

# MIDSTREAM COLLEGE



Circular 3/2024  
22 February 2024

## SCHOOL MATTERS

### FROM THE HEADMASTER'S OFFICE

*You can really only enjoy life when you are extremely busy.*  
– Josephine de La Baume



In the light of this quote, I believe that our learners, parents and teachers thoroughly enjoyed the first five weeks of the school year. The College's various cultural programmes are fully underway, and the academics is running on all cylinders. Similarly, it has been a busy sport term so far. The last cricket matches are being played this week, the girls' tennis, equestrian and squash leagues are in full swing and there is great anticipation for tomorrow's athletics inter-high. Best wishes to all the athletes, as well as spectators – enjoy the day. Events like these remain a privilege.

*Swimming has its educational value – mental, moral, and physical – in giving you a sense of mastery over an element, and of power of saving life, and in the development of wind and limb.*

– Robert Baden-Powell

I would like to sing the praises of our swimming team that accomplished the almost impossible by winning the A-league inter-high gala. Not only were we first in the team competition, but our girls also walked away with the laurels. Congratulations and a big word of thanks to every swimmer, parent and teacher who spent hours in and around the swimming pool. In the words of the quote above, you have truly developed and mastered your art. (Full results, and a list of medallists follow later in the circular.)

The College's Parent Forum met last week, and I would again like to thank everyone willing to serve on this forum. The latest version of our Diversity and Inclusion Policy, as well as the learners' guide is available on our website. I once again invite learners to bring to our attention any incident where they have been harmed or singled out in person or on social platforms. Use any of the available channels to report this.

## INTER-HIGH ATHLETICS

Please take note of the following arrangements for tomorrow:

1. Spectators (non-athletes) assemble in the quad at 08:00.
2. Learners wear summer uniform (no blazers or ties).
3. All school rules apply.
4. Learners have received a packing list for the day.
5. Bus transport to and from Pilditch is compulsory.
6. No learner will be allowed to leave the stadium, unless the necessary arrangements have been made with the grade heads, via e-mail, by Thursday, 22 February.
7. Parents are requested to fetch these learners in person from the Pilditch main gate. No Uber transport is allowed.
8. Staff members will not be available to sign out learners during the athletics meeting. All arrangements have to be made prior to the meeting.
9. The estimated time of arrival at Midstream College is after 20:00.

## ACADEMICS

### EXTRA CLASSES

A reminder that all staff members are available by appointment to assist learners with academic enquiries on Mondays from 14:00 to 15:00.

### SUBJECT CHOICES FOR GRADE 10 (2025)

Your child's final subject choice, which will eventually lead to his/her tertiary studies and career choice is probably one of the most important decisions you and your child will ever have to make. An intensive scientific testing programme will assist you and your child in making an informed final subject choice. In addition to the focus in the grade 9 LO curriculum, the school has also acquired the services of Dr Mari Laas ([mari@careercounsel.co.za](mailto:mari@careercounsel.co.za)), Ms Elsabé Botha ([elsabe@embotha.co.za](mailto:elsabe@embotha.co.za)) and Ms Leonie Taljard ([info@leonietaljard.co.za](mailto:info@leonietaljard.co.za)) to conduct the appropriate tests with those learners who may be interested. The complete assessment includes tests to determine aptitude, interests, as well as work ethic. Following this assessment, your child will receive a comprehensive report based on the results, including recommendations regarding the choice of subjects. This feedback will be by appointment. In addition, a list of possible careers according to the child's interest profile will also be included to serve as a guideline.

If you wish to acquire these services, please contact them via e-mail. As reference, use Midstream and your child's name and surname. The cost for this service is payable to the service provider directly. You are welcome to use any service provider of your own.

Our subject choice information evening is on 15 August. Your child's final subject choices must be handed in by Monday, 19 August.

