



CAMPS BAY  
PRIMARY SCHOOL

# NEWSLETTER

15 September 2023

## REALITY CHECK

A POEM BY  
RACHEL MWALI

**100%** You open your first app  
scrolling on the comments of your post  
already I feel like I'm swimming in a pool of tears  
those words are like sharpened shears

You wear too much make up

You're too fat

You try too hard

Why do you believe that? Why...

People ask you why you never go out  
you say you do, maybe on the green screen

**75% already?!** Wow, afar alone and away  
Never seen

Never been

Happy, happy with the way you see yourself

Be yourself

All you wanna do is flee yourself

You scroll and scroll for hours

"Honey, dinner!"

Obviously you're not hungry -

you've eaten enough hate

People hate on you while they're

#smiling #styling

and you're sitting there #crying



**50%** half way between a life and a like

**25%** I've lost all hope at this point

**15% 10% 5%** ... the room goes quiet

Our last memory together was you  
me and those shears

**0%** No charger in sight

You're free, you're free

but only now they see, the pain

Only now they realise

those words weren't a game

### Upcoming Event

- School Extra-Murals end 15 September
- Grade 7s play 18:00- 19:30 19 September
- Grade 7s play 18:00- 19:30 20 September

## Outstanding

# POETRY

When I read this poem I was immediately struck by the extent to which technology has shaped our relationships and the way we function. Rachel has produced a masterpiece which should challenge all of us to re-access our relationship with technology and the impact it has on our lives; both positive and negative.

If real education is about thinking, then I believe that this is testament to a high quality of education. Congratulations Rachel on a superb piece of writing.



## CONGRATULATIONS LOGAN

On Saturday Logan Thomas completed the Fedhealth MTB Challenge at Route 44 in Stellenbosch. He finished the 15km in a time of 1:08:37

Well done Logan – Proudly CBPS!!!



CAMPBAY  
PRIMARY SCHOOL

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01 Attend and watch the CBPS family perform.
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02 Perform a poem yourself or with your child.
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03 Play music in the background while your child performs a poem.

**CBPS**  
*Poetry Slam*

We are delighted to invite you to attend the  
2023 CBPS Poetry Slam  
WATCH AND/OR TAKE PART

TUESDAY  
26 SEPTEMBER  
2023  
13:30 - 14:15

YOU ARE INVITED!

## FROM THE SPORTS OFFICE

We have come to the end of our winter sport season and what an incredible number of months it has been.

We are a community and so we function as a unit. We are very aware of the huge part that parents have played in supporting what we have been able to do. The transporting of children to fixtures is a significant challenge for us and our parents have been incredible in assisting with this. We do not take this for granted and are very grateful.

We are also grateful for your contributions to fundraising efforts, whether it is assisting at a tuckshop or contributing to a fundraiser for a team.

We look forward to a busy and eventful 4th term with athletics, cricket and swimming being the core sports for the term. Please look out for the sign-up form for the term as well as a new extramural programme.

### Upcoming events:

- 21 - 23 September: U13A soccer tour
- 26 September: Inter-House chess, netball and soccer
- 28 September: Inter-House cross country

**"The only one who can tell you 'You can't win' is you, and you don't have to listen." - Jessica Innes-Hill**

## NETBALL FESTIVAL

The U12A netball team participated in a netball festival hosted by Welgemoed Primary on Saturday, 8 September.

The purpose of this festival was to prepare the learners for the upcoming U13 season in 2024. The learners held their own and were able to win 2 of the 4 matches.

Here are the results:

CBPS 14 - 12 De Tyger

CBPS 6 - 28 Lochnerhof

CBPS 14 - 12 Gordons Bay

CBPS 14 - 22 Welgemoed

Well done to Kaone Padi who was nominated as the 'Player of the Team'.



## RUGBY RESULTS VS GENERATIONS IMHOFF

|                        |
|------------------------|
| U9A (10 MAN) WON 25-20 |
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| U11A (7 MAN) WON 35-15 |
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## SOCCER RESULTS

### CBPS VS REDDAM ATLANTIC

|                          |
|--------------------------|
| U9A (8-A-SIDE) WON 2 - 1 |
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| U9B (8-A-SIDE) WON 3 - 2 |
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| U11A PINELANDS NORTH LOST 2 – 3 |
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| U11A REDDAM LOST 0 - 1 |
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| U11B REDDAM WON 7 - 4 |
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| U13 A/B LOST 0 - 2 |
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## PTA NEWS



Thank you to everyone who supported our **Back To Caprice** evening last Friday – it was such fun to be out socially, minus the active wear and children, and enjoy quality time together. We also managed to raise over R54 000 through your incredible generosity. Watch this space for news on how it will be spent. Special thanks to Grade R parents Bailey for auctioning off the amazing items and Sox who kept everyone (who was not transfixed by the rugby) on the dancefloor. And of course, to Cafe Caprice who always supports the Camps Bay community.

If you haven't already, please don't forget to sign up for our **Box of Love** charity drive, which runs until November. So far we have 149 boxes pledged, over half of the 287 boxes we need to fill by 10 November. Please click on the link below to pledge your Box of Love.

Any questions please message Sophie on 0723319493 or Nicole on 0727133898.

[Box of Love Grade R](#)

[Box of Love Grade 1](#)

[Box of Love Grade 2](#)

[Box of Love Grade 3](#)

[Box of Love Grade 4](#)

[Box of Love Grade 5](#)

[Box of Love Grade 6](#)

[Box of Love Grade 7](#)

## GRADE 6

Are learning how to work collaboratively on a single online document - important skills for the future! Much frustration was worked through as many a "who deleted that!" was heard through the classroom.

