



# Alexander Road High School

Private Bag X34377  
Newton Park  
6055  
Gqeberha  
South Africa

15 August 2025

Tel: 041 365 1270  
E-Mail: [info@arhs.co.za](mailto:info@arhs.co.za)  
Web: [arhs.co.za](http://arhs.co.za)

Dear Alex Family Members

## A Moment of Sanity

At this time of year time seems to accelerate. We are only just passed the middle of the year but we are starting to complete the work with our Grade 12s and supporting them into the second last set of full school exams that they will face. We have loads of activities crammed into the time before the hall is dominated by exams. The pace seems relentless. In order to prevent that flood of demands placed on all of us we need to take a moment of serenity every so often. Finding a place and a time to deliberately take a breath is critical in ensuring that we remain centred. It is too easy to be swept along in the torrent and be battered and damaged by the turmoil. Without a deliberate focus on sustaining our mental health things can unravel quickly. Please take a moment of serenity this week, you are worth it!

## Congratulations

Some of our pupils entered projects in the expo for Young Scientists. Izibele Mapempeni with Eric de Necker won a Silver category award in Grade 8.

Norman Msaka in Grade 10 won a Gold category award

Chloe Siwisa 9z - built an App for teaching Grade 5 to 7 learners maths concepts like long division amongst others. She has been nominated to attend the International Expo in Gauteng in October.

Mija Kliment has been chosen for the Slovakian National Ladies Indoor Hockey Squad for 2026.

The Gold and Silver lapel badges for Academic achievement were handed out today. We are very proud of all those people who are recipients of these badges. Their names are in the list accompanying this newsletter.

The following musicians achieved these results in the Eisteddfod last week

Jaymiane Jaftha – Silver

Hannah Van Eyk – Gold

Lwam Hani – Gold

Esona Magongo – Gold

Katoka Milemba – Gold

Nina Li – Diploma

Kyle Ansley – Silver

Phoebe Campher – Gold



Ayabulela Masango – Gold  
 Aidan Esbach – Gold  
 Mikayla Campher – Gold  
 Siyambulela Mtshingila – Diploma  
 Thawe Mtshali – Gold  
 Jody Marcus – Diploma  
 Marimba Duet – Gold  
 Tuba Duet – Silver  
 Double Bass Duet – Bronze  
 Flute Quartet A – Gold  
 Flute Quartet B – Gold  
 String Ensemble – Silver  
 Brass Ensemble – Gold  
 Big Band – Gold  
 Concert Band – Diploma



### Knysna Derby

We need to have everyone who is joining us on the bus tomorrow morning to Knysna to be at school before 04H30. Please send a snack as we will not allow them to purchase food on the way there. Our first toilet stop is at Storms River so they need to get that done before leaving home. We plan to leave Knysna High school by 14H00 tomorrow. As soon as we get to Baywest on the way home, we will get them to start contacting you. Please fetch them as promptly as you can on Saturday afternoon. We are looking forward to the fixture in spite of the prediction of a little rain.

### Afrikaans Week

We are very excited to host our first ever Afrikaans Week starting next week. Alex is turning 70 and Afrikaans is 100 years old this year. The celebrations will take place through the week in class and in the evenings. Well done to the inspired Afrikaans department for getting this initiative together

### Alex Choir Festival

If you missed the performance last night, you definitely missed out. The last performance is tonight, please don't miss it.

Please look after yourself and those you love this week.

Regards

Matthew Ridgway

