

THE Saints Weekly

ROUND-UP



ARE YOU *following*
US ONLINE?

Are you interested in pre-ordering tea / lunch meals for your son during the week? Scroll to the end of the newsletter to see what the "Loving Cup" Tuck Shop has on offer and how to place your orders.

CATCH UP YouTube

Did you miss one of our assemblies this week? Click on any of the below images to watch the corresponding assembly...



MIDDLE SCHOOL
ASSEMBLY WITH MR HUTTON

A MESSAGE FROM OUR
CHAPLAIN, MR DUCASSE



#FLASHBACK Friday



This time last year, our boys in Scrummies were very excited to be welcoming their friends from St John's D.S.G. on to our campus for a Spring Day celebration!



THIS WEEKS' READING FROM Chapel

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things. Whatever you have learned or received or heard from me or seen in me – put it into practice. And the God of peace will be with you.

Philippians 4: 8-9



THE SAINTS *Cricket Academy*

Cricket South Africa, through the Sports Ministry, have opened applications for academies to resume one-on-one coaching. We are pleased to announce that the Saints Cricket Academy has received approval and will resume coaching on 1 September 2020. The academy will be based at the St Charles College Indoor Centre and run by pro-cricketer, Kurtlyn Mannikam. We welcome Kurtlyn's association to the Saints community and we look forward to his energy and expertise adding great value to our cricket programme through the Academy.

We also congratulate him for recently being announced as the KZN Inland Player's Player and Player of the Season awards.

To find out more information please contact Kurtlyn Mannikam through the following channels:

Kurtlyn Mannikam

Telephone: 083 580 1321

Email: SaintsCricketAcademy@gmail.com



GETTING TO KNOW OUR *Saints Coaches* Q&A WITH MR BRETT CROESER

Saints Mental Skills Coach

WHAT ARE YOUR FAVOURITE SPORTS?

I love all Sports so to pick a favourite is tough, So I'll give my top picks in no particular order: Swimming, Water Polo, Rugby, Football and Cricket. I also enjoy watching the NBA and NFL.

FAVOURITE ACTIVITY TO RELAX / DESTRESS?

Do some exercise, run, swim, gym, also cannot beat a good game of touch.

FAVOURITE FOOD?

Burgers.

FAVOURITE HOLIDAY?

Beach or the Bush.

FAVOURITE BOOK?

Wolf of the Plains, a book series on Genghis Khan.

I SUPPORT... (WHICH PRO TEAMS)?

Liverpool (No, I am not on the bandwagon – I have been supporting them since 1998), Sharks and Dolphins.

THE MENTAL SIDE OF SPORT – HOW IMPORTANT IS IT?

Immensely important! The margins become so small as you move through the levels that the truly distinguishing factor is what goes on between your ears. How do you handle things when they don't go your way? How do you handle training when it becomes a slog? How do you cope with injury setbacks? These are just some questions that an athlete will have to answer for themselves at some stage in their career.

If they aren't prepared or haven't had the correct training in dealing with these questions they will invariably struggle to cope.

CAN YOU DIFFERENTIATE BETWEEN DREAMS AND GOALS?

To put it into simple terms, a dream is something that you hope happens in the future, there is no timeline set and it is often not measurable. Whereas a goal is something that is measurable and has a timeline attached to it. Now the important thing to remember with goals is that they will remain dreams until you write them down and make yourself accountable to them. Once you have your goal you will then need to place process goals in front of you, these process goals will help you to walk the road that it will take in order for you to reach your main goal.

WE WANT OUR BOYS TO BE PROCESS DRIVEN, NOT RESULT DRIVEN... IS THERE A SIMPLE PRINCIPLE WE CAN APPLY TO SUPPORT THIS MINDSET?

Yes, there is – remain in the moment. You must always be asking yourself the question, is this the very best that I can give in this moment. If we can string enough of these moments together the results will start to take care of themselves. We should be rewarding or punishing the habits that it took to receive a result rather than the result itself, in this way the habits get reinforced rather than the results.

WHAT ARE THE KEY INGREDIENTS FOR A POSITIVE TEAM ENVIRONMENT?

The first step is for the entire team to be on board with the idea that the team and their needs come first. The person responsible for this approach is the coach, the players need to trust that the coach will always have the best for the team in mind. It is up to the individual to look after their particular set of skills, if we get this right then the whole becomes greater than the sum of its parts.

A LESSON WORTH SHARING FROM YOUR EXPERIENCE (WITH REGARDS TO SPORTS PSYCHOLOGY)?

Growing up my chosen sport was an individual one, this took so much adaptation within myself. What is difficult about an individual sport is that it is always on you, a missed session is on you, a bad race is on you. However, at the same time there are the successes which somehow seem sweeter. This provided motivation for me to always push myself to achieve the goals that I had set for myself.

