

Newsletter # 1

January 2010

PASS-IT-FORWARD

Every year, as the New Year rolls around, we all brag about our New Year's resolutions. We announce to any and every available ear that we're going to work harder, spend more time with our families and invest more time at the gym. Mostly our vision extends no further than our noses. To add insult to injury, we usually don't follow through on our "Me Orientated" resolutions and goals. In a matter of months, even weeks, we've forgotten about our "new improved" character, which results in feeling of frustration and failure.

Most experts tell us not to elevate our expectations too high. But perhaps we fail because we don't set our goals high enough. What if we looked outward instead of inward when making our declarations? Would we then be able to complete a year feeling satisfied rather than contemptuous about ourselves?

I'd like to suggest one resolution that might last a year, or maybe even a lifetime. A resolution that makes you feel good about yourself whilst including others.

The idea is simple: You do something good for other people. These people cannot 'repay' you... They are encouraged to pass-it-forward - in turn doing something good for someone else. And so on and so forth. The maths is simple. If I do something constructive for 3 people and they each do something for 3 people, we have already impacted 9 people. These 9 people will make a difference in 27 people's life, which in their turn will touch 81 people's hearts... See how fast it grows?

Instead of abusing this principle through multi-level marketing, you can use it to make the world a better place. There will be those who break the chain, but others still will touch more people than you can imagine. Just open your heart and give. Trust in the goodness of man and be overwhelmed. There are many ways to touch people's hearts – an action, a hug, a word, a smile.

Remember: It takes ONE NATION to make a difference in this WORLD; ONE COMMUNITY to make a difference in this NATION; ONE FAMILY to make a difference in this COMMUNITY and ONE PERSON to make a difference in this FAMILY.

Mrs de Bruyn
Headmistress

Matric Achievers 2009

Bongukwanda Twala -	8 Distinctions (Afr, Eng, Maths, LO, Accounting, Economics, Physical Science, Maths Paper 3)
Timothy Fisher -	8 Distinctions (Afr, Eng, Maths, LO, Geography, Life Sciences, Physical Science, Maths Paper 3)
Kirsten Hay -	8 Distinctions (Afr, Eng, Maths, LO, History, Life Science, Physical Science, Maths Paper 3)
David Weir -	7 Distinctions (Afr, Eng, Maths, LO, Geography, Life Science, Physical Science)
Nicola van Dongen -	7 Distinctions (Afr, Eng, Maths, LO, Geography, Life Science, Maths Paper 3)
Charlene Brown -	6 Distinctions (Afr, Eng, Maths, LO, History, Life Science)
Michael Ferguson -	6 Distinctions (Afr, Eng, Maths, LO, Geography, History)
David Kenyon -	6 Distinctions (Afr, Eng, Maths, LO, IT, Life Science)
Shalene Selkirk -	6 Distinctions (Afr, Eng, Maths, Geography, History)

A huge congratulations to these pupils as well as all the other matrics of 2009. We wish you all the best for your future endeavours and hope that you stay in contact with us through the alumni network.

Parents That Pray

Any parents interested in joining our group please contact:

Bronwyn Hemer
t) 011 704 1084
c) 083 311 0364

F.F.C (formerly the PTA)

The Fourways Fundraising Committee will be getting underway soon with our first project. If you are interested in assisting in these projects please contact Mr Hogan on hogang@4ways.co.za



Sports Section

Inter-Tribe Swimming:

1. Terra - 661 Points
2. Ventus - 658 Points
3. Aqua - 545 Points
4. Ignus - 532 Points

Spirit Trophy - Ignus

Junior Victor Ladorum: Alexander Daly
Junior Victrix Ladorum: Caitlin Reed
Senior Victor Ladorum: Brandon Matthews
Senior Victrix Ladorum: Jessica Kelsey

- For full results and achievements please check the website

Alumni Section:

The Alumni Section of our website is currently under construction. Please keep checking www.4ways.co.za for updates and a business directory.

Should you wish to post any news or achievements in the newsletter please contact Gareth Hogan on hogang@4ways.co.za or 074 137 9724.

Sponsor Section:

Please keep an eye out for any specials or promotions that our sponsors may be running with at present. A full list of the 2010 sponsors will be published in next month's newsletter.

Should you or your company be interested in sponsoring at the school please contact Mr Hogan to find out further details

Advertisements:

- New classes in Chinese Kung Fu starting at the Norscot Manor Recreation Centre on 1 February. Get Fit, Healthy and have Fun while earning solid Self-Defense. For More info please call Wayne on 0782387021 or e-mail smac4ways@yahoo.co.za or visit www.shaolin.co.za
- Lift to Bloubastrand area for my daughter from school at 14h30 Mon, Tues and Thurs required. Willing to pay ! Jennifer 083 286 9941
- Popular Mechanics Subscription Special:
Save 30% when you subscribe to 12 months of Popular Mechanics, and Popular Mechanics will donate a further 10% to Fourways High School on your behalf. This means that you will only pay R235 for 12 issues (and SAVE R100) PLUS Popular Mechanics will give your school and additional R33.54! To take advantage of this great offer and earn Fourways High School some extra cash – please contact RamsayMedia with this code: 10/01/SF/4Ways
Telephone: 0860 100 205 / Email: subs@ramsaymedia.co.za This offer is valid until 31 March and in South Africa only.
- Does your child need help? Kip McGrath Education Centers: Professional Tutoring in English, Maths, Afrikaans, Study Skills, Essay Writing & more. 079 494 4560 for your free assessment. www.kipmcgrath-bryanston.co.za.
- For Sale: 1st Team Tracksuit, Size 40/L - R225.00 excellent condition - Bronwyn 083 311 0364 / 011 704 1084
Tracksuit Top, Size 34 - R125.00 - Bronwyn 083 311 0364 / 011 704 1084

To advertise in this newsletter please contact Mr Hogan on hogang@4ways.co.za