



NEWSLETTER No. 30
17 September 2009

Dear Parents, boys and staff

"Children are not immature adults. Not only do they lack the physical strength and maturity of adults but, more importantly, they lack the psychological attributes and desires of adults. To become adults they must first travel a difficult journey to physical and psychological maturation. Competitive sport can be either an effective vehicle – or it can be a destructive force that may leave psychological scars." *Prof Tim Noakes.*

At Cordwalles our sporting philosophy is very similar to Prof Tim Noakes thoughts on sport at prep school level. We believe in developing skills, mass participation, having fun and yes, at the end of the day, to be competitive. There is a time to be competitive but it must be a positive force and not a destructive one.

In this newsletter I want to touch on a couple of aspects of Cordwalles sports, our policy and parents' role in their sons' sport. Sport is a very important part of life at Cordwalles. It is encouraged as an essential process in the physical, mental and social development of the boys at Cordwalles.

Figures published by the Heart Foundation in 2000 show that one in three children between the ages of two and seven do not achieve even the minimum recommended levels of exercise. By the time they are 15, almost two thirds of children do so little exercise that they are classified as 'inactive'. In the past 10 years the number of obese six year olds has doubled while the number of obese 15 year olds has tripled. Literature has suggested that children get at least 60 minutes of physical exercise a day. Hopefully with our sports programme here at Cordwalles we are getting close to that mark.

At Grade 1 & 2 level our emphasis is on the development of physical skills. The improvement in skills seen in these young boys from the beginning of a season to the end is wonderful to see. Not only are these boys developing skills but they are learning to interact with their peers and to cope with authority that does not come from their family. The Grade 1 & 2's are introduced to 'competition' through mini festivals during the term. The main emphasis here is on participation and having fun.

From Grade 3 onwards sport at Cordwalles does become more competitive, but once again it is not an attitude of win at all costs. The emphasis in these age groups should be on learning the concepts of different play positions and how to co-operate with team members. Here friendships are developed and experiences shared with team mates.

At Cordwalles staff involvement in sport is a very important part of the school curriculum. This involvement and interaction between staff and boys builds relationships and gets staff to see 'another side' of the boys that they don't see in the classroom. We are extremely lucky to have resident student masters, who develop a strong bond with the boys as they are around the school most of the time, interacting with the boys. They do duties in the boarding house and coach our sports teams. They can often be seen playing touch rugby or soccer with the boys. This is very different to most other schools who get students in on a daily basis and they just don't have the same relationship our coaches have with the boys.

We have experienced staff members who coach sport at Cordwalles. We have coaches who have played, managed or coached at a high level. A lot of our student coaches are still actively involved in club sport. The majority of teaching staff at Cordwalles are involved in the different sporting codes. We try and spread the teaching staff around the different levels. This is to give more stability with students and teaching staff coaching together.

As a coaching staff we are continually trying to improve our coaching methods. We run in-house courses which all our coaches have to attend. Coaches are also sent on courses run by the different sporting codes. Outside coaches are also brought in when the need arises. All our hockey sides have spent time at Hilton College, being coached by the Hilton College hockey staff and 1st XI players who were coached by top coaches on their recent trip to Europe. Our cricketers are going to receive professional coaching on an ongoing basis from Paul Aitkens and his cricket academy. They will move around the teams in the afternoons and assist and support the Cordwalles coaches. We will always try and expose our boys to expert help.

Cordwalles parents also play a huge role in sport at Cordwalles. If it is being present at matches, helping with transport or just encouraging your son to be the best that he can be, means so much to the boys and the school. I hope our boys appreciate your support of them and the school and have thanked you for it. Parents and coaches need to work together to make sure that sport is a positive experience for our boys and not a destructive one that may leave psychological scars. There is a fine line between encouraging your child to be more active and being the sort of pushy parent who sends sports coaches running for the hills and puts children off sport forever. Parents and coaches must ensure that a spirit of sportsmanship and fair play is encouraged on and off the field at all times.

So, what do we want sport to do for our boys?

- ✓ We want mass participation as well as a striving for excellence.
- ✓ We want the boys to be educated for life by playing team sports.
- ✓ We want to develop a passion for sport, so that they continue with physical activity after school.

If our children are still physically active in 30 years time, we have succeeded in making sport a life skill.

Hopefully, with our emphasis on hard work, sportsmanship, discipline, good behavior, participation and enjoyment, sport here at Cordwalles can be an 'effective vehicle' in our boys' sporting journey.

Lance Veenstra
Third Master

Birthdays

The following boys and staff will be celebrating their birthday this week:

Nzuzo Mdlalose	17 September
Angus Mackenzie	18 September
Ross Gordon	19 September
Phumlani Khumalo, Mr P Mwandla	21 September
Jack Edmonds, Busisa Mtimkulu	22 September
Bradley Harris, Justin Harris, Andrew Mentzel	23 September

We wish each of you a wonderful day and year ahead.

School Shop

The school shop will NOT be open this Friday as Sister is away.

