



It is that time of the year

It is the time of the year that tends to reek havoc and fear among students in every grade. The exams usually tends to 'spike' up fear, anxiety and panic upon learners. The question remains though, what else could help us during this chaos?

First in order to overcome the fear of exams, one must know what triggers such fears. The general answer to this would be poor study methods, an underlying anxiety problem or lack of proper preparation, both mentally and physically. Scientists who performed several studies found that cognitive factors play a great role in examination anxiety. Student expectations are one of these factors. For example, if a negative mentality is set, he or she is likely to become anxious before and during an exam. Get to know your fears before overcoming them.

Thankfully there is a solution to our



problem. Here are a few things which can minimize anxiety.

The simplest of all is to get enough sleep. Our brains need 8-10 hours of sleep in order to

help with concentration and good memory. Avoid the perfectionist trap.

This simply means that mistakes can be made and that is okay. Knowing that you put in all your effort is what truly matters. Regular breaks are a must, as this allows the mind to relax and fully process what you have studied. Never forget to drink plenty of water, as staying hydrated is vital and increases positivity.

The exams and reaching that good grade are no easy targets at all, but remember there is always a solution to the problem. As long as you follow these tips and study, you have already made it half-way, all that is left to do is to write that exam. Good-luck!

Sharleen Mofilla



FROM THE EDITOR

Farewell to 2021

The moment is here, the end of 2021 has slowly but surely arrived. Yet another year designed with unique and undoubtedly exhausting challenges. I This year was defined by the principle of adaptation. Discovering ways to navigate the new normal was a memorable milestone for this year, certainly we are all grateful to have confidently conquered the task of creatively managing yet another, rather stressful year. I proudly look back at a joyous school year filled with cherished traditions catered to this new normal. Our learners were given the chance to compete in the Interhigh as well as various other sport activities. The drama department was able to successfully host the annual play. Young ladies of WHS were able to showcase their talents and leadership skills by taking part in the Miss WHS pageant. Many fundraising initiatives, dances and special events such as dressing up as frontline workers and saying goodbye to our seniors, were all made possible. Overall, adaptation as well as determination made this year special.

"The bad news is, time flies. The good news is you're the pilot". The quote by Michael Altshuler perfectly describes how we are given the opportunity to choose what we make of our time. Instead of falling victim to our circumstances, we change, we adapt and with that we overcome our difficulties.

Genice Ockhuizen

A Musical to Remember



This year, the Blue School had a high school musical for the first time in years. We performed the play “Beauty and the Beast” on the 21—24 October 2021. It was an amazing show, and really told *a tale as old as time...*

There was a lot of work done behind the scenes to accomplish this phenomenal show. Let’s open the curtains to see where it all began.

The journey to make this musical a reality started in the first term of this year, when Mrs Heidi and Mr Sawyers held auditions for roles in the play. At the end they had a cast of about 50 learners, from the Beast to the villagers.

We quickly started rehearsals every Monday afternoon, Saturday morning and even in culture periods during school hours. At the same time we had a team making costumes for the characters and props for the background. From eggs for the market to Gaston’s flamboyant costume, were designed and made by scholars.



After months of rehearsals, weeks of preparation, days of dress rehearsals and hours of stress, it was finally time for Opening Night on the 21st of October 2021! Tensions were high on stage when the curtain opened, but we soon fell into familiar steps and songs as practiced.

This musical can be considered as one of the highlights in WHS’s school year. An immense thanks to all the help and support. A special thanks to the cast, technical

team and Mrs Oberholzer and Mr Sawyers for their hard work and dedication.

Fanie Gous



My Experience as part of Beauty and the Beast

At the beginning of the year there were auditions held to choose the cast for Beauty and the Beast. We rehearsed every week. Everyone was very welcoming and friendly, even on days that felt like it would never end. The learners put in so much effort to make the musical a success. We all had mixed emotions when it came to an end. I think everyone would agree with me that it was a wonderful journey.



Amè Snyman



CULTURE

WINDHOEK HIGH SCHOOL

Mikrofoon... Ligte... Aksie!