# CULTURE

## INTERNAL AFRIKAANS ORATORS

The following learners were grade winners:

Impromptu Speech			
	3 <sup>rd</sup> Place	2 <sup>nd</sup> Place	1 <sup>st</sup> Place
<b>Grade 8</b>	Lize Venter	Lauren Kriel	Anika Alberts
<b>Grade 9</b>	Lyla van der Spuy	Milan Pöhl	Lisa Rautenbach
<b>Grade 10</b>	Renate Barnard	Lin-Mari Rudolph	Lené Liebenberg
<b>Grade 11</b>	Katinka Rhodie	Renate Maré	Tiana Swart
<b>Grade 12</b>	Karla Alberts	Kristen Knoetze	Cara-Renette Ponting

Prepared Speech			
	3 <sup>rd</sup> Place	2 <sup>nd</sup> Place	1 <sup>st</sup> Place
<b>Grade 8</b>	Beyers Pretorius	Zandri Keulder	Anika Alberts
<b>Grade 9</b>	Ivan Kymdell	Elana Jordaan	Lisa Rautenbach
<b>Grade 10</b>	Lourens Janse van Rensburg	Megan le Roux	Lené Liebenberg
<b>Grade 11</b>	Anika Malan & Katinka Rhodie	Tiana Swart	Lente Groenewald
<b>Grade 12</b>	Kristen Knoetze	Xander Senekal	Mieke Combrinck

## INTERNE AFRIKAANS REDENAARS – EERSTE ADDISIONELE TAAL

Impromptu speech	
	1 <sup>st</sup> Place
<b>Grade 9</b>	Adam Marincowitz
<b>Grade 10</b>	Duné Janse van Rensburg
<b>Grade 12</b>	Sedibana Ngoasheng

Prepared speech		
	2 <sup>nd</sup> Place	1 <sup>st</sup> Place
<b>Grade 9</b>	Sibusise Mabase	Adam Marincowitz
<b>Grade 10</b>		Celeste Marx
<b>Grade 11</b>	Kamo Mokoene	Dayuri Moopanar
<b>Grade 12</b>		Sedibana Ngoasheng

## RECOGNITION OF NON-SCHOOL CULTURAL ACTIVITIES

We would like to acknowledge learners who excel in non-school cultural activities. You are welcome to send any proof, information and certificates to the Head of Culture, Dr Steyn de Bod ([sdebod@midstreamcollege.co.za](mailto:sdebod@midstreamcollege.co.za)).

## THE PRESIDENT'S AWARD

Conner Liebenberg has been awarded the gold award after successfully completing all requirements of the highest level of the President's Award.

# SPORT

## SWIMMING

Our swimming team made history last week by winning the A-league inter-high gala at Hillcrest. This is the first time we have managed this feat.

The final standings were:

School	Points
Midstream College	899
Menlopark	789
Garsfontein	606
Zwartkop	603
Cornwall Hill	602
Curro Hazeldean	591
AHS	513
PBHS	474
AHMP	474
PHSG	227

The girls' team surprised everyone by winning their section, and the boys held their own by placing third. A total of 37 individual medals were won (eight gold, 15 silver and 14 bronze), along with three gold, six silver and five bronze in the relays.

Adrian van Wyk improved two records and Lance Cromhout one. Adrian was also crowned the Senior Victor Ludorum.

The following swimmers were medal winners:

Inter-high	
Name	Achievement
Kylie de Bruyn	1 <sup>st</sup> 200 m freestyle 1 <sup>st</sup> 50 m butterfly
Lizelle Venter	2 <sup>nd</sup> 100 m freestyle 3 <sup>rd</sup> 50 m backstroke
Kylie de Bruyn, Lizelle Venter, Ané Claassen & Alika van der Merwe	3 <sup>rd</sup> 4 x 50 m medley relay 3 <sup>rd</sup> 4 x 50 m freestyle relay
Sebastiaan Struwig	3 <sup>rd</sup> 50 m backstroke
Abigail Roberts	1 <sup>st</sup> 50 m butterfly 2 <sup>nd</sup> 200 m IM 3 <sup>rd</sup> 50 m breaststroke
Lyla van der Spuy	2 <sup>nd</sup> 100 m backstroke 2 <sup>nd</sup> 50 m backstroke
Annabell Sirrals	3 <sup>rd</sup> 100 m freestyle
Abigail Roberts, Lyla van der Spuy, Annabell Sirrals & Caitlin Camacho	2 <sup>nd</sup> 4 x 50 m medley relay 2 <sup>nd</sup> 4 x 50 m freestyle relay