MOST INFLUENTIAL COACH YOU HAD (AND WHY)?

I would have to say two of my coaches who influenced me in different ways.

Tony Shuttleworth – Who was my coach growing up. I never heard him raise his voice, yet his demeanor always let us know that we weren't going to get away with anything. He was a coach that always got the best out of me both at training and at galas having an intrinsic sense of when and how he could push me.

Pierre De Roubaix – The head coach at Stellenbosch. I arrived as a fresh-faced 1st year walking into a University elite squad. He took me under his wing and allowed me to settle into the rigours of the increased training load moving from 8km a day to 12km, not only did the volume increase but the intensity took a massive leap too.

BEST MEMORY FROM YOUR SCHOOLBOY DAYS AT SCC?

I really enjoyed my entire school career at SCC, but I will say that one thing that always stood out for me was how much we played for each other and never stopped fighting for each other regardless of the result.

A couple good memories do stand out though, beating Hilton at Hilton, and some big OBD wins against strong DHS sides.

WELDING CLASS



A time lapse video of one of our Grade 11s, Gower Shaw, in action during a recent welding class!

BEST OF THE *Eisteddfod* CONCERT

Congratulations to Sheldon Spence (Grade 12) who has been invited to participate in the SAMT PMB Best of the Eisteddfod Virtual Concert for 2020!



SENIOR SCHOOL *Artwork* OF THE WEEK

This week's artwork of the week is a monoprint by Grade 11 art student, Nillendran Govender.

A monoprint is made by placing a piece of paper on an inked piece of glass and drawing the image in pencil on it. When you lift the paper, the print is on the other side. It is an exciting medium because you are never absolutely sure what it's going to look like. - Ms Mary-Ann Hartley



NEWS FROM THE *Senior Primary*

GRADE 7 HOODIE HANDOVER

Earlier this week our Grade 7 Class of 2020 were excited to receive their hoodies – an annual tradition and special commemoration of their time in the Senior Primary School.

We received the following message from Mr Brett Sliedrecht, the Head of our Senior Primary School:

Our Grade 7 Class of 2020 donned their hoodies for the first time this week. These would have been worn on the Cape Expedition, but this year will have another special use. The top-secret nature of the surprise means that we are only able to share the information in a cryptic riddle. – “Tough as nails, when faced with a spanner in the works, the tough gets going – on an EPIC adventure!”



GRADE 4 VISIT TO SJS

Last Thursday, our Grade 4 boys were invited to take a walk around St John's D.S.G. and had the chance to learn all about the storm water drainage system that is being constructed in preparation for 50-year and 100-year floods.

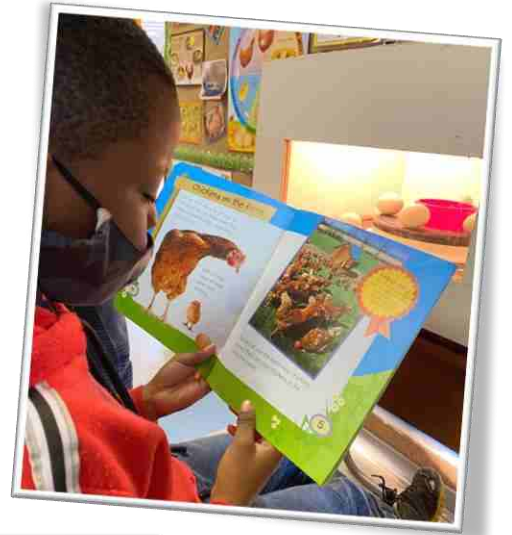
We were lucky enough to have the engineer explain to us the science behind the way in which it was designed. This was very relevant to our boys who are learning about natural disasters in Biology.

– Mrs Philippa Nipper



SPOTTED IN THE *Junior Primary*

ONE OF OUR GRADE 3 BOYS, OWEN PHONGO READING A STORY TO OUR NEWLY HATCHED CHICK IN THE CLASSROOM!



AS PART OF THEIR LEARNING ABOUT 'VRUGTE EN GROETE' IN AFRIKAANS, OUR GRADE 3 BOYS PREPARED AN ORAL WHERE THEY MADE A FRUIT SALAD OR GREEN SALAD IN FRONT OF THE CLASS!

NEWS FROM *Scrummies*



BEAN GROWING IN GRADE 0

Our boys in Scrummies love to learn, especially when it involved learning by 'doing'!


To help learn about plants and how they grow, our boys have started growing their very own beans.



Connecting

YOUR BUSINESS WITH THE
GREATER ST CHARLES COLLEGE
COMMUNITY...



Click the image above to visit the  Friends of the College page on our website!