Market Day

Yes, it is Market Day again! As part of the EMS curriculum, the grade 6 boys have been busy preparing for Market Day to boost their bank account with some hard-earned profit. On Friday 18 September they will be selling a variety of products. The market will open at 14h30 and will be held on Oval. We would love to see all Cordwalles parents and boys supporting the Market – come and shop!!

Fun Run

This will follow Market Day at 16h30 and we encourage family and friends to join in the fun route through the Cordwalles property. Braai fires will be ready at 17h30. Please supply your own crockery, cutlery and food. A cash bar will be available for the thirsty participants; however you are welcome to bring your own. Come and have some family fun!

Art & DT Exhibition

The Official opening of the Art and D.T. Exhibition takes place at 16h00 on Monday 21 September. All parents are welcome. The classrooms will be open for Work through the School from 14h30 – 16h00, so do come and see all the work you son has been busy with throughout the year, stay for a sumptuous tea followed by the opening of the Art Department Exhibition of your son's work. Please RSVP to Lynn Clark by 17 September so that we can ensure there is enough tea for all.

ADHD Awareness Day

Town Hill Hospital Child and Adolescent Unit are hosting an awareness day on Friday 18 September from 09:00 – 12:30. Bookings are essential. Please contact Nozipho Mchunu on 033 341 5643 or jeanwalkerrandal@kznhealth.gov.za to book a place. The day is aimed at parents and teachers. Ruth Forder has a flyer with more details.

Music News – L. Blunt

Clavinova donation

We are delighted to be the proud owners of a brand new Yamaha Clavinova. This is an electric piano with 14 different sounds, a transpose button and recording facilities. The children have been very excited and it has already been put to good use. I would like to extend our extreme gratitude to Mrs Hayley Martin, who very kindly donated it to the music department. I know that many children will benefit from it, thank you for your generosity.

Penryn choir

On Tuesday, we were treated to a diverse 45 minute programme from Penryn choir. It is lovely for the boys to be exposed to different schools and their repertoires and we look forward to more programmes next term too.

"Reach out" Charity concert – Thursday 8 October 18.30

The Senior Choir and Rock Band will be performing at this prestigious event along with 9 other senior primary choirs and music groups. Tickets will be on sale from next week at R50 an adult and R30 per child. Please put this date in your diary and come along and support this very worthy cause. Cordwalles, in association with "Reach Out" are hosting it.

Music Tour

The members of the Big Band, Drum-line, Djembe Troupe and Rock band will be leaving for Johannesburg on Wednesday 23 September and returning on Sunday 27 September. If you are going to be in JHB during that time, please come along and support us. The Rock Band, drum-line and djembe troupe will be performing on Monday 21 September during assembly and you are most welcome to come along then.

Indemnity Forms

Sister is still waiting for some parents to return their medical indemnity forms. Please note that according to various laws that govern school sick bays, if these are not returned, we will not be allowed to treat your son – even for a headache or scraped knee!

FROM THE SPORTS DESK - Lance Veenstra

With our limited transport, parents are a huge help in assisting boys to functions and sports fixtures. This last term has been particularly busy with transport needed to hockey practices at TWC, Hilton College, mini

festivals for the Grade 1 & 2 and to matches (especially to Clifton Durban on a Friday!). A big thank you to all of you who have been able to help.

We are getting more and more requests for boys to miss matches on a Saturday. Please note that under the Headmaster's regulations no boy may miss games or clubs unless he has excused himself before hand, either with a letter from his parents, or with the Headmaster's permission. Permission will normally only be granted if a boy is ill.

TENNIS RESULTS

Tennis League results from Thursday 3 September

Team	Opponents	Result
1 st	St Charles	Cordwalles won 19 – 17
2 nd	Cowan House	Cordwalles won 20 – 16
3 rd	Howick	Cordwalles won 32 – 4
4 th	Howick	Cordwalles won 30 – 6
U11A	Wembley	Cordwalles won 24 – 12
U11B	New Hanover	Cordwalles won 22 – 14
U11C	Merchiston	Merchiston won 23 - 13

HOCKEY RESULTS

Friday 4 September

Team	Opponents	Result
1 st	Highbury	Match drawn 2 – 2
2 nd	Highbury	Highbury won 3 – 0
3 rd	Highbury	Match drawn 2 – 2
4 th	Highbury	Cordwalles won 2 – 1
5 th	Highbury	Match drawn 1 – 1
6 th	Highbury	Highbury won 1 – 2
7 th	Highbury	Highbury won 4 - 1
U11A	Highbury	Highbury won 2 – 0
U11B	Highbury	Highbury won 3 – 1
U11C	Highbury	Cordwalles won 1 – 0
U11D	Highbury	Highbury won 8 – 0
U11E	Highbury	Cordwalles won 2 – 1
U10A	Highbury	Match drawn 2 – 2
U10B	Highbury	Highbury won 4 – 1
U10C	Highbury	Cordwalles won 4 – 2
U10D	Highbury U10E	Highbury won 8 – 2
U9A	Highbury	Cordwalles won 5 – 2
U9B	Highbury	Cordwalles won 3 – 0
U9C	Highbury	Cordwalles won 4 – 2
U9D	Highbury	Highbury won 6 – 3
U9E	Highbury U9G	Highbury won 7 – 1