Christmas on a farm

The Hostels Christmas dinner was held on the eleventh of November and organised by Mrs Estelle Hein. The theme was 'Christmas on a farm' and the event was kick started with speeches conducted by the Head boy and girls, Jason van Wyk and Shandre Jantjies. Thereafter, mouthwatering meals such as barbecued meat and crispy garlic bread were served. During the unforgettable evening, gifts were exchanged, songs were sung, poems were recited while laughter and euphoria prevailed. The atmosphere was regarded by the 'Huis Dreyers' Head boy as an "... ecstatic night where I could forget about all the stress accompanied by exams, and a time where I could have fun and simply relax." The event overall, symbolised a time of jubilation and sharing in which hostel learners could be together and enjoy themselves.



Daisy Murakwani



Teachers Day



Forms of Communication at WHS

We would love to keep you informed of the latest events, news and information from WHS. In order not to miss out on anything, please ensure that you are connected to all 3 of the following forms of communication:



d6 COMMUNICATOR

The school communicator is used to send through reminders,

information and news items of interest to our learners and parents. This form of communication is regarded as the most efficient way to get information through on a relatively short notice. Please ensure that you download this app to stay connected this way.



FACEBOOK

Our Facebook page is used to share important information and reminders but also photos of events and learner achievements, as they happen. Please follow our page to learn more about our school and our learners.



WHATSAPP GROUPS

Whatsapp groups are created by the teachers to ensure that communication flows from the class teacher to all parents.

The school acknowledges this as an effective form of communication but cannot accept any responsibility for the content of such groups.

Please use a **broadcasting group** on this platform instead of a chat group. This way only the administrator of the group receives comments from group members, and not the whole group. The administrator can still send a reply to the message to the whole group, if he/she feels that the whole group will benefit from it. The sole purpose of such groups should be to share school related information. By using a broadcasting group, no ads, videos or other irrelevant information, emoji's, negative comments or discussions can disturb its members or the rest of the school community. Also, please do not broadcast after 21:00 in the evening or before 06:00 in the morning. We urge both parents and teachers to honour this request.

PLEASE!!

If you have any 2nd hand WHS school or sport clothes to donate, please bring it to Sport shop at Finance.

THANK YOU



To advertise at WINDHOEK HIGH SCHOOL, please contact us @ projects@whs-edu.com arts-culture@whs-edu.com for more information.



Communication Box Feedback

Teachers speaking Afrikaans

1 Issue was taken to management and any further issues may be reported in the communication box

2 Why are we not allowed to hold hands but we hold each other in the kreet?

The kreet is WHS tradition and a very important part of our school spirit. However, you may do it alone if you wish. Holding hands is PDA and not allowed on school premises

3 Why are we not allowed to wear natural afros?

The rules state that natural afros are allowed, however there is a restriction regarding the size of it. So you may wear your natural afro but it may not be too big.

Please note that some information is sensitive and cannot be shared but rest assured that it is being handled.



It all started with a bet...



Theopoline Amupembe was crowned as the new Miss WHS on the 4th of November. She is a grade 11 learner who is as equally humble as she is beautiful. Theopoline competed alongside 10 other gorgeous young women. Averyl Diergaardt won the title of Miss Photogenic and the title of Miss Entrepreneur is shared by twin sisters, Jamie and Mia Neveling. Here is what the newly crowned Miss WHS, Theopoline, had to say about her newfound title:

1. What inspired you to join Miss WHS?

To be honest, I was never a fan of pageants. I had no interest neither did I think of participating in one. If it wasn't for a dare from a close friend, I wouldn't have participated. Now I definitely believe in the phrase "a blessing in disguise".

2. Do you have any role model when it comes to modelling?

As I did my research on the world of pageantry, I grew fond of Catriona Gray Miss Universe 2018 and Deshauna Barber Miss USA 2016. They have changed my perception on pageants; because they look beyond the beauty.

3. What was your favourite part of the Miss WHS process?

Getting to know the beautiful and strong contestants. Through practice sessions with the finalists, friendships were formed. I love the support and how we lifted each others spirits. I will forever treasure the memories

4. Were you expecting the win?

I wasn't. We all believed each one of us stood a chance to win, and as a competitor you do have the desire to win. As the host was about to announce the new Miss WHS, I jokingly murmured my name under my breath and to my surprise, my name was called out! It was so unreal.

5. Do you have any plans as to how you are going to use your title to better the school?

As the school's ambassador, I plan to be involved and engaged in the school's events. During my time as a finalist, I

had planned beforehand what I would want to do if I won and all I need is the support from everyone to make this project a reality.