Juan Pretorius	2 <sup>nd</sup> 200 m IM 2 <sup>nd</sup> 50 m breaststroke 3 <sup>rd</sup> 100 m breaststroke
Juan Pretorius, Nicholas Cownie, Ivan Kymdell & Rupert Groenewald	2 <sup>nd</sup> 4 x 50 m medley relay 3 <sup>rd</sup> 4 x 50 m freestyle relay
Grace Powell	2 <sup>nd</sup> 100 m freestyle 3 <sup>rd</sup> 100 m butterfly
Jana Swiegers	1 <sup>st</sup> 100 m backstroke 2 <sup>nd</sup> 50 m butterfly
Alika van der Merwe	3 <sup>rd</sup> 100 m breaststroke
Grace Powell, Jana Swiegers, Alika van der Merwe & Lindi Claassen	1 <sup>st</sup> 4 x 50 m medley relay 1 <sup>st</sup> 4 x 50 m freestyle relay
Adrian van Wyk	1 <sup>st</sup> 200 m freestyle 1 <sup>st</sup> 100 m freestyle (record) 1 <sup>st</sup> 100 m backstroke (record)
Paul Loubser	2 <sup>nd</sup> 50 m butterfly 3 <sup>rd</sup> 100 m breaststroke
Rouxné du Plessis	2 <sup>nd</sup> 100 m backstroke 3 <sup>rd</sup> 100 m freestyle
Rouxné du Plessis, Rii Spoelstra, Deoné du Plessis & Christelle Struwig	1 <sup>st</sup> 4 x 50 m freestyle relay 2 <sup>nd</sup> 4 x 50 m medley relay
Xander du Toit	3 <sup>rd</sup> 200 m IM 3 <sup>rd</sup> 100 m breaststroke 3 <sup>rd</sup> 100 m butterfly
Lance Cromhout	1 <sup>st</sup> 100 m backstroke (record) 2 <sup>nd</sup> 100 m freestyle
Lance Cromhout, Xander du Toit, Ruben Pöhl & Ethan Koen	2 <sup>nd</sup> 4 x 50 m medley relay
Jemma van Wyk	2 <sup>nd</sup> 100 m freestyle 2 <sup>nd</sup> 100 m backstroke 3 <sup>rd</sup> 200 m freestyle
Demi Jacobs	2 <sup>nd</sup> 100 m IM 2 <sup>nd</sup> 100 m breaststroke 3 <sup>rd</sup> 50 m butterfly
Jemma van Wyk, Demi Jacobs, Lea Manikas & Lemé Lubbe	2 <sup>nd</sup> 4 x 50 m freestyle relay 3 <sup>rd</sup> 4 x 50 m medley relay

We are extremely proud of all the swimmers who contributed to the team's success.

## CRICKET

Recent results:

<b>1<sup>st</sup></b>		
Montana	Midstream 136/6 Montana 133/5 Won by 3 runs	Maarten Nortjé 35 Conré van den Berg 30 Jonathan Wiseman 2/17 in 4 overs
Zwartkop	Midstream 108/10 Zwartkop 109/5 Lost by 5 wickets	Ryan Strauss 26 Jonathan Wiseman 3/30 in 8.3 overs

Marais Viljoen	Midstream 222/10 Marais Viljoen 210/10 Won by 12 runs	Janco van Heerden 46 Janco van Heerden 5/26 in 9.1 overs Rikus Cilliers 4/44 in 8 overs
<b>2<sup>nd</sup></b>		
Sutherland 1	Sutherland 135/6 Midstream 136/5 Won by 3 wickets	Ryan Strauss 75 n.o. Henré Esterhuizen 27 n.o.
Waterkloof 4	Midstream 163/4 Waterkloof 130/9 Won by 33 runs	Louis Verhoef 50 n.o. Conré van den Berg 32 n.o. Schalk Langenhoven 3/6 in 4 overs
<b>U15A</b>		
Zwartkop	Zwartkop 131/10 Midstream 121/10 Lost by 10 runs	Ruben Howatt 5/9 in 6 overs
Marais Viljoen	Midstream 183/7 Marais Viljoen 149/10 Won by 34 runs	Tehan Maré 54 and 3/18 in 6 overs Matthew Wiggill 3/47 in 8 overs
<b>U15B</b>		
Montana	Midstream 122/3 Montana 120/8 Won by 3 runs	Christiaan du Toit 35 Moyahabo Machaba 3/13 in 4 overs Edrique Laubscher 3/11 in 4 overs
AHS	Midstream 64 AHS 13/3 No result due to weather	Christiaan du Toit 23 Edrique Laubscher 2/5 in 2.2 overs
<b>U14A</b>		
Hans Moore	Midstream 217/5 Hans Moore 60/10 Won by 157 runs	David van der Vyver 79 Hanro de Villiers 41
Oos-Moot	Oos-Moot 73/9 Midstream 76/3 Won by 7 wickets	Rikus Holtzhausen 3/11 in 4 overs Keegan Gibson 28 n.o.
<b>U14B</b>		
Oos-Moot	Midstream 142/7 Oos-Moot 97/10 Won by 45 runs	Giovan Rodi 74 Etjan Genis 5/19 in 4 overs
AHS U14F	Midstream 105/7 AHS 107/4 Lost by 6 wickets	Etjan Genis 26 n.o. & 2/17 in 3 overs

