie looks to the sidelines for your approval. I wonder what they would see. Is a grim-faced look? Are you stomping about? Are you shouting negative comments? Could I ask that parents leave their *game face* at home and when the world stops for that brief instant, as your child looks your way, you give them a huge smile. Give them a proud face to look at even if you do not feel that way! Give them a 'thumbs up' and a 'go for it' look. Keep in mind that these are young children who need your support in the right way and that, after all, it's just a game!

Model (the right behaviour)

Remember that your children are watching you as well. You are a significant factor in their lives and the manner in which you behave along the side of the field will be modelled by them on the field. If you are 'throwing your toys' and shouting abuse at the officials, do not be surprised when your child behaves in the same manner. If the coaches/officials have requested that you do not enter the 'dug out' or 'team talk area' and this is disregarded by parents, it models a negative behaviour (disrespect) to the players. Actions speak louder than words and children learn far more from what they see than what they are told. If there is a lack of self-control and respect for authority by spectators, it becomes very difficult for the coach to develop the player's skills or even get him or her to enjoy the game. There will always be issues in sport, for example: a disagreement on a referee's / umpire's decision; a dispute over what position your child should play; a disagreement about a close call in a game. These situations are part of sport, but I would encourage parents to handle these difficult situations in such a way that models the right behaviour to the young children in our care.



SPORT: ROLE OF THE CHILD - CODE OF CONDUCT

While taking part in sport at this school, I will try my best to ...

Show pride in my school

- by wearing clean, tidy and correct sports kit at all times.
- by being loyal and committed to all matches and practices.
- by taking care of all equipment and using it appropriately.

Be a good sport

- by encouraging and respecting my fellow team members.
- by being polite to the opposing team.
- by congratulating or thanking the other team and referee.
- by controlling my temper and emotions.
- by accepting the instructions and decisions of the coach or referee.
- by obeying all the rules of the game.

Be a good team player

- by being as fit and healthy as I can be.
- by playing my hardest.
- by enjoying the game, whether we win or lose.

PIETAS SYSTEM: INTRODUCTION

What is the Pietas System?

The Pietas System teaches children about 'Choices' and 'Consequences'. It is about making the right choice. It is about having the freedom to make a choice, but that we are not free of the consequences of that choice.

Process

Each grade/class will develop its own system, which supports and encourages the children to make the right choices.

- These systems are designed to build and encourage children.
- These systems are applied to sport, academic and behavioural circumstances.
- These systems are grade specific.

However, children who consistently make wrong choices will lead to them receiving a 'Consequence' (See Consequence List). Feedback to children as to why they got a 'Consequence' is essential. These 'Consequences' are communicated to parents on a daily basis.

If a child receives FIVE Consequences in a term, they will have to complete a Friday Detention. An email from the Homeroom Teacher will communicate this. Once a child receives a second detention (10 Consequences in total) in a term, parents are called in for a formal meeting with the Homeroom Teacher. The child still completes the Friday Detention and is also placed on Daily Report for a minimum of up to three weeks. The Daily Report is signed off by the parents and Deputy Head daily.

Once a child receives a third detention (15 Consequences in total) in a term, parents are called in for a formal meeting with the Head, Deputy Head, Grade Head and Homeroom Teacher. At the discretion of this committee, the following consequences or a combination of these will be applied:

- Further daily report
- Detention on Saturday
- Suspension
- Possible expulsion

Additional Comments

- All 'consequences' are cancelled at the end of each term.
- Each child's circumstances will be individually considered.
- The Pietas System will be introduced to Grade 1 in term 4.
- At detention children will:
 - write out Code of conduct
 - write out Sport Code of Conduct
 - write out School Rules
 - write out Re-do messy work
 - write out Complete homework
 - complete reflection of behaviour worksheet
 - clean up the vandalised area

Recorded on Google Docs

All information is recorded on a Google Docs Sheet, which is easy access for all staff. Staff handing out the 'consequences' are responsible for recording the behaviour and communicating with the parents concerned. However, it is important for Homeroom Teachers to regularly monitor their own classes.

Communication

Communication between parents, child and the teacher is essential. The Pietas System is about developing relationships with the parents and child. The Pietas System is about knowing the child and communicating clearly with him/her and his/her parents. Children must know why they have received a 'Consequences'. Engagement with the child in this regard is vital for the correct message going home. 'Consequences' comments by staff need to be clear and detailed on the Google Doc Sheet.

Inter-House Challenge - Record of Points (Currently under review)

House Points will be allocated to children. These House Points will be added up and announced in the Final Term Assemblies. The Winning House at End of the term will be announced in Assembly. The Winning House Flag is raised in the Prep Hall. House Points are recorded on a excel spreadsheet on PrepStaffData/Inter-House Challenge. The house points are added to other House points in the term, which are announced in Final Assemblies of each term.

PIETAS SYSTEM: CONSEQUENCE LIST

1. Academics
 - Homework not done
 - Assessments/tasks not signed by parents
 - Untidy or messy work
 - Arriving for class late and/or unprepared

2. Behaviour
 - Disruptive behaviour in class
 - Bad language (oral or written)
 - Bringing devices with cell phone capabilities to school
 - Not listening in class or following instructions
 - Disrespectful (rude or impertinent) behaviour shown towards staff members, adults and peers
 - Consistently wearing incorrect School or Sports Uniform

3. Extra-Curricular
 - Poor sportsmanship at sport practices or matches and cultural practice or event
 - Late arrival at a sports or cultural practice (without permission)
 - Late arrival at a sports match or cultural event (without permission)
 - The behavioural list above also applies to The Extra-Curricular Programme

4. Instant Friday Detention
 - Fighting
 - If the child is found to have bullied another child (See comments below)
 - Non-arrival at a sports or cultural practice (without permission)
 - Non-arrival at a sports match or cultural event (without permission)
 - Bunking (Including leaving the class without permission)
 - Vandalism
 - Stealing
 - Fooling around and damaging school equipment
 - Gross inappropriate behaviour
 - Playing in 'Out of Bound' areas (See School Rules)
 - Inappropriate use of the School's Internet (Inappropriate websites)

PIETAS SYSTEM: BULLYING

Definition

Bullying is ongoing and not a once off incident. Forms of bullying are:

- Verbal
- Physical
- Emotional
- Social platforms

Process

The incident is investigated and parents are involved. The issues is discussed at the Pastoral Committee.

Dealing with Bullying in the school

The schools deals with bullying in various platforms, namely:

- Life orientation lessons
- Assemblies
- Anti-Bullying Programmes

Consequences

1. Friday Detention
2. Counselling is paramount
3. Restoration is important for all role players
 - Victim
 - Bully
 - Bystander
4. Repeated offence
 - Suspension
 - Possible expulsion

PIETAS SYSTEM: SOCIAL MEDIA

Introduction

Children are not allowed to bring cell phones (including watches with phone capabilities)/devices/laptops to school. The school's responsibility lies in educating the children in using these devices in a responsible manner through various Life Orientation lessons and guest speakers. The education of parents is also vital in order to assist them in navigating the challenges of technology and their children. As a result, guest speakers are invited to speak at evening meetings or Breakfast Talks.

Devices with cell phone capabilities brought to school

If a child brings a devices to school the following procedure will apply:

- The device will be confiscated and handed to the School Secretary
- Parents will be emailed and told that the device can be collected from the School Secretary
- The child will receive a 'consequence'

Use of cell phone which brings the school's name into disrepute

It is important to be aware that although a child might misuse their cell phones after school and/or off campus, the effect of this misuse will have a huge impact on the school and also bring the school's name into disrepute. If and when these situations arise, the following recourse will apply:

- The matter will be thoroughly investigated
- Parents will be called in for a meeting to discuss the matter
- The issue will be discussed with Senior Management and one or a combination of the following consequences will be implemented:
 - Saturday detention
 - Suspension
 - Possible expulsion

THE COLLEGE SONG

We sing of Somerset College
Centre of learning and knowledge
Set midst mountains and the vine
Blessed with vistas so sublime
Let us through every endeavour
Serve, live and foster forever
Values that will make us worthy of our school.

Lord, as we stand here together
May we do Your will forever
Grant that as we pass through here
We may always witness bear
To lessons taught by our Saviour
In all our thoughts and behaviour
And create a school which glorifies Your name.

THE COLLEGE PRAYER

We come before You, O Lord with praise and thanksgiving as the day brings us another round of
tasks and duties.

We thank You for this College, for the opportunities which we have here, and for the people with
whom we work.

Help us to be kind in thought, gentle in word, generous in deed, and always mindful of the needs of
others.

Help us to develop the talents which You have given us, and to use them to do Your will.

Above all, Lord, we ask Your blessing on our work and play, so that all that we do may be acceptable
to You.

We ask these things in the name of Jesus Christ, our Lord.

Amen