6. In 3 words describe how you felt when you were crowned.

Dazed, emotional and privileged

7. What lessons have you learned from the previous Miss WHS?

Unfortunately, I didn't spend a lot of time with Miss WHS 2021 but in the little time that I did spend with her, she said that one should be true to yourself. You don't need to be a different person to impress the judges since no one is like you.

8. What advice would you give to girls who might want to follow in your footsteps?

My advice is to not use these opportunities for affirmation. You shouldn't let the results of the competition change your view of yourself. Being strong and confident in yourself is what the judges are looking for, and just enjoy your time on stage.

9. Who has been your biggest supporter?

My biggest supporter has been my aunt. I would go through a 'self doubting phase' and she would snap me right back. She believed in me when I didn't and held my hand throughout the whole competition. I am so blessed to have her.

10. Which outfit of yours was your favourite to walk in on the special night?

My favourite outfit was the evening gown because it was my design. Although it was quite a hassle to make, everything worked out in the end.

Demarscho Mouton



Grade 11 Farewell

Most of us wish to have at least one magical night in our lives, well at least I do.

Although this time, it was a magical moment for our seniors. They celebrated their farewell on the 8th of October and they were given the Friday off to pamper themselves and may I add, they looked dazzling!

The seniors met on our very own grounds, at Vegkop. Each couple received time slots, which they had to be on time for in order to enter.

One of our seniors, who wished to remain anonymous, said the following: " I like that it was held on Vegkop, because it was 'close to home'. " Therefore it was special to the seniors, to celebrate on the same grounds they had grown to love for 5 years.

Photographers and interviewers from My Zone were also present and interviewed the arriving couples, as well as had a beautiful set-up where they took pictures.

Unfortunately no "outside" partners were allowed, but there were a few ladies and gents who made a stunning and confident entrance by themselves. Jaden-Will, newly elected grade 11 LRC member, said that having a partner was not necessary, but it was a bonus.

The grade tens were thrilled to be the waiters, waitresses and



chauffeurs for the evening. The DJ played a mix-tape of songs, in order for everyone to enjoy the music. The seniors agreed that the food served was fancy, although they would have been satisfied with a good'ol braai bowl.

All in all, the farewell was an enjoyable and memorable event. Ashanté van Wyk, a grade 11 senior, said that her favourite part was hanging with her friends, having a good time and nice vibes.

Anonymous: " An incredible, unforgettable experience which I will keep forever in my heart." "One of the most stressful but also exciting days of my life."

Jaden-Will: " A day worth spending."

Amber Mouton



Valedictory Day



The annual valedictory day was held on the 10th and 11th of November this year. On the 10th, the grade 11's looked glamorous in their pastel colours. On the 11th, as per tradition the grade 12's

wore all white. The theme this year was "Hollywood Glamour" and there were 50 different categories the seniors could vote for. They all looked like true film stars at their last event of the year.

Demarscho Mouton



Matric Dance

Windhoek High School hosted their annual Matric Last Dance on the 29th of October 2021. It was held at The Kraal in Olympia, Windhoek and was organized by Ms Shandri. This is what she had to say about the event...

The atmosphere of the event was informal. The grade 12's had the opportunity to choose their dress code; the winner was semi-formal.

They received welcome drinks, tables were beautifully decorated and fairy lights welcomed there into the night. The food was fantastic and the DJ outdid himself by playing music that made everyone get up on their feet to dance.

"They had a grand time, and we look forward to hosting many more last dances." says Ms. Shandri Viljoen.



Amber Mouton



Gravity Cup

Well done to all the WHS teams that participated in the Namib Poultry Gravity Cup!

Congratulations to the teams that will be part of the Grand Slam Tournament in 2022.

Girls 1st Hockey, Boys 1st Hockey, Rugby u/15, Rugby u/17, Netball u/15, Netball u/17 and Netball u/19.