Well done to the u15 team on winning their leg of the Finsbury Series. Along with the first team we ended in the second place overall.

## ATHLETICS

The season peaks with tomorrow's A-league inter-high at Pilditch. Good luck to all our athletes.

Results of meetings held in the last two weeks:

Eldoraige Elite Relay Meeting		
4 x 100 m Relay		
Age Group	Place	ASA Point
Girls 14	4 <sup>th</sup>	702
Boys 14	2 <sup>nd</sup>	741
Girls 15	6 <sup>th</sup>	701
Boys 15	3 <sup>rd</sup>	752
Boys 16	5 <sup>th</sup>	782
Girls 17	6 <sup>th</sup>	713
Boys 17	5 <sup>th</sup>	790
Girls 19	3 <sup>rd</sup>	746
Boys 19	8 <sup>th</sup>	782
Swedish Relay		
Girls 19	4 <sup>th</sup>	792
Boys 19	4 <sup>th</sup>	815

Midstream came fourth overall.

Individual achievements (800+ on the ASA table):

Noordheuwel Top 15			
Athlete	Age Group	Item	ASA Point
Amy Nel	Girls 15	Shotput	824
		Discus	870
CA Froneman	Boys 17	110 m hurdles	813
Neil de Vleeschauwer	Boys 17	Discus	814

Individual achievements (800+ on the ASA table):

Home Meeting				
Athlete	Age Group	Item	ASA Point	New Record
Kwena Mojapelo	Boys 14	200 m	829	
Lené Greyling	Girls 14	90 m hurdles	920	✓
		300 m hurdles	810	
Amy Nel	Girls 15	Shotput	842	
		Discus	884	✓
Lizé Buys	Girls 15	90 m hurdles	821	
Carmia van den Berg	Girls 15	800 m	812	✓
Neil de Vleeschauwer	Boys 17	Discus	841	
CA Froneman	Boys 17	110 m hurdles	883	✓
Anika le Roux	Girls 19	100 m hurdles	813	✓
Xavier van der Leek	Boys 19	1 500 m	828	✓

The following athletes also improved on the existing records:

Athlete	Age Group	Item
Gabrielle Groenewald	Girls 14	High jump
Carmia van den Berg	Girls 15	1 500 m
Danielle Rossouw	Girls 19	400 m
Xavier van der Leek	Boys 19	1 500 m



Individual achievements (800+ on the ASA table):

AGN League 3			
Athlete	Age Group	Item	ASA Point
Kwena Mojapelo	Boys 14	200 m	829
Lené Greyling	Girls 14	300 m hurdles	804
Amy Nel	Girls 15	Shotput	827
		Discus	877
Zack Reddy	Boys 16	400 m	820
Déan Fourie	Boys 17	1 500 m	826

The Curro Podium is a national schools' competition in which 14 boys and 14 girls participate. At the final held at Pilditch, the boys came sixth and the girls eleventh. In the combined competition we came fifth. Considering that there were 50 teams at the final, this is a remarkable achievement.