We would love to help connect your business with the greater St Charles College community. In order to facilitate this, we would really appreciate the following details pertaining to your business:



Company Logo (jpeg/pdf)
Company Name
Website (URL)
Company Tag Line / Motto

Please email these details to saintsfriends@scc.co.za

We have created a page on the St Charles College website where SCC Families are able to promote their businesses as well as support other families associated to our College. There is no cost associated to this networking opportunity.

Now is the time for us to support the one's closest to us, so please make use of our family network.

Open from lunches 12pm till 1.30pm weekdays

ST CHARLES CAFE'

PRE-ORDER & PAY ONLINE
ORDER 5 LUNCHES * GET 2 FREE DRINKS
WHATSAPP 0833039161



DAILY MENU

Home made chicken & mushroom pies R30
Toasted sandwiches R25
Cheese / tomato / Bacon / Egg / Bobotie
Sweet or Savoury Muffins R20

Mondays	Spicy mince roti	R20
Tuesdays	BBQ Chicken Wings	R20
Wednesdays	Hot Dogs	R15
Thursdays	Chinese Beef Noodles	R20
Fridays	Pizza Party Slices	R15



ST CHARLES COLLEGE

S O U T H A F R I C A

Term Dates 2020

REVISED EDITION

Our goal has been to preserve as many school days as possible in spite of the uncertainty and disruptions caused by the Covid-19 pandemic. To this end, we extended the second term by one week, effectively reducing the July holiday to two weeks. We believe we are now in a firm enough position to confirm the dates for the remainder of the year.

End of Second Term 2020

The second term closes on 26th June.

Third Term 2020 Dates Confirmed

We would like to confirm that the term dates for Term 3 will remain as published (see below).

Fourth Term 2020 Extended by One Week

Term 4 is extended by one week to ensure we do not carry a time deficit into 2021.

The Start of the First Term in 2021

We will elect to start one week later than usual in January 2021.
These dates have been prepared and will be published shortly.

Term 3	
Staff and Boarders Return	13 July (Monday)
Lessons Commence	14 July (Tuesday)
Founders Day	26 July (Sunday)
Women's Day (and additional public holiday)	10 August (Monday) School Day
Mid-Term Exeat (Friday & Monday no school)	14 August - 17 August
Senior Speech Day	17 September (Thursday)
End of Term	17 September (Thursday)
Term 4	
Staff and Boarders Return	28 September (Monday)
Lessons Commence	29 September (Tuesday)
Mid-Term Exeat (Friday & Monday no school)	30 October - 02 November
End of Term (Prep and Senior)	03 December (Thursday)
Teaching Staff Leave	10 December (Thursday)
Management, Administration and Finance Staff leave	15 December (Tuesday)



ST CHARLES COLLEGE

S O U T H A F R I C A

Term Dates 2021

Term 1	
Finance Team Return	11 January (Monday)
Administration, Managers (incl. Housemasters) and Support Staff Return	11 January (Monday)
Teaching and Boarding Staff Return (Training Wednesday - Thursday)	13 January - 14 January
Grade 8 Orientation	16 January (Saturday)
Senior School Boarders Return (Grade 8 - Grade 12)	17 January (Sunday)
Senior School Lessons Commence (Grade 8 - Grade 12)	18 January (Monday)
Prep School Boarders Return (Grade 4 - Grade 7)	18 January (Monday)
Prep School Lessons Commence (Grade 000 - Grade 7)	19 January (Tuesday)
Mid-Term Exeat (Friday and Monday No School)	19 February - 22 February
End of Term	26 March (Friday)
Term 2	
<i>Easter Weekend 02 April - 05 April (Friday - Monday)</i>	
Staff and Boarders Return	19 April (Monday)
Lessons Commence	20 April (Tuesday)
Freedom Day	27 April (Tuesday) School Day
Workers' Day	01 May (Saturday)
Mid-Term Exeat (Friday and Monday No School)	21 May - 24 May
Youth Day	16 June (Wednesday) School Day
End of Term	18 June (Friday)
Term 3	
Staff and Boarders Return	12 July (Monday)
Lessons Commence	13 July (Tuesday)
Founders Day	26 July (Monday)
Women's Day	10 August (Tuesday) School Day
Mid-Term Exeat (Friday and Monday No School)	13 August - 16 August
New Boys Weekend (Grade 8)	11 September - 12 September
Senior School Speech Day	16 September (Thursday)
End of Term	16 September (Thursday)
Term 4	
Staff and Boarders Return	27 September (Monday)
Lessons Commence	28 September (Tuesday)
Mid-Term Exeat (Friday and Monday no school)	29 October - 01 November
End of Term	02 December (Thursday)
Teaching Staff Leave	09 December (Thursday)
Management, Administration and Finance Staff Leave	15 December (Wednesday)