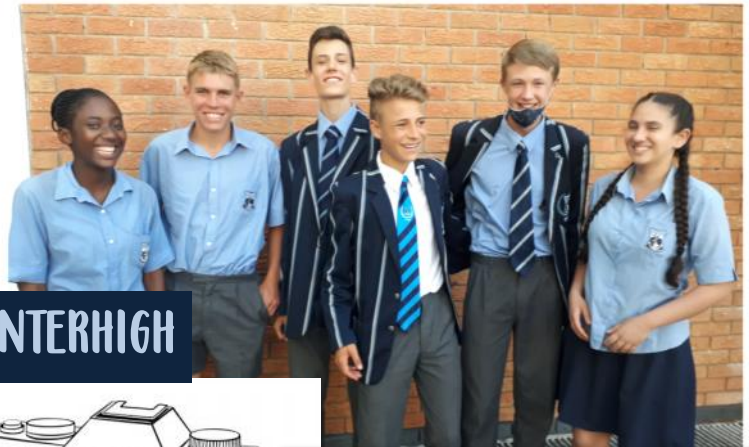


Congratulations to the following winners of our annual WHS Rafflebook Fundraiser drawn electronically on 12 October 2021:

| | Ticket Nr. | Winners | Company | Prize | Worth \$ |
|----|-------------------|---------------------------------|----------------------------------|---|-----------------|
| 1 | 3548 | Juanita Tanneberger | Anonymous WHS Supporter | Cash Prize | \$ 10,000.00 |
| 2 | 8158 | Ulrich Hlasek | O&L Midgard | 2 Night stay for 2 adults including breakfast | \$ 6,088.00 |
| 3 | 5281 | Louisa Gamses | Kameeldoring Game Farm | 2 Nights Luxury Glamping for 4 adults | \$ 5,400.00 |
| 4 | 13666 | Namagano Nuule | Mannies Bike Mecca | Mannies Bike Mecca Voucher | \$ 3,000.00 |
| 5 | 824 | Henk Dauth | Chrisjan Voges | Photoshoot | \$ 2,500.00 |
| 6 | 2358 | Erastus Ashikuni | Prospect Game Farm & Camping | 2 Nights Camping for 6 adults | \$ 2,000.00 |
| 7 | 7695 | Wessel Geingob | Sorendal Plaashuis | Self-catering weekend away for 10 adults | \$ 1,950.00 |
| 8 | 8476 | Liesl Hendrikse | Maerua Mall | Shopping Voucher | \$ 1,500.00 |
| 9 | 8353 | Linda Burger | Namibia Wine Merchants | 1.5L Beyerskloof Pinotage signed by Beyers Truter | \$ 1,500.00 |
| 10 | 10267 | Stefan Pretorius | Tamasa Wines | Wine Selection of 12 bottles | \$ 1,440.00 |
| 11 | 10795 | Malvin Scott | Maporeya Skincare Clinic | Nimue 7,5% TCA Peel | \$ 1,000.00 |
| 12 | 13442 | Esther le Roux | Riverdance Lodge | Accommodation & Activities voucher | \$ 1,000.00 |
| 13 | 7339 | Morina Kaizemi | LEMA Gym | 8 Sessions Spinning Voucher | \$ 900.00 |
| 14 | 7241 | Jackie Burton | White Sands Lodge | 2 Nights Luxury Campsite for 2 adults | \$ 880.00 |
| 15 | 10012 | Wilna Janse van Rensburg | Copper & Coal Distillery | Desolate Namibian Gin Hamper | \$ 850.00 |
| 16 | 11778 | Amanda Schroeder | ERT Short-term Insurance Brokers | N\$500 Cash + Free Consultation | \$ 700.00 |
| 17 | 5866 | Ruth Iita | Engen Olympia | Full-house Car Wash & N\$500 Fuel voucher | \$ 670.00 |
| 18 | 10834 | Desiree Waters | Copper & Coal Distillery | Arid Vodka Hamper | \$ 500.00 |
| 19 | 2247 | Serafina Baptista | Roberto's Woodfired Pizzas | N\$500 pizza voucher | \$ 500.00 |
| 20 | 13759 | Nabil Robiati | Engen Olympia | 2 x Full-house Car Washes | \$ 340.00 |



INTERHIGH



Seasons greetings

Facilitator & Layout—Mrs Heidi Oberholzer

Proof Reading—Miss Shandri Viljoen

FOR MORE INFORMATION CONTACT US @

arts-culture@whs-edu.com

The WHS Editorial Team 2022



Sharleen Mofilla



Fanie Gous



Amé Snyman



Daisy Murakwani



Amber Mouton



Sub editor
Demarscho Mouton



Editor
Genice Ockhuizen