Individual achievements (800+ on the ASA table):

Curro Podium Final			
Athlete	Age Group	Item	ASA Point
Kwena Mojapelo	Boys 14	100 m	893
		200 m	839
Aquina de Vries	Girls 14	200 m	826
Lené Greyling	Girls 14	90 m hurdles	927
		300 m hurdles	834
Azariah Madumo	Girls 14	800 m	824
		3 000 m	824
Anri Pretorius	Girls 15	300 m hurdles	809
Aphelele Mbatsha	Girls 15	100 m	854
		200 m	842
Amy Nel	Girls 15	Discus	860
Carmia van den Berg	Girls 15	800 m	832
		3 000 m	866
Caitlin Arendse	Girls 15	3 000 m	814
Ethan Mahlangu	Boys 15	100 m	812
		200 m	809
Lente Groenewald	Girls 17	800 m	880
CA Froneman	Boys 17	110 m hurdles	836
Déan Fourie	Boys 17	1 500 m	810
Sandile Modise	Boys 17	200 m	857
Lea Manikas	Girls 19	200 m	837
Danielle Rossouw	Girls 19	800 m	855
Anika le Roux	Girls 19	100 m hurdles	859
		400 m hurdles	844
Xavier van der Leek	Boys 19	1 500 m (record)	930
		3 000 m (record)	938
Juan Breytenbach	Boys 19	1 500 m	836
		3 000 m	843



## SQUASH

Results of the first two league fixtures:

League Fixture 1			League Fixture 2		
Team	Opponent	Result	Team	Opponent	Result
Boys A	Menlopark	13 – 5	Boys A	PBHS	16 – 0
Boys B1	Menlopark	16 – 2	Boys B1	Zwartkop	6 – 9
Boys B2	PBHS	14 – 5	Boys B2	Menlopark	9 – 7
Boys D1	Midstream D2	5 – 13	Boys C	PBHS	16 – 1
Boys E	PBHS	10 – 8	Boys D1	AHS	3 – 13
			Boys D2	PBHS	16 – 0
			Boys E	AHS	5 – 13
			Girls A	Zwartkop	13 – 6
			Girls B	Eldoraigue	16 – 0
			Girls C	PHSG	12 – 3

## TENNIS

The leagues for the senior girls have started. Recent results were:

League Fixture 1			League Fixture 2		
Team	Opponent	Score	Team	Opponent	Score
U19A	Garsfontein A	31 – 36	U19A	Zwartkop A	36 – 31
U19B	Cornwall Hill B	23 – 44	U19B	Eldoraigue A	19 – 48
U19B	PHSG C	23 – 44			

The boys' team played in the Nelspruit Big 5 tournament and came fifth overall. Their results were:

Round	Opponent	Score
1	Nelspruit	6 – 3
2	Ermelo	7 – 2
3	Garsfontein	5 – 4
4	Paul Roos	2 – 7
5	Monument	5 – 1

## EQUESTRIAN

SANESA Gauteng Tshwane Qualifier 1		
Rider	Discipline	Place
Louis Verhoef	Dressage Level: Medium	3 <sup>rd</sup> & 4 <sup>th</sup>
Kynan van Zyl	Eventing 95 cm	3 <sup>rd</sup>
Cyllene van der Merwe	Show jumping 70 cm competition	4 <sup>th</sup>
	Show jumping 70 cm 2-phase	4 <sup>th</sup>
	Working riding	8 <sup>th</sup>
Daniella de Vries	Show jumping 1 m competition	3 <sup>rd</sup>

## RECOGNITION OF NON-SCHOOL SPORT

We would like to acknowledge learners who excel in non-school sporting activities. You are welcome to send any proof, information and certificates to the Head of Sport, Mr Henry Verster ([hverster@midstreamcollege.co.za](mailto:hverster@midstreamcollege.co.za)).

### MOUNTAIN BIKING

Nika Nortjé competed in the following marathon events over 40 km, achieving a first place in the junior ladies' category in both: XCM Prime View and XCC Prime View.

### SOFTBALL

Danielle van den Berg has been selected for the U19 National All Stars team to participate in Prague later this year.

### SWIMMING




Nicholas Cownie swam the Midmar Mile twice. In the first race he came 35<sup>th</sup> in a time of 30:22 and in the second one he came 140<sup>th</sup> in 28:36.

## GENERAL

### SPRINGFEST

Planning is underway for this year's SpringFest which takes place on Saturday, 7 September. Should you wish to become involved in the planning and organisation, kindly contact Chantelle Becker ([cbecker@midstreamcollege.co.za](mailto:cbecker@midstreamcollege.co.za)).

#### COMMUNICATE WITH US:

-  [www.midstreamcollege.co.za](http://www.midstreamcollege.co.za)
-  Midstream College
-  [midstream\\_college](https://www.instagram.com/midstream_college)

#### NEXT CIRCULAR:

Thursday, 7 March